














August 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
			01	02  St. Vincent Park Day <i>All Day – Weather Permitting</i>
05 Civic Holiday BIS CLOSED	06 MORNING Skip Bo AFTERNOON Wizard	07 MORNING Brain Power: Reading Skills AFTERNOON Your Choice!	08	09 MORNING Quiddler AFTERNOON DIY Blizzards
12 MORNING Chair Yoga AFTERNOON Bingo! Golf  	13 MORNING Five Crowns AFTERNOON Yahtzee 	14 MORNING Brain Power Exercises Guided Meditation AFTERNOON Afternoon Walk 	15	16 MORNING Swimming@t Allandale Rec Ctr OR Online Brain Games at BIS Office AFTERNOON Afternoon Movie
19 MORNING Cognitive Exercises AFTERNOON 10,000 Dice/ Pass the Ace	23 MORNING Boggle Morning Walk AFTERNOON Music Trivia	24  St. Vincent Park Day <i>All Day – Weather Permitting</i>	25	26 MORNING Spot It! /Euchre AFTERNOON Game of Things Telestrations
26 MORNING Sequence AFTERNOON Afternoon Movie 	27  St. Vincent Park Day <i>All Day – Weather Permitting</i>	28 MORNING Chair Yoga Make Your Own Sub! AFTERNOON Five Crowns 	29	30 MORNING Make Your Own Sub! AFTERNOON Wizard 

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Highlights for this month!

- Aug 02/24/27** **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, mobility device, hat, sweatshirt, sunscreen, lawn chair, or anything else you will need for a day outside. Water will be supplied and staff will make a coffee run in the morning. Please arrange your transportation to be dropped off at St. Vincent Park (60 Blake St.) at 10:00 am and picked up at 3:00 pm.
- Aug 09** **DIY Blizzards** – This afternoon you can make your own custom blizzard milk shake!
- Aug 12/28** **Chair Yoga** – Let's get our bodies moving this morning with some beneficial exercise!
- Aug 16** **Swimming at Allandale Recreation OR Meet at BIS office** – For participants who wish to go swimming, meet us at the Allandale Recreation Centre (190 Bayview Dr. L4N4Y8) at 9:15 am. **Remember to bring funds! (Adult \$5.65 Senior 60+ \$4.80).** Swimmers will take a taxi to the BIS office at approx. 11:15 am. For those who do not wish to swim, meet us at the BIS office at usual at 9:30 am for some fun online brain games. **Movie to follow in the afternoon.**
- Aug 19** **Cognitive Skills Exercises** - Join us for some fun exercises involving thought processing and word retrieval
- Aug 26** **Afternoon Movie** – Let staff know which movie you would like to watch. Popcorn and snacks will be supplied!
- Aug 28/30** **Make Your Own Sub** – No need to bring a lunch today, as the group will be making their own personal submarine sandwiches !

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 / Brad ext.233

