






June 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
03 MORNING Word Finding Exercises Quiddler AFTERNOON Jok-R-Uummy	04 MORNING Jok-R-Uummy AFTERNOON Wizard	05 MORNING Chair Yoga Favorite Music AFTERNOON Phase 10	06 MORNING Chair Yoga Texas Hold 'em Poker AFTERNOON Five Crowns	07 MORNING Chair Yoga Texas Hold 'em Poker AFTERNOON Five Crowns
10 MORNING Unmasking Brain Injury AFTERNOON Wii Bowling/Golf	11 MORNING Quiddler AFTERNOON Pictionary	12 MORNING Online Brain Games Reasoning Skills Exercises AFTERNOON Five Crowns	13 MORNING Unmasking Brain Injury AFTERNOON Your Choice!	14 MORNING Unmasking Brain Injury AFTERNOON Your Choice!
17 MORNING Reading Skills Exercise Karma AFTERNOON Your Choice!	18 MORNING Yahtzee Pizza Party! AFTERNOON Poker Axe-Throwing	19 MORNING Peer ABI Discussion/Support Pizza Party! AFTERNOON Wizard	20 MORNING Unmasking Brain Injury AFTERNOON Your Choice!	21 MORNING 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...
24 MORNING Phase 10 AFTERNOON Early Summer Walk	25 MORNING Five Crowns AFTERNOON Dice Games	26 MORNING T Shirt Decorating AFTERNOON Your Choice!	27 MORNING Unmasking Brain Injury AFTERNOON Your Choice!	28 MORNING Reading Skills Exercise Karma AFTERNOON Wizard
				

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Highlights for this month!

- June 05/07 Chair Yoga** – Let's get our bodies moving this morning with some beneficial exercise!
- June 10/14 Unmasking Brain Injury** - June is brain injury awareness month! Join us to create a mask that illustrates what it is like to live with a brain injury
- June 17/28 Reading Skills Exercise** – This exercise can help improve your speech, reading skills, and your ability to remember what you have read
- June 18/19 Pizza Party!** – No need to bring a lunch today we will be ordering pizza! No cost for participants
- June 19 Peer ABI Discussion/Support** – This an opportunity to share your recovery experience with peers. What has helped you? What do you struggle with most? Have you had a similar experience?
- June 21 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 \$13.00**. Please arrange to be picked up from the bowling alley at 3:30 pm (Rear entrance of Bayfield Mall)
- June 24 Early Summer Walk** – Weather permitting!
- June 26 T-Shirt Decorating** – Have fun this morning creating a cool t-shirt design. All that is needed will be supplied and staff is here to help

Note that BIS is a scent-free zone for the health and comfort of those with allergies

Please call us if you are unable to attend the program.

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

