








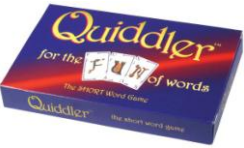


Sun	Monday	Tue	Wednesday	Thu	Fri	Sat	
	<p>Think Positive Exercise Daily Eat Healthy</p> 		<p>Stay Strong Work Hard Be Happy</p> 			<p>01</p> <p>9:00 - 9:45 am One-to-one assistance from staff. Work on personal goals by appointment or by chance</p>	
02	<p>03 MORNING Self Esteem Exercise AFTERNOON Jok-R-Uummy</p>  	04	<p>05 MORNING Bowling at Bowlerama AFTERNOON Jumbo Sequence</p> 	06	07	08	<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>
09	<p>10 MORNING Brain Power AFTERNOON Yahtzee Karma</p> 	11	<p>12 MORNING Arts and Crafts Potpourri AFTERNOON Rummy / Euchre / Cribbage</p> 	13	14	15	<p>Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day Wed. Feb.9</p>
16	17	18	19	20	21	22	<p>Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others</p>
	<p>Family Day BIS CLOSED</p>		<p>19 MORNING Diners' Club: Chili and Garlic Toast AFTERNOON DVD Movie</p> 				
23	<p>24 MORNING Guided Meditation AFTERNOON Skip Bo</p> 	25	<p>26 MORNING Quiddler AFTERNOON 10,000 Dice Your Choice!</p> 	27	28	29	<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 February 2020

- Feb 03** **Self Esteem Exercise** – In this fun activity you will learn some of the positive attributes you have; as viewed by your peers. You will learn a lot about yourself and this activity will help you look for the good in others
- Feb 05** **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)**
- Feb 10** **Brain Power** - Challenge your brain with trivia, crosswords, and other cognitive exercises. Always lots of fun and always stimulates good conversation!
- Feb 12** **Arts and Crafts Potpourri** – This morning you can choose a craft that will help you work on your fine motor skills. We have coffee mugs you can paint, trinket boxes you can decorate, adult coloring, card making, and more!
- Feb 17** **Family Day – BIS CLOSED**
- Feb 19** **Diners' Club** – Ahh..Comfort food. What could be better on a cold February day than a bowl of chili with garlic toast? **DVD Movie** will follow in the afternoon
- Feb 24** A great way to unwind and relax is with a morning **Guided Meditation** session. Group favourite **Skip Bo** will follow in the afternoon
- Feb 26** **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

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