















| Sun | Monday | Tue | Wednesday | Thu | Fri | Sat |
|-----|---|-----|--|---|-----|-----|
| |    | | <p><i>Wake up and be awesome!!</i></p> | | 01 | 02 |
| | | | | <p>9:00 - 9:45 am One-to-one assistance from staff. Work on personal goals by appointment or by chance</p> | | |
| 03 | <p>04 MORNING Brain Power: Group Boggle AFTERNOON Euchre / Rummy / Cribbage</p>  <p><i>Clocks Back One Hour!</i></p>  | 05 | <p>06 MORNING Bowling at Bowlerama AFTERNOON Jumbo Sequence</p>  | 07 | 08 | 09 |
| | | | | <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> | | |
| 10 | <p>11 MORNING Remembrance Day Recognition Quiddler AFTERNOON Phase 10</p>   | 12 | <p>13 MORNING Documentary: The Memory Mirage AFTERNOON Five Crowns Karma</p>  | 14 | 15 | 16 |
| | | | | <p>Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day (Wed. Nov. 20)</p> | | |
| 17 | <p>18 MORNING Fall Prevention Info AFTERNOON Bingo Wizard</p>  | 19 | <p>20 MORNING Diners' Club: Meatloaf, Potatoes, Veggies AFTERNOON DVD Movie</p>   | 21 | 22 | 23 |
| | | | | <p>Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p> | | |
| 24 | <p>25 MORNING Brain Power Lunch Outing: Little D's AFTERNOON Christmas Card Making</p>  | 26 | <p>27 MORNING Fall Painting Project AFTERNOON Chickenfoot Dominoes Your Choice!</p>  | 28 | 29 | 30 |
| | | | | <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 November 2019

- Nov 04** **Brain Power** - Challenge your brain with a session of Group Boggle. How many words can we find today?
- Nov 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)**
- Nov 11** This morning the group will recognize our veterans as today is **Remembrance Day**. We will also play the fun game **Quiddler**, in which players compete by spelling words from cards in hands of increasing size, each card worth various points
- Nov 13** **Documentary: The Memory Mirage** – This interesting and informative 2018 documentary discusses the latest theories on how memory works
- Nov 18** November is **Fall Prevention Month** so staff will present some recommendations on preventing falls in and outside your home
- Nov 20** **Diners' Club** – Meatloaf, potatoes, and green beans are on the menu today. So come on out to help create a delicious meal!
- Nov 25** **Lunch Outing: Little D's**– Today the group will be going for lunch at Little D's Family Restaurant **Meet us at the program site by 11:30 am OR meet us at the restaurant by 12:00 pm (165 Wellington St. W, Barrie L4N 1L7). If you will be picked up from the restaurant, arrange your transportation for 1:15pm. Remember to bring funds! (Approx. \$20– less depending on available specials)**
- Nov 27** **Painting Project** – Exercise your fine motor skills using acrylic paint and canvas to create a stunning artistic masterpiece!

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.