














Sun	Monday	Tue	Wednesday	Thu	Fri	Sat	
01	02 MORNING Group Crosswords AFTERNOON 10,000 Dice Wizard 	03	04 MORNING Quiddler AFTERNOON Yahtzee 	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 Work on Personal Goals AFTERNOON Bingo Your Choice!  <p><i>Clocks Ahead One Hour!</i></p>	10	11 MORNING Guided Meditation Recovery Exercise: <i>Turning a Bad Brain Day into a Good Brain Day</i> AFTERNOON Five Crowns 	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 Jumbo Sequence AFTERNOON Phase 10 	17	 18 MORNING Your Choice! AFTERNOON Matinee Movie at Cineplex Barrie North Arrange to be picked up at Cineplex Barrie North Theater at 4:00 pm - Details on Back! 	19	20	21	 Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day Wed. Mar. 25
22	23 MORNING What's That Sound? AFTERNOON Jok-R-Uummy 	24	25 MORNING Diners' Club – Corned Beef Hash AFTERNOON DVD Movie 	26	27	28	Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others
29	30 MORNING Self-Discovery Exercise AFTERNOON Telestrations Karma 		Dream Big Set Goals Take Action 				Be sure to read the back 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 March 2020

- Mar 02** **Group Crosswords** – Give your brain a fun workout with a session of group crosswords!
- Mar 04** **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
- Mar 09** **Work on Personal Goals** – This is an opportunity for you to work on your personal goals with help from staff and peers!
- Mar 11** **Recovery Exercise** – Join us this morning to learn some strategies on how turn a “*Bad Brain Day into a Good Brain Day*”
- Mar 16** **Phase 10** -The object of this fun game is to be the first player to complete ten various phases: two sets of three, one run of seven, seven cards of one colour, and more
- Mar 18** **Matinee Movie at Cineplex Barrie North** – Our group will meet as usual at the BIS office at 9:00 am and later take a taxi to the theatre at around 11:45 am. For those coming for the afternoon, you can meet us at the theatre at 12:00 pm. **Remember to bring funds! (approx. \$12-15 plus cost of treats). Please arrange to be picked up at the theatre (Cineplex Barrie North - 507 Cundles Rd E, Barrie, ON L4M 0G9) between 3:45 and 4:00 pm**
- Mar 23** **What's That Sound?** – This fun activity was inspired by a local radio station contest where contestants try to recognize common sounds - sure to be lots of fun!
- Mar 25** **Diners' Club** – No need to bring a lunch today as the group will be making corned beef hash for lunch!
- Mar 30** **Self-Discovery Activity** – Discover more about yourself in this introspective activity!

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