


October 2024 – Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	THUR S	FRI	
	1 Taboo Dice Games	2 Online Brain Games Chair Yoga Wizard	3	4 Swim @ Allandale Rec Ctr OR Quiddler at Barrie Office Wizard	 <p>Barrie program runs From 9:00 -4:00 pm every Monday, Tuesday, Wednesday, and Friday. Address 21 Essa Rd. Barrie, ON</p> <p>Staff Contact Info:</p> <p>Jeremy 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca</p> <p>Melissa 705 – 734 – 2178 ext. 235 mquinlan@braininjuryservices.ca</p> <p>Angie 705-734-2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>Kylie 705-734-2178 ext. 233 kmccomish@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence*</p>
7 Guided Meditation Reading Skills Exercises Euchre Tournament	8 Chair Yoga Play Nine	9 Thanksgiving Trivia Pumpkin Pie Euchre Tournament	10	11 Thanksgiving Trivia Pumpkin Pie Dice Games Fall Walk (Weather Permitting)	
14 Thanksgiving BIS CLOSED	15 Online Brain Games Wizard	16 Memory Strategies Octoberfest Luncheon Your Choice!	17	18 Swimming at Allandale Rec. Ctr. OR Chair Yoga at BIS office Octoberfest Luncheon	
21 Chair Yoga Play Nine Pass the Ace	22 Bowling at Bowlerama (Off-site all day)	23 Pumpkin Craft Axe Throwing Poker Phase 10	24	25 Pumpkin Craft Bingo	
28 Name That Tune Favourite Music Pictionary	29 Halloween Trivia/Games/Treats Wizard	30 Halloween Trivia/Games/Treats Bingo	31		

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Highlights for October 2024:

- Oct 02/08/18/21 Chair Yoga - Let's get our bodies moving this morning with some beneficial exercise!**
- Oct 04/18 Swimming at Allandale Rec. Centre 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 9:00 am for the fun word game Quiddler.**
- Oct. 07 Reading Skills Exercises - These exercises can help improve your speech, reading skills, and your ability to remember what you have read**
- Oct. 09/11 Thanksgiving Trivia – Join us this morning to learn all about Thanksgiving traditions and enjoy some pumpkin pie!**
- Oct. 16/18 Octoberfest Luncheon – No need to bring a lunch today as we will be making an Octoberfest themed lunch with sausage, sauerkraut and mash potatoes!**
- Oct. 22 Bowling at Bowlerama Day - (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 \$15.00* . Please arrange to be picked up from the bowling alley at 3:30 pm (Rear entrance of Bayfield Mall)**
- Oct 23/25 Pumpkin Craft – Let's celebrate the Halloween season by creating your own unique jack-o-lantern**
- Oct. 29/30 Halloween Trivia – Learn all about the history of Halloween and enjoy some Halloween treats!**