



July 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
01 Canada Day  BIS CLOSED	02 MORNING Music Trivia  AFTERNOON Wizard	03 MORNING Meditation/ Chair Yoga AFTERNOON Tri-Bond	04	05 MORNING Jok-R-Uummy AFTERNOON Five Crowns
08 MORNING Online Brain Games Five Crowns AFTERNOON Pictionary	09 MORNING Quiddler AFTERNOON Mindfulness & Meditation Dice Games	10 MORNING Reading Skills Exercises Mexican Train AFTERNOON Wizard	11	12 MORNING Reading Skills Exercises AFTERNOON Wizard
15 MORNING Cognitive Skills Exercises AFTERNOON Phase 10	16 MORNING Five Crowns AFTERNOON Afternoon Walk Karma	17 MORNING Texas Hold 'em Poker AFTERNOON Afternoon Walk Skip Bo	18	19 MORNING Phase 10 AFTERNOON Matinee Movie at Cineplex North
22 MORNING Chair Yoga Karma AFTERNOON Scene It Music and Movies	23 St. Vincent Park Day <i>All Day – Weather Permitting</i>	24 MORNING Reasoning Skills Exercises AFTERNOON Dice Games	25	26 MORNING Texas Hold 'em Poker AFTERNOON Wizard
29 MORNING Quiddler Word Game AFTERNOON Movie Afternoon!	30 MORNING Your Choice! AFTERNOON Lunch -Chinese Food	31 MORNING Your Choice! (Crafts, games, walk) AFTERNOON Bingo!		

Highlights for this month!

- July 03/22 **Chair Yoga / Meditation** - Let's get our bodies moving this morning with some beneficial exercise followed by a relaxing meditation
- July 10/12 **Reading Skills Exercises** - These exercises can help improve your speech, reading skills, and your ability to remember what you have read
- July 19 **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. \$15 plus cost of treats). Please arrange to be picked up at the theatre (Cineplex Barrie North - 507 Cundles Rd E, Barrie, ON L4M 0G9) at 4:15 pm.**
- July 23 **St. Vincent Park Day** (weather permitting) – Join us for a fun summer day at this beautiful park. The group will hang out, socialize, and play some fun outdoor games. Remember to bring a picnic lunch, hat, sweatshirt, sunscreen, lawn chair, or anything else you will need for a day outside. **Please arrange your transportation to be dropped of at St. Vincent Park (60 Blake St.) at 10:00 am and picked up at 3:00 pm.**
- July 30 **Lunch on us!** - No need to bring a lunch today we will be ordering Chinese Food! No cost for participants

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 / Melissa ext. 235

