






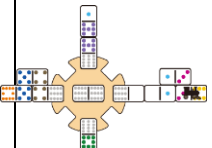




# August 2023 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
	01 <b>MORNING</b> Dice Games <b>AFTERNOON</b> Wizard	02 <b>MORNING</b> VON Exercise Karma <b>AFTERNOON</b> Quiddler	03	04 <b>MORNING</b> VON Exercise Card Games <b>AFTERNOON</b> Axe-Throwing Poker 
07 <b>BIS CLOSED</b> Civic Holiday	08 <b>MORNING</b> Five Crowns <b>AFTERNOON</b> Your Choice! 	09 <b>MORNING</b> VON Exercise Yahtzee <b>AFTERNOON</b> Wizard	10	11 <b>MORNING</b> VON Exercise Smart Ass Game <b>AFTERNOON</b> Brain Power
14 <b>MORNING</b> Five Crowns <b>AFTERNOON</b> 10,000 Dice 	15 Simcoe County Museum Trip 	16 <b>MORNING</b> VON Exercise <b>AFTERNOON</b> Wizard 	17	18 <b>MORNING</b> VON Exercise Quiddler <b>AFTERNOON</b> Your Choice!
21 <b>MORNING</b> YouTube Music Favourites <b>AFTERNOON</b> Your Choice! 	22 <b>MORNING</b> Group Boggle <b>AFTERNOON</b> Matinee Movie at Cineplex North See Details on Back	23 <b>MORNING</b> VON Exercise Mexican Train <b>AFTERNOON</b> Phase 10	24 	25 <b>MORNING</b> VON Exercise Mexican Train <b>AFTERNOON</b> Imaginiff Game 
28 <b>MORNING</b> Skip-Bo <b>AFTERNOON</b> Matinee Movie at Cineplex North See Details on Back	29 <b>MORNING</b> Poker <b>AFTERNOON</b> Tri-Bond Game 	30 <b>MORNING</b> VON Exercise <b>AFTERNOON</b> Online Brain Games	31	<div style="border: 1px solid gray; padding: 10px;"> <p><b>VON Smart Exercise</b></p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p> </div>

## August 2023 – Barrie Adult Day Services

Every Wednesday and Friday morning the group will start the day with VON Smart Exercise. These exercises can improve strength, balance, flexibility, and cardiovascular health.

### Highlights for this month!

- Aug 04**      **Axe-Throwing Poker – Don't worry, the axes are plastic and not sharp! Join us for this fun activity where you can aim for the best poker hand!**
- Aug 07**      **BIS Closed – Civic Holiday**
- Aug 15**      **Simcoe County Museum Trip - Today the group will spend a fun day at the museum! Arrange to be dropped off at the museum at 10:00 am and picked up at 3:00 pm (1151 Highway 26, Minesing, ON L9X 0Z7). We'll spend the morning touring the museum, have a picnic lunch, then play some games outside in the afternoon. *Remember to bring a picnic lunch, hat, sunscreen, water, and anything else you will need to enjoy the day.* **Cost: \$8.00 (\$6.00 if over 65)****
- Aug 21**      **YouTube Music Favourites – This morning you have the opportunity to share your favourite music with your peers!**
- Aug 22/28**      **Matinee Movie at Cineplex 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. \$13-16 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**
- Aug 23/25**      **This morning you can hop aboard the Mexican Train! Join us for this fun domino game**

### Brain Injury Services – Barrie Adult Day Services

21 Essa Rd. Unit 1, Barrie ON

Mondays, Tuesdays, Wednesdays, and Fridays 9:00am - 4:00pm

**Barrie Office** 705-734-2178      Jeremy ext. 243 / Lyn ext. 242 / Julia ext. 231 / Victoria ext. 233

