


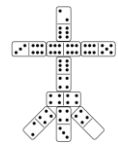












Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p><i>Dream Big Set Goals Take Action</i></p> 		<p><i>Spring is on the way. Yeah!</i></p> 		01	02
				<p>9:00 - 9:45 am Work on personal goals. One-to-one assistance from staff.</p>		
03	<p>04</p> <p><i>MORNING</i> VON Smart Exercise Quiddler <i>AFTERNOON</i> "New" Karma Game</p>	<p>05</p> <p><i>Shrove Tuesday</i></p>	<p>06</p> <p><i>MORNING</i> Bowling @ Bowlerama <i>AFTERNOON</i> "New" Chickenfoot Your Choice</p>  	07	08	09
				<p>Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners Club Day (Mon. Mar. 18)</p>		
10	<p>11</p> <p><i>MORNING</i> VON Smart Exercise Guest Speaker: <i>Canada's New Food Guide</i> <i>AFTERNOON</i> Wizard</p>  <p><i>Clocks Ahead One Hour!</i></p>  	12	<p>13</p> <p><i>MORNING</i> VON Smart Exercise Your Choice! <i>AFTERNOON</i> Matinee Movie at Cineplex Barrie North</p> 	14	15	16
				<p>VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>		
17	<p>18</p> <p><i>MORNING</i> VON Smart Exercise Diners' Club: Pancakes <i>AFTERNOON</i> Phase 10</p>  <p><i>St. Patrick's Day</i></p> 	19	<p>20</p> <p><i>MORNING</i> VON Smart Exercise Yahtzee <i>AFTERNOON</i> Sequence</p>  <p><i>Spring Begins</i></p>	21	22	23
				<p>Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p>		
24	<p>25</p> <p><i>MORNING</i> VON Smart Exercise TriBond <i>AFTERNOON</i> Jok-R-Uummy</p>  	26	<p>27</p> <p><i>MORNING</i> VON Smart Exercise Brain Power: Reasoning Skills <i>AFTERNOON</i> Five Crowns</p> 	28	29	30/31
				<p>Be sure to read the back of this calendar for important details and information regarding off-site activities</p>		

Barrie Adult Day Services Highlights for March 2019

- Mar 04** **NEW! Karma Game** - Race to get rid of all your cards by playing a card of equal or higher value. Use your Karma Cards to avoid picking up the discard pile. In this game there are multiple winners. You never really know who's going to lose until the very last card
- Mar 06** **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)**
NEW! Chickenfoot - Also known as Chicken Dominoes, this game provides a twist on the group favourite Mexican Train
- Mar 11** **Guest Speaker** – This morning at 10:30 am dietician, Molly Giffen from the Barrie Community Health Centre will introduce and explain Canada's new food guide. Come on out to learn how to eat healthier!
- Mar 13** **Matinee Movie at Cineplex Barrie North** – Details to follow...
- Mar 18** **Diners' Club** – In honour of Shrove Tuesday, the group will prepare (and devour) pancakes and sausages!
- Mar 20** **Sequence** – Play a card from your hand and place a chip on a corresponding space on the game board. When you have five in a row, it's a sequence. Learn to block your opponents or remove their chips. With a little strategy and luck, you're a winner!
- Mar 25** **TriBond Game** - This game requires players to determine a common bond between three subjects. Test your trivia knowledge and problem solving skills in this fun activity!
- Mar 27** **Brain Power: Reasoning Skills Workbook** – Exercises that can help with practical situations, reading comprehension, and creative thinking

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