


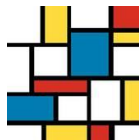






# January 2020 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<i>The new year stands before us, like a chapter in a book waiting to be written. We can help write that story by setting goals. – Melody Beattie</i>		<b>01</b> <b>New Year's Day</b> <b>BIS Closed</b>  Let's Make it a Good One!	<b>02</b> <b>03</b> <b>04</b> <b>9:00 - 9:45 am</b> One-to-one assistance from staff. Work on personal goals by appointment or by chance		
<b>05</b> <b>06</b> <b>MORNING</b> <b>Scene it Music Edition</b> <b>AFTERNOON</b> <b>Phase 10</b> 		<b>07</b> <b>08</b> <b>MORNING</b> <b>Guest Speaker: What you need to know about smoking and vaping</b> <b>AFTERNOON</b> <b>Smart Ass</b>		<b>09</b> <b>10</b> <b>11</b> <b>VON Smart Exercise</b> This program is offered most days at 10:00 am. It can improve strength, balance, cardiovascular health, and may help reduce falls		
<b>12</b> <b>13</b> <b>MORNING</b> <b>Favourite Music</b> <b>AFTERNOON</b> <b>Cribbage / Euchre / Rummy</b> 		<b>14</b> <b>15</b> <b>MORNING</b> <b>Abstract Painting Project</b> <b>AFTERNOON</b> <b>Sorry</b> 		<b>16</b> <b>17</b> <b>18</b> <b>Lunch 12:00 – 1:00 pm</b> Be sure to bring a lunch <b>except</b> on Diners' Club Day (Wed. Jan. 22)		
<b>19</b> <b>20</b> <b>MORNING</b> <b>Program Planning for March / April</b> <b>Group Boggle</b> <b>AFTERNOON</b> <b>Bingo</b> 		<b>21</b> <b>22</b> <b>MORNING</b> <b>Diners' Club: Make Your Own Pizza!</b> <b>AFTERNOON</b> <b>Five Crowns</b> 		<b>23</b> <b>24</b> <b>25</b> <b>Benefits of Game Play</b> Improves brain function Relieves stress Improves relationships and connection to others		
<b>26</b> <b>27</b> <b>MORNING</b> <b>Scattergories</b> <b>AFTERNOON</b> <b>Texas Hold 'em Poker</b> 		<b>28</b> <b>29</b> <b>MORNING</b> <b>Quiddler</b> <b>AFTERNOON</b> <b>Wii Bowling</b> 		<b>30</b> <b>31</b> Be sure to <b>read the back</b> of this calendar for important details and information regarding off-site activities		

OFFSITE ACTIVITIES ARE **HIGHLIGHTED** AND MAY REQUIRE FUNDS AND CHANGES IN DROP-OFF AND PICKUP LOCATION-**SEE REVERSE**

# Barrie Adult Day Services Highlights for January 2020

- Jan 01**    **BIS CLOSED – New Year’s Day**
- Jan 06**    **Scene It Music Edition** - This game is where your favorite music moments take center stage. It features real songs and video clips, trivia questions and on-screen challenges. So come on out to test your music knowledge!
- Jan 08**    **Guest Speaker: *What you need to know about smoking and vaping.*** Public Health Nurse Adam Armitage from the *Health Connection* will speak about vaping and smoking cessation as well as how and where to seek help if you want to quit
- Jan 13**    **Favourite Music** – Music is an important source of relaxation, fun and entertainment for many of us. This morning we will share our favourites over coffee, good conversation, and maybe a game or two
- Jan 15**    **Abstract Painting Project** - Exercise your fine motor skills using acrylic paint and canvas to create a stunning abstract artistic masterpiece!
- Jan 20**    **Program Planning for Mar/Apr** – This is your opportunity to plan activities that you like and that will help you in your recovery. This afternoon the group will have the opportunity to win prizes in a fun **Bingo** session!
- Jan 22**    **Diners’ Club** – No need to bring a lunch today! We will have fun making our own personal pizzas for lunch. Yummy!
- Jan 27**    **Scattergories** – Join us this morning for this really fun game in which you score points by uniquely naming objects within a set of categories, given an initial letter, within a time limit
- Jan 29**    **Wii Bowling** – Challenge your peers to a fun game of virtual bowling. Winners will have bragging rights until we play again!

**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**