














| Sun | Monday   | Tue | Wednesday   | Thu  | Fri | Sat |
|-----|--|-----|---|--|-----|-----|
|     | <b>01</b><br><i>MORNING</i><br><b>VON Smart Exercise</b><br><b>Brain Power: Cognitive Skills</b><br><i>AFTERNOON</i><br><b>Skip-Bo</b>   | 02  | <b>03</b><br><i>MORNING</i><br><b>Shuffleboard at Parkview Centre</b><br><i>AFTERNOON</i><br><b>Your Choice!</b><br><b>Wizard</b>   | 04   | 05  | 06  |
|     |  |     |   | <b>9:00 - 9:45 am</b><br>One-to-one assistance from staff. Work on personal goals by appointment or by chance                    |     |     |
| 07  | <b>08</b><br><i>MORNING</i><br><b>VON Smart Exercise</b><br><b>Favourite Music / Karaoke</b><br><i>AFTERNOON</i><br><b>Wii Bowling</b>   | 09  | <b>10</b><br><i>MORNING</i><br><b>VON Smart Exercise</b><br><b>Unmasking Brain Injury Project</b><br><i>AFTERNOON</i><br><b>Karma Game</b>   | 11   | 12  | 13  |
|     |  |     |   | <b>Lunch 12:00 – 1:00 pm</b><br>Be sure to bring a lunch <b>except</b> on Diners' Club Day (Wed. Mar. 24)                        |     |     |
| 14  | <b>15</b><br><i>MORNING</i><br><b>Guest Speaker:</b>  <b>What You Need to Know About Alcohol and Drugs</b><br><i>AFTERNOON</i><br><b>Bingo</b>  | 16  | <b>17</b><br><i>MORNING</i><br><b>VON Smart Exercise</b><br><b>Reasoning Skills Workbook</b><br><i>AFTERNOON</i><br><b>Spring Walk</b>   | 18   | 19  | 20  |
|     |  |     |   | <b>VON Smart Exercise</b><br>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls. |     |     |
| 21  | <b>22</b><br><b>Easter Monday</b><br><b>BIS Closed</b>     | 23  | <b>24</b><br><i>MORNING</i><br><b>VON Smart Exercise</b><br><b>Diners' Club: Lasagna and Salad</b><br><i>AFTERNOON</i><br><b>DVD Movie</b>    | 25   | 26  | 27  |
|     |  |     |   | <b>Benefits of Game Play</b><br>Improves brain function<br>Relieves stress<br>Improves relationships and connection to others    |     |     |
| 28  | <b>29</b><br><i>MORNING</i><br><b>VON Smart Exercise</b><br><b>Quiddler</b><br><i>AFTERNOON</i><br><b>Chickenfoot Dominoes</b>   | 30  | <p><i>Oh, the lovely fickleness of an April day!</i></p> <p>- William Hamilton Gibson</p>    |  |     |     |
|     |  |     |   | Be sure to <b>read the back</b> of this calendar for important details and information regarding off-site activities             |     |     |

# Barrie Adult Day Services Highlights for April 2019

- Apr 01** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
- Apr 03** **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!**
- Apr 08** **Favourite Music / Karaoke** - Do you have a favourite song, band, or musical style? Thanks to YouTube, you can share your favourites with the group! Also, you'll have the opportunity to sing! Karaoke always generates lots of laughter!
- Apr 10** **Unmasking Brain Injury Project** – This project is designed to promote awareness of the prevalence of brain injury and to show others that survivors are like anyone else, deserving of dignity, respect, compassion and the opportunity to prove their value. This is a great opportunity to design your own mask that reflects your own experience living with a brain injury. Staff and peers are always here to help!
- Apr 15** **Guest Speaker** -This morning public health nurse Donna Bowen will join us to talk about alcohol and drugs and will answer any questions you may have
- Apr 17** **Reasoning Skills Workbook** – Join us for some exercises that can help with practical situations, reading comprehension, and creative thinking
- Apr 22** **Easter Monday – BIS CLOSED** ☹
- Apr 24** **Diners' Club** – Today we'll be preparing Garfield's favourite dish – Lasagna! **DVD Movie** will follow in the afternoon
- Apr 29** **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

**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**