

| Sun | Monday | Tue | Wednesday | Thu | Fri | Sat |
|-----|--|-----|--|--|-----|-----|
| | <p><i>One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world – making the most of one's best</i></p> | | | 01 | 02 | 03 |
| | | | | <p>9:00 - 9:45 am One-to-one assistance from staff. Work on personal goals by appointment or by chance</p> | | |
| 04 | <p>05</p> <p>BIS CLOSED Civic Holiday</p> | 06 | <p>07 MORNING Quiddler AFTERNOON Wii Bowling Wizard</p> | 08 | 09 | 10 |
| | | | | <p>VON Smart Exercise This program is offered most days at 10:00 am. It can improve strength, balance, cardiovascular health, and may help reduce falls</p> | | |
| 11 | <p>12 MORNING Brain Power: Group Boggle AFTERNOON Jok-R-Uummy Community Walk</p> | 13 | <p>14 <i>Group will meet at the Barrie Waterfront!</i> Centennial Park Day</p> <ul style="list-style-type: none"> Games and summer fun! Bring or buy your lunch at snack bar Arrange to be dropped-off (9:00 - 9:30 am) and picked-up (3:30 pm) at the park (Address and details on back) | 15 | 16 | 17 |
| | | | | <p>Lunch 12:00 – 1:00 pm Be sure to bring a lunch except if you wish to buy your lunch on Centennial Park Day (Wed. Aug. 14) and on Mexican Theme Day (Wed. Aug. 28)</p> | | |
| 18 | <p>19 MORNING Mystery Craft AFTERNOON Chickenfoot Dominoes Karma</p> | 20 | <p>21 MORNING Shuffleboard at Parkview AFTERNOON Five Crowns Pass the Ace</p> | 22 | 23 | 24 |
| | | | | <p>Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p> | | |
| 25 | <p>26 MORNING – Meet at BIS Office Participants Choice! 11:45 am Matinee Movie at Cineplex North</p> <ul style="list-style-type: none"> Please arrange to be picked up at the theatre by 4:00 pm (Address and details on back) | 27 | <p>28 <i>Mexican Theme Day</i> MORNING Fun Facts, Quizzes and Trivia Diners' Club Prep Lunch: Tacos, Nachos and Dip AFTERNOON Mexican Train</p> | 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 August 2019

- Aug 05** Civic Holiday – **BIS CLOSED**
- Aug 07** **Wii Bowling** – Challenge your peers to a fun game of virtual bowling. Winners will have bragging rights for the rest of the day!
- Aug 12** **Brain Power** - Challenge your brain with a session of Group Boggle. How many words can we find today? **Jok-R-Ummy** and a **Community Walk** are planned for the afternoon
- Aug 14** **Centennial Park Day** – Please note that today we are not meeting at the Barrie office. Instead, we will spend a fun day at the Barrie waterfront, playing games and enjoying the summer vibe. You can bring or buy your lunch at the snack bar (Burgers, Hotdogs, Fries, etc...). Remember to bring hats, sunscreen, a sweater, water, and whatever else you require for the day. **Please arrange to be dropped off between 9:00 - 9:30 am at Centennial Park (bottom of Victoria St. where it meets Lakeshore Dr.) 65 Lakeshore Dr. L4N 2M6. Arrange to be picked up from this location no later than 3:30 pm**
- Aug 19** **Mystery Craft** – What ingenious craft has BIS staff planned for us to practice our fine motor skills? As of this writing, staff is unsure, but we promise it will be fun!
- Aug 21** **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!**
- Aug 26** **Matinee Movie at Cineplex North** – Our group will meet as usual at the BIS office at 9:00 am and later take a taxi to the theatre at around 11:45 am. For those coming for the afternoon, you can meet us at the theatre at 12:00 pm. **Remember to bring funds! (approx. \$12-15 plus cost of treats).** Please arrange to be picked up at the theatre (Cineplex Barrie North - 507 Cundles Rd E, Barrie, ON L4M 0G9) between 3:45 and 4:00 pm
- Aug 28** **Mexican Theme Day** – Quizzes, Trivia, and Tacos for lunch will help us celebrate and learn more about Mexico!

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.