


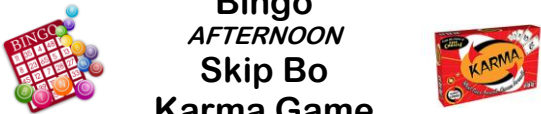

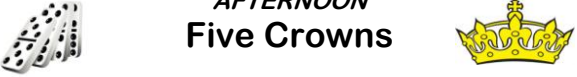



Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
			<i>Participate! Come out to socialize, get your brain and body active, and have fun with peers who understand your recovery experience.</i>			01 <b>9:00 - 9:45 am</b> One-to-one assistance from staff. Work on personal goals by appointment or by chance
02	03 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Self Discovery Exercise</b> <b>AFTERNOON</b> <b>Phase 10</b> 	04	05 <b>MORNING</b> <b>Peer ABI Discussion/Support</b> <b>AFTERNOON</b> <b>Wizard</b> <b>10,000 Dice</b> 	06	07	08 <b>VON Smart Exercise</b> This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.
09	10 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Brain Power: Group Crosswords</b> <b>AFTERNOON</b> <b>Late Spring Walk</b> <b>Father's Day Cards</b>	11	12 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Bingo</b> <b>AFTERNOON</b> <b>Skip Bo</b> <b>Karma Game</b> 	13	14	15 <b>Lunch 12:00 – 1:00 pm</b> Be sure to bring a lunch <b>except</b> on Diners' Club Day (Wed. June 19)
16 <i>Happy Father's Day</i>	17 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Quiddler</b> <b>AFTERNOON</b> <b>Participants' Choice!</b> 	18	19 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Shuffleboard at Parkview Centre</b> <b>AFTERNOON</b> <b>Jumbo Sequence</b> <b>Early Summer Walk</b>	20	21	22 <b>Benefits of Game Play</b> Improves brain function Relieves stress Improves relationships and connection to others
23	24 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Chickenfoot Dominoes</b> <b>AFTERNOON</b> <b>Five Crowns</b> 	25	26 <b>MORNING</b> <b>VON Smart Exercise</b> <b>Diners' Club: Make Your Own Sub!</b> <b>AFTERNOON</b> <b>DVD Movie</b> 	27	28	29/30 Be sure to <b>read the back</b> of this calendar for important details and information regarding off-site activities

OFFSITE ACTIVITIES ARE **HIGHLIGHTED** AND MAY REQUIRE FUNDS AND CHANGES IN DROP-OFF AND PICKUP LOCATION-**SEE REVERSE**

# Barrie Adult Day Services Highlights for June 2019

- Jun 03** **Self-Discovery** – Discover more about yourself in this introspective activity  
**Phase 10** - The object of this fun game is to be the first player to complete ten various phases: two sets of three, one run of seven, seven cards of one colour and more
- Jun 05** **Peer ABI Discussion/Support** – This an opportunity to share your recovery experience with peers. What has helped you? What do you struggle with most? Have you had a similar experience?
- Jun 10** **Brain Power** - Challenge your brain with a session of group crosswords. Always lots of fun and always stimulates good conversation
- Jun 12** **Bingo** - This morning you can try your luck at bingo. Top winners win prizes!
- Jun 17** **Quiddler** – This morning we'll play this fun game in which players compete by spelling words from cards in hands of increasing size, each card worth various points
- Jun 19** **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!**
- Jun 24** **Chickenfoot Dominoes** - This game provides a fun twist on the group favourite Mexican Train
- Jun 26** **Diners' Club** – What could be more fun than making and eating your own personal submarine sandwich?

**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.**