













October 2023 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
02 MORNING Thanksgiving Craft AFTERNOON Phase 10 	03 MORNING Card Games AFTERNOON Axe-Throwing 	04 MORNING VON Exercise Yahtzee AFTERNOON Quiddler	05	06 MORNING VON Exercise Diners' Club – Make Your Own Sub!  AFTERNOON Wizard
09  Thanksgiving BIS CLOSED	10 MORNING Dice Games AFTERNOON Your Choice!	11 MORNING VON Exercise Five Crowns  AFTERNOON Wizard	12	13 MORNING VON Exercise 10,000 Dice  AFTERNOON Jok-R-Uummy
16 MORNING Brain Power Exercises AFTERNOON Movie Monday 	17 MORNING Poker  AFTERNOON Phase 10	18 MORNING VON Exercise Mexican Train  AFTERNOON Your Choice!	19	20 MORNING VON Exercise Axe Throwing AFTERNOON Community Walk
23 MORNING Practice Positivity Exercise AFTERNOON Bingo	24 MORNING Karma AFTERNOON Quiddler	25 MORNING Diner's Club – Make Your Own Sub  AFTERNOON 10,000 Dice	26	27 MORNING VON Exercise Your Choice! AFTERNOON Brain Health Education
30 MORNING Skip-Bo AFTERNOON Halloween Treats Karma 	31 MORNING Wizard AFTERNOON Halloween Treats Group Boggle	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p>VON Smart Exercise</p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p> </div>		

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!

- Oct 02 Thanksgiving Craft – Join us this morning to create a cool Thanksgiving craft!
- Oct 06/25 Diners' Club – No need to bring a lunch today as you will be making your own submarine sandwich. BIS will provide all the fixings. (No cost for participants)
- Oct 09 BIS Closed for Thanksgiving holiday
- Oct 16 Movie Monday – Join us this afternoon to watch a movie with your peers. Participants will choose the movie and BIS will provide popcorn and snacks!
- Oct 20 Community Walk – This afternoon the group will take a walk in the community (Weather permitting)
- Oct 18 This morning you can hop aboard the Mexican Train! Join us for this fun domino game
- Oct 23 Positivity Exercise – Staying positive can be tough for many so join us this morning for an exercise that focuses on the positive aspects of you and your life. Bingo will follow in the afternoon
- Oct 30/31 Halloween Treats – Get into the spirit of Halloween by enjoying some Halloween treats!

BIS is a Scent Free Zone for the health and comfort of those with allergies

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

