


November 2023 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>VON Smart Exercise</p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>		<p>01</p> <p>MORNING VON Exercise Mexican Train</p> <p>AFTERNOON Quiddler</p>	<p>02</p>	<p>03</p> <p>MORNING Chair Yoga Quiddler</p> <p>AFTERNOON Five Crowns</p>
<p>06</p> <p>MORNING Guided Meditation</p> <p>AFTERNOON Your Choice Card Game</p>	<p>07</p> <p>MORNING Judge For Yourself</p> <p>AFTERNOON Your Choice!</p>	<p>08</p> <p>MORNING VON Exercise Sequence</p> <p>AFTERNOON Bingo</p>	<p>09</p>	<p>10</p> <p>MORNING Dice Games Make You Own Pizza</p> <p>AFTERNOON Mindfulness Exercise</p>
<p>13</p> <p>MORNING Soup for the Soul</p> <p>AFTERNOON Labyrinth</p>	<p>14</p> <p>MORNING Bingo</p> <p>AFTERNOON Wizard</p>	<p>15</p> <p>MORNING VON Exercise Judge For Yourself</p> <p>AFTERNOON Phase 10</p>	<p>16</p>	<p>17</p> <p>MORNING VON Exercise</p> <p>AFTERNOON Movie: "The Tree of Life"</p>
<p>20</p> <p>Day Program cancelled for staff training day</p> <p>Thank you 😊</p>	<p>21</p> <p>MORNING 10,000 Dice</p> <p>AFTERNOON Fact or Crap</p>	<p>22</p> <p>MORNING VON Exercise Guided Meditation</p> <p>AFTERNOON Five Crowns</p>	<p>23</p>	<p>24</p> <p>MORNING VON Exercise Your Choice!</p> <p>AFTERNOON Wizard</p>
<p>27</p> <p>MORNING Chair Yoga Make Your Own Pizza</p> <p>AFTERNOON Movie Monday</p>	<p>28</p> <p>MORNING Poker</p> <p>AFTERNOON Christmas Craft</p>	<p>29</p> <p>MORNING VON Exercise Your Choice</p> <p>AFTERNOON Scattergories</p>	<p>30</p>	

Highlights for this month!

- Nov 01 This morning you can hop aboard the Mexican Train! Join us for this fun domino game.
- Nov 03/27 Chair Yoga – Let's get our bodies moving this morning with some beneficial exercise!
- Nov 06 Guided Meditation - Learning to relax can be tough and a guided meditation is a great way to relax and recharge.
- Nov 10/27 Make Your Own Pizza – No need to bring a lunch as we will making our own personal pizzas! No cost for participant
- Nov 13 Soup for the Soul – Come in this morning to nourish your soul and body. We will be discussing nutrition and how it benefits our brains! You will also be making a nutritious “soup in a jar” to take home as well. Please bring your packed lunch
- Nov 17 Movie: “The Tree of Life.” This afternoon the group will watch this coming-of-age film starring Brad Pitt and Sean Penn and discuss life's big questions
- Nov 27 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!
- Nov 28 Christmas Craft – Join the group this afternoon for a fun Christmas Craft to get us into the holiday spirit

Note that 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

