







# September 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
02  BIS CLOSED Labour Day	03  <i>MORNING</i> Quiddler  <i>AFTERNOON</i> See What I Mean?	04  <i>MORNING</i> Online Brain Games Chair Yoga   <i>AFTERNOON</i> Wizard	05	06  <i>MORNING</i> Wizard   <i>AFTERNOON</i> BIS Closed
09  <i>MORNING</i> Chair Yoga Karma   <i>AFTERNOON</i> Your Choice!	10  <i>MORNING</i> Your Choice!   <i>AFTERNOON</i> Love Your Brain Yoga Zoom	11  <i>MORNING</i> Brain Waves Skip Bo  <i>AFTERNOON</i> Phase 10	12  	13  <i>MORNING</i> 9:45 am Breakfast at Little D's  <i>AFTERNOON</i> Phase 10
16  <i>MORNING</i> Play Nine  <i>AFTERNOON</i> Five Crowns 	17  <i>MORNING</i> Online Brain Games at BIS  <i>AFTERNOON</i> 10,000 Dice/ 30 Dice	18  <i>MORNING</i> Your Choice!  <i>AFTERNOON</i> Dice Games Pass the Ace	19	20  <i>MORNING</i> Brain Waves & Education  <i>AFTERNOON</i> Axe Throwing Poker Bingo! 
23  <i>MORNING</i> Quiddler  <i>AFTERNOON</i> Bingo! 	24  <i>MORNING</i> Diners' Club - Chili  <i>AFTERNOON</i> Play Nine 	25  <i>MORNING</i> Chair Yoga Diners' Club - Chili  <i>AFTERNOON</i> Play Nine	26  	27  <i>MORNING</i> Swimming- at Peggy Hill Rec Ctr. <i>OR</i> Chair Yoga at BIS  <i>AFTERNOON</i> Five Crowns
30  <i>MORNING</i> Golf Card Game   <i>AFTERNOON</i> 10 000 Dice Skip Bo		<i>Summer isn't over until Sept.22!</i>		

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## Highlights for this month!

- Sept. 06 Barrie Adult Day Services will run for just the morning today. **Program will be closed this afternoon**, so please arrange your transportation to be picked up by 12:00 pm
- Sept. 10 **Love Your Brain Yoga Zoom** – Join us today to get some low impact beneficial exercise!
- Sept. 13 **Breakfast at Little D's** – Join us this morning for breakfast at Little D's. Please arrange your transportation to be dropped off at the restaurant at 9:45 am (165 Wellington St. W, Barrie L4N 1L7). BIS will taxi the group back to BIS, so please arrange to be picked up at the BIS office at 4:00 pm. **Remember to bring funds for breakfast!**
- Sept. 17 Come join us for some fun online brain games
- Sept. 20/23 **Bingo!** – Today you can compete with your peers to win some fun and/or tasty prizes
- Sept. 24/25 **Diners' Club** – No need to bring a lunch today as the group will be making chili for lunch!
- Sept. 27 **Swimming at Peggy Hill Rec Ctr OR Meet at BIS office** – For participants who wish to go swimming, meet us at the Peggy Hill Recreation Centre (171 Mapleton Ave. Barrie, L4N 8T6) 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 as usual at 9:30 am for **Chair Yoga** and some fun **Online Brain Games**

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

***Please call or email 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

