











December 2019 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
01	02 MORNING Brain Power AFTERNOON Jok-R-Uummy 	03	04 <i>Group will meet at Georgian Mall</i> MORNING Georgian Mall – Walk, Shop, and Dine <i>See Details on Back</i> AFTERNOON Your Choice	05	06	07
				9:00 - 9:45 am One-to-one assistance from staff. Work on personal goals by appointment or by chance		
08	09 MORNING Quiddler AFTERNOON IMAGINiff Game 	10	11 MORNING Christmas Karaoke  AFTERNOON Jok-R-Uummy	12	13	14
				VON Smart Exercise Offered most days at 10:00 am. This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.		
15	16 MORNING Judge for Yourself  AFTERNOON Wizard Your Choice!	17	18 MORNING Diners' Club - Christmas Feast: Stuffed Chicken/ Garlic Mashed Potatoes AFTERNOON DVD Movie 	19	20	21
				Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day Wed. Dec. 18		
22	23 <i>Hanukkah Begins</i>  MORNING Christmas Treats, Trivia, and Games AFTERNOON Christmas Minute to Win it 	24	25 Christmas Day BIS CLOSED  <i>Merry Christmas!</i>	26	27	28
				Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others		
29	30 BIS CLOSED 	31	BIS Office and Programs Closed From Dec. 25, 2019 through Jan. 01, 2020 BIS office opens Jan. 02, 2020 			
				Be sure to read the back of this calendar for important details and information regarding off-site activities		

Barrie Adult Day Services Highlights for December 2019

Dec 02 Brain Power – Fun exercises that can help with practical situations, reading comprehension, and creative thinking

Dec 04 Georgian Mall Walk, Shop, and Dine at Food Court - Please note that today we are not meeting at the Barrie office. Instead, we will spend a fun morning at the Georgian Mall; shopping and checking out the festive offerings there. Please arrange to be dropped off at the Tim Hortons' entrance (just right of the old Sears store) at Georgian Mall by 10:00am. *Participants will need to bring a lunch (or funds for lunch at the food court) as well as funds for whatever you wish to buy!* Group will return to Barrie program site by 1-1:30pm via taxi provided by BIS. Arrange to be picked up at the Barrie program site at your usual time

Dec 09 IMAGINiff...your peer was a cartoon character. Which would he/she be? The object of this game is simple. Just imagine what the other players are most like and keep choosing the most popular answers to win the game!

Dec 11 Christmas Karaoke – This morning we will utilize our magnificent voices to sing songs of the Christmas season. Sure to be lots of fun and will most certainly incite laughter!

Dec 16 Judge for Yourself – In this fun activity you will be presented with true court cases and will have to weigh the evidence and determine a verdict. You will then learn the true verdict and can see if your judgment was correct!

Dec 18 Diners' Club: Christmas Feast – Stuffed breaded chicken breast, garlic mashed potatoes, and veggies will be on our menu for a tasty holiday feast!

Dec 23 Christmas Trivia and Games will start our day and then we'll have fun with Christmas themed **Minute to Win It** games!

Dec 25 BIS CLOSED – Christmas Day

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

BIS Office and Programs Closed From:
Dec. 25, 2019 through Jan. 01, 2020
BIS office reopens Jan. 02, 2020

Barrie Adult Day Services returns on Monday Jan. 06, 2020

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

NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available.