













Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p><i>Participate!</i> </p> <p><i>Get your Brain and Body Moving!</i></p>		<p><i>Look for something positive each day. Even if some days you have to look a little harder!</i></p>		01	02
				<p><b>9:00 - 9:45 am</b> Work on personal goals. One-to-one assistance from staff.</p>		
03	<p>04 <i>MORNING</i> VON Smart Exercise Brain Power: Cognitive Skills <i>AFTERNOON</i> Five Crowns </p> 	05	<p>06 <i>MORNING</i> <b>Shuffleboard at Parkview</b>  <i>AFTERNOON</i> Chess / Euchre / Rummy / Checkers </p>	07	08	09
				<p><b>Lunch 12:00 – 1:00 pm</b> Be sure to bring a lunch <b>except</b> on Diners Club Day Wed. Feb. 20)</p>		
10	<p>11 <i>MORNING</i> VON Smart Exercise Guided Meditation <i>AFTERNOON</i> Pictionary </p>	12	<p>13 <i>MORNING</i> VON Smart Exercise <b>Lunch Outing: Jack Astor's</b> <i>AFTERNOON</i> Bingo </p> 	14	15	16
				<p><b>VON Smart Exercise</b> This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>		
17	<p>18 Family Day BIS Closed</p>	19	<p>20 <i>MORNING</i> VON Smart Exercise Diners' Club: Shepherd's Pie <i>AFTERNOON</i> DVD Movie </p> 	21	22	23
				<p><b>Benefits of Game Play</b> Improves brain function Relieves stress Improves relationships and connection to others</p>		
24	<p>25 <i>MORNING</i> VON Smart Exercise Quiddler <i>AFTERNOON</i> Your Choice! </p>	26	<p>27 <i>MORNING</i> VON Smart Exercise Brain Power – Reasoning Skills <i>AFTERNOON</i> NEW! Theories Game </p>	28		
				<p>Be sure to <b>read the back</b> of this calendar for important details and information regarding off-site activities</p>		

# Barrie Adult Day Services Highlights for February 2019

- Feb 04** **Brain Power: Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
- Feb 06** **Shuffleboard at Parkview Community Centre** - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at Parkview 55+ Centre (189 Blake St.) by 10:00 am. **No cost for participants!**
- Feb 11** A great way to unwind and relax is with a morning **Guided Meditation** session. The charades inspired word-guessing game **Pictionary** will follow in the afternoon. In this quick-draw classic, the guesses can be just as hilarious as the sketches.
- Feb 13** **Lunch Outing: Jack Astor's** – Today the group will be going for lunch at Jack Astor's. **Meet us at the program site by 11:30 am OR meet us at the restaurant by 12:00 pm** (70 Mapleview Dr. Barrie L4N 9H6). **If you will be picked up from the restaurant, arrange your transportation for 1:15pm. Remember to bring funds!** (Approx. \$25 – less depending on available specials)
- Feb 18** **Family Day – BIS CLOSED**
- Feb 20** **Diners' Club** – Ahhh – comfort food! Making and devouring Shepherd's Pie will make for a fun morning and a great lunch! We will watch a **DVD Movie** in the afternoon. Feel free to bring in a movie you'd like your peers to see!
- Feb 25** **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
- Feb 27** **Brain Power: Reasoning Skills Workbook** – Exercises that can help with practical situations, reading comprehension, and creative thinking. **NEW! Theories game** - Use your knowledge and problem-solving skills to select the right theory, then, use your intuition (and poker skills) to decide when to bluff and when to call a bluff.

**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**