








November 2024 – Barrie Adult Day Services

See back for all program details including time & location.

| MON | TUE | WED | TH | FRI | |
|---|--|--|----|---|---|
|  | |  | | 1 Let's Get Moving Quiddler Wizard |  <p>Barrie program runs From 9:00 -4:00 pm every Monday, Tuesday, Wednesday, and Friday.</p> <p>Address 21 Essa Rd. Barrie, ON</p> <p>Staff Contact Info:</p> <p>Jeremy (Mon/Wed/Fri) 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca</p> <p>Angie (Tues/Fri) 705-734-2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>Kylie (Mon/Fri) 705-734-2178 ext. 233 kmccomish@braininjuryservices.ca</p> <p>Mathew (Tues/Wed/Fri) 705 – 734 – 2178 ext. 236 mmaclarencoombe@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence*</p> |
| 4 Movement and Mindfulness Dice Games Five Crowns | 5 Bingo Five Crowns  | 6 Chair Yoga Reading Skills Exercises Phase 10 | 7 | 8 Movement and Mindfulness Play Nine Pictionary  | |
| 11 Remembrance Day Recognition TEDx Video: Memory Blind Artist | 12 Online Brain Games Chair Yoga Play Nine | 13 Cognitive Exercises Karma Your Choice! | 14 | 15 Your Choice! Five Crowns Telestrations | |
| 18 Chair Yoga Play Nine Your Choice!  | 19 Art Activity Chair Yoga Phase 10  | 20 Art Activity Play Nine Quiddler | 21 | 22 Karma Lunch Outing – Swiss Chalet Wizard  | |
| 25 Telestrations Fact or Crap Tri-Bond Game | 26 Stress Relief Strategies Your Choice! Wizard | 27 Make Your Own Pizza! Stress Relief Strategies Wizard  | 28 | 29 Chair Yoga Make Your Own Pizza! Pictionary | |

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Highlights for November 2024:

- Nov 06** **Reading Skills Exercises - These exercises can help improve your speech, reading skills, and your ability to remember what you have read**
- Nov 06/12/18/19/29** **Chair Yoga - Let's get our bodies moving this morning with some beneficial exercise!**
- Nov 11** **TEDx Video – Join us for an educational TED x video about memory!**
- Blind Artist – Work together with a partner to describe what you see in a new game – Blind Artist!**
- Nov 19/20** **Art Activity – Let's work on our fine motor skills today in a fun art activity**
- Nov 22** **Swiss Chalet Lunch Outing - Today the group will be going for lunch at Swiss Chalet! *Meet us at Barrie office as usual at 9:00 am and at 11:30 the group will take taxi to the restaurant . You can also meet us at the restaurant at 12:00pm (397 Bayfield St. Barrie L4M 3C5). If you will be picked up from the restaurant, arrange your transportation for 1:15pm. Remember to bring funds!***
- Nov 26/27** **Stress Relief Strategies – Dealing with stress can be tough. Join us today to learn some good strategies to deal with stress in your life**
- Nov 27/29** **Make Your Own Pizza – No need to bring a lunch today as we will be making our own personal pizzas!**