

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<i>I am capable. I am strong. If I believe in myself, I can turn my dreams into plans and my plans into reality</i>	01 Happy New Year!	02 MORNING VON Smart Exercise Brain Power – Cognitive Skills AFTERNOON Yahtzee	03	04	05
				9:00 - 9:45 am Work on personal goals. One-to-one assistance from staff.		
06	07 MORNING VON Smart Exercise Quiddler AFTERNOON Sequence Game	08	09 MORNING Bowling at Bowlerama AFTERNOON Board Games – Your Choice!	10	11	12
				Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners Club Day Mon. Jan. 21)		
13	14 MORNING Guest Speaker: <i>What You Need to Know About Cannabis</i> AFTERNOON Wizard	15	16 MORNING VON Smart Exercise Leather Crafts AFTERNOON Jok-R-Uummy	17	18	19
				VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.		
20	21 MORNING VON Smart Exercise Diners' Club: Ham & Perogies AFTERNOON DVD Movie	22	23 MORNING VON Smart Exercise Favourite Music AFTERNOON Skip-Bo	24	25	26
				Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others		
27	28 MORNING VON Smart Exercise Group Boggle Reasoning Skills Workbook AFTERNOON Phase 10	29	30 MORNING VON Smart Exercise Online Games for the Brain Program Planning AFTERNOON Your Choice!	31		
				Be sure to read the back of this calendar for important details and information regarding off-site activities		

Barrie Adult Day Services Highlights for January 2019

- Jan 02** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
- Jan 07** **Quiddler** – This morning we'll play this fun game in which players compete by spelling words from hands of increasing size, each card worth various points
- Jan 09** **Bowling at Bowlerama** (Bayfield Mall) - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at the bowling alley at Bayfield Mall (320 Bayfield St.) by 10:00 am. Don't be late!!! **Cost is \$7.00 (includes shoe rental)**
- Jan 14** **Guest Speaker : What You Need to Know About Cannabis** – This morning at 10:00 am, public health nurse Donna Bowen will speak on the new laws and rules regarding cannabis, its effects, and she will answer any questions that you may have
- Jan 16** **Leather Crafts** – Back by popular demand! Join us for this fun activity making your own unique leather craft!
- Jan 21** **Diners' Club** – This morning you can have fun helping to prepare ham, perogies, and coleslaw for a tasty lunch!
- Jan 23** **Favourite Music** – Do you have a favourite song, band, or musical style? Today you can share your favourites with the group!
- Jan 28** **Group Boggle and Reasoning Skills Workbook** – Fun and interesting exercises that can help with practical situations, reading comprehension, and creative thinking.
- Jan 30** **Program Planning** – Today the group will plan our activities for March and April. This is YOUR opportunity to plan activities that you enjoy and may help you in your recovery

BIS Adult Day Services offers a variety of social, recreation, and skill building opportunities to adults living with an ABI

Our Program provides support in

Socialization:

Connecting with peers
Building self-esteem/confidence
Improving communication skills

Brain Education and Exercises:

Learning about ABI
Games, puzzles, and problem solving activities to stimulate brain function

Health and Wellness:

Cooking
Physical exercise/fitness/balance
Personal safety

Respite:

Support quality of life for caregivers to reduce stress and fatigue

Brain Injury Services – Barrie Adult Day Services
21 Essa Rd. Unit 1, Barrie ON
Mondays and Wednesdays 9:00am - 4:00pm
Barrie Office 705-734-2178 Jeremy ext 243/ Lyn ext 242



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NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available