

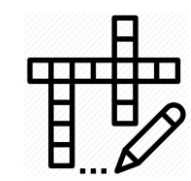








October 2019 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p><i>Fall has always been my favourite season. The time when everything bursts with its last beauty, as if nature has been saving up all year for the grand finale!</i> -Lauren DeStefano</p>	01	<p>02 MORNING Shuffleboard at Parkview Centre AFTERNOON Rummy / Euchre / Cribbage</p> 	03	04	05
06	<p>07 MORNING Memory Strategies AFTERNOON Jumbo Sequence Pass the Ace</p> 	08	<p>09 MORNING Group Crosswords AFTERNOON Wizard</p> 	<p>10-12 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>		
13	<p>14 BIS CLOSED Thanksgiving</p> 	15	<p>16 MORNING Guest: Jennifer from VON New Exercise Routine AFTERNOON Jok-R-Uummy</p> 	<p>17-19 Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day (Wed. Oct.23)</p>		
20	<p>21 MORNING Guided Meditation AFTERNOON Five Crowns OR Pool @ Dunlop Billiards – Your Choice!</p> 	22	<p>23 MORNING Diners' Club Prep Lunch: Cabbage Rolls AFTERNOON DVD Movie</p> 	<p>24-26 Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p>		
27	<p>28 MORNING Self-Discovery Activity AFTERNOON Participant's Choice! Chromino</p> 	29	<p>30 MORNING Halloween Craft AFTERNOON Phase 10</p> 	<p>31 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 October 2019

- Oct 02** **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!**
- Oct 07** **Memory Strategies** – Learn memory strategies and utilize them to solve interesting and fun exercises
- Oct 09** **Group Crosswords** – Give your brain a fun workout with a session of group crosswords!
- Oct 14** **BIS CLOSED - Thanksgiving**
- Oct 16** **Guest: Jennifer from VON** – This morning at 10:00 am, Jennifer will help the group with a new exercise routine
- Oct 21** **Pool at Dunlop Billiards** – This afternoon you have a choice of what you'd like to do! You can choose to stay at the program site to play **Five Crowns** OR you can choose to play **Pool at Dunlop Billiards**. *If you plan to play billiards, please arrange to be picked up at 3:30 pm at Dunlop Billiards (445 Dunlop St. W, Barrie L4N 1C3) Cost is \$7.50 per person*
- Oct 23** **Diners' Club** – No need to bring a lunch today! The group will be making cabbage rolls for lunch. Mmmmmm!
- Oct 28** **Self-Discovery Activity** – Discover more about yourself in this introspective activity!
- Oct 30** **Halloween Craft** – Today the group will celebrate this spooky holiday by making a fun Halloween craft. Join us for a fun day and some Halloween treats!

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



Supported by / Avec le soutien de



NOTE: Participants need to be independent with transportation and personal support requirements