









February 2025– Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH	FRI	
3 Online Brain Games Wizard Movement & Mindfulness Sequence	4 Educational: Pros of Physical Activity Horseshoes Wizard	5 Chair Yoga Skip-Bo Sequence Pass the Ace 	6	7 Chair Yoga Five Crowns Quiddler/Your Choice!	 <p>Barrie program runs From 9:00 -4:00 pm every Monday, Tuesday, Wednesday, and Friday.</p> <p>You must be eligible for services & a registered client to participate</p> <p>Staff Contact Info:</p> <p>Jeremy (Mon/Wed/Fri) 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca</p> <p>Mat (Tues/Wed/Fri) 705-331-6250 mmaclarencoombe@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>*Please contact BIS staff for any questions or to report an absence*</p>
10 TedX Video:“Sleep is your superpower” Stretch & Relax Play Nine 	11 Online Brain Games Bean Bag Toss Arts & Crafts - <i>Painting</i> 	12 Valentines Day Cards Program Planning Stretch & Relax Phase 10 	13	14 Valentines Day Cards Program Planning Stretch and Relax Wizard 	
17 Family Day BIS Closed	18 Chair Yoga Program Planning 10,000 Shuffleboard	19 Reading Skills Exercises Diners’ Club: <i>Mushroom Meatballs</i> Stretch & Relax Pictionary	20	21 Brain Power Diners’ Club: <i>Mushroom Meatballs</i> Movement & Mindfulness Pictionary	
24 Online Brain Power Follow-along Painting Movement & Mindfulness Your Choice!	25 In-door Bowling Joker Rummy Wizard	26 Chair Yoga Joker Rummy Phase 10 	27	28 Offsite: Bowling at Bowlerama Day 	

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Highlights for this month!

- Feb 03/05 Sequence – exercise your scanning ability in this fun game that is played in teams
- Feb 03/21/24 Movement and Mindfulness – Join us for some low impact exercises that will make you feel good!
- Feb 05/07/26 Chair Yoga- Let’s get our bodies moving with some beneficial exercise!
- Feb 10 TedX Video: “Sleep is Your Superpower” - Getting a good night’s sleep is hard for many of us so join us to learn how to facilitate better sleeping
- Feb 11/24 Follow-along painting – This morning you can work on your fine motor skills to create an artistic masterpiece!
- Feb 12/14 Program Planning - This morning we will plan activities for March and April. Think of things that you would like to do with the group and/or will aid in your recovery
- Feb 12/14 Valentines Day Cards – Have fun and be creative making Valentines Day cards for those important in your life
- Feb 19/21 Diners’ Club – You won’t need a lunch today as we will be making Mushroom Meatballs for lunch. Potatoes and green beans will compliment our meal
- Feb 19 Reading Skills Exercises - These exercises can help improve your speech, reading skills, and your ability to remember what you have read
- Feb 28 **Bowling at Bowlerama** (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)*