












February 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Participate! Come out to socialize, get your brain and body active, and have fun with peers who understand your recovery experience.</i></p>			01	02 MORNING Quiddler AFTERNOON Jok-R-Uummy
05 MORNING Chair Yoga Guided Meditation  AFTERNOON Jok-R-Uummy	06 MORNING Sequence AFTERNOON 10,000 Dice 	07 MORNING Five Crowns AFTERNOON Skip-Bo	08	09 MORNING Mexican Train Diners' Club: Spaghetti and Meatballs  AFTERNOON Wizard
12 MORNING Group Crosswords Pastel Craft  AFTERNOON Your Choice Dice Game	13 MORNING Yahtzee AFTERNOON Axe Throwing Poker 	14 MORNING Quiddler AFTERNOON Phase 10 	15 	16 Bowling at Bowlerama Day! Meet us at the bowling alley from 10:00 am till 3:30 pm for a fun day of bowling and games. Details on back...
19 Family Day BIS CLOSED ☹️	20 MORNING Phase 10 AFTERNOON Wizard	21 MORNING Guided Meditation Karma AFTERNOON Your Choice! 	22	23 MORNING Five Crowns Your Choice! AFTERNOON Phase 10
26 MORNING Mexican Train Yahtzee AFTERNOON Movie Afternoon 	27 MORNING Your Choice! AFTERNOON Poker	28 MORNING Karma AFTERNOON Winter Blues Antidote Wizard		

Highlights for this month

- Feb 05/21 Chair Yoga – Let's get our bodies moving this morning with some beneficial exercise!
- Feb 05/24 Guided Meditation - Learning to relax can be tough and a guided meditation is a great way to relax and recharge
- Feb 09 Diner's Club – No need to bring a lunch today as the group will be having spaghetti and meatballs for lunch
- Feb 13 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!
- Feb 09/26 This morning you can hop aboard the Mexican Train! Join us for this fun domino game!
- Feb 16 **Bowling at Bowlerama** (Bayfield Mall) – Today, the group will be meeting at the bowling alley at Bayfield Mall (320 Bayfield St.) at 10:00 am. **We will be spending the whole day there**, so look forward to a morning of bowling and a fun afternoon of games. Please remember to bring a lunch (No microwave available) or you can also purchase food at the snack bar. **Cost for bowling is \$10.00 (BIS will cover the cost of shoe rental. BIS will also cover the cost of water and fountain drinks from the snack bar)** Please arrange to be picked up from the bowling alley at 3:30 pm
- Feb 26 Movie Afternoon – Participant's' choice! Popcorn and snacks will be supplied!
- Feb 28 Winter Blues Antidote – This sweet treat has been reported to help with the winter blues!

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 / Victoria ext. 233/ Angie ext. 242

