

# December 2024– Barrie Adult Day Services

**See back for all program details including time & location.**

MON	TUE	WED	THU	FRI	
2 Chair Yoga Five Crowns Program Planning Jan/Feb	3 Wizard Program Planning Jan/Feb Joke-R-Uummy Five Crowns	4 Let's Get Moving! Ornament Decorating Phase 10	5	6 Let's Get Moving! Quiddler Bingo	 <p style="text-align: center; color: red;"><b>Barrie program runs From 9:00 -4:00 pm every Monday, Tuesday, Wednesday, and Friday.</b></p> <p style="text-align: center; color: red;"><b>21 Essa Rd. Barrie, ON</b></p> <p style="text-align: center; color: green;"><b>Staff Contact Info:</b></p> <p><b>Jeremy</b> (Mon/Wed/Fri) 705 – 734 – 2178 ext. 243 <a href="mailto:jvos@braininjuryservices.ca">jvos@braininjuryservices.ca</a></p> <p><b>Mat</b> (Tues/Wed/Fri) 705 – 734 – 2178 ext. 236 <a href="mailto:mmaclarencoombe@braininjuryservices.ca">mmaclarencoombe@braininjuryservices.ca</a></p> <p><b>Angie</b> (Tues/Fri) 705-734-2178 ext. 242 <a href="mailto:aspringer@braininjuryservices.ca">aspringer@braininjuryservices.ca</a></p> <p><b>Kylie</b> (Mon/Fri) 705-734-2178 ext. 233 <a href="mailto:kmccomish@braininjuryservices.ca">kmccomish@braininjuryservices.ca</a></p> <p style="color: purple; font-size: small;">*Please contact BIS staff for any questions or to report an absence*</p>
9 Movement & Mindfulness Holiday Craft Skip Bo	10 Chair Yoga 10,000 Play Nine 	11 Jok-R-Uummy Karma Wizard	12	13 No Program Today	
16 Chair Yoga Play Nine Bingo	17 Holiday Feast: Stuffed Chicken/ Garlic Mashed Potatoes Your Choice	18 Holiday Feast: Stuffed Chicken/ Garlic Mashed Potatoes Play Nine	19	20 No Program Today	
23 Movement & Mindfulness Your Choice! Wizard	24 Christmas Party Games – Your Choice  BIS CLOSED at 2PM	25 MERRY CHRISTMAS! 	26 BIS CLOSED	27 BIS CLOSED	
30  CLOSED	31  CLOSED	1 January  CLOSED	2  BIS OPEN!	3  BIS OPEN!	

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## Highlights for December 2024:

- Dec 2/3 Program Planning – This morning we will plan activities for January and February. Think of things that you would like to do with the group and/or will aid in your recovery
- Dec 3 This morning we'll play a group favourite: Wizard! Jok-R-Uummy and Five Crowns will follow
- Dec 4 Ornament Decorating – This morning you can work on your fine motor skills by decorating some holiday ornaments!
- Dec 6/16 Bingo – Today you can try luck to win some prizes playing Bingo!
- Dec 10/16 Chair Yoga - Let's get our bodies moving this morning with some beneficial exercise!
- Dec 13 **No Program Today**
- Dec 17/18 Holiday Feast – No need to bring a lunch today as we will sharing a holiday feast of stuffed chicken breasts, mashed potatoes, and green beans!
- Dec 20 **No Program Today**
- Dec 24 Christmas Party with snacks, music and games. *Brain Injury Services is closed at 2:00pm*

***BIS OFFICE AND PROGRAMS WILL BE CLOSED FOR  
THE HOLIDAYS***

***DECEMBER 25, 2024, THROUGH JANUARY 01, 2025***