


June 2025– Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH	FRI	<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>Lucy (Mon/Fri) 705-734-2178 ext. 233 lhadderton@braininjuryservices.ca</p> <p>Mat (Tues/Wed/Fri) 705-734-2178 ext. 236 mmaclarencoombe@braininjuryservices.ca</p> <p>Angie (Tues/Fri) 705-734-2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence*</p>
2 Chair Yoga Calendar Quest Challenge Introduction Program Planning/Goals Wizard	3 Calendar Quest Challenge Introduction Pictionary Horseshoes Program Planning/Goals	4 Arts & Crafts Play Nine Low-impact Exercise Quiddler	5	6 Bingo Quiddler Karma <i>Deadline to sign up for Survivor Conference</i>	
9 Guided Meditation Ted Talk: “How a Brain Injury Made Me Smarter” Quiddler	10 Mindful Movement Education: Food Safety Skip Bo Bingo	11 Quiddler Joker Play Nine	12	13 Swiss Chalet - 11:00am Wizard Scattergories	
16 Brain Power Chair Yoga Scattergories	17 Tie Dye Creations 10,000 Dice Quiddler	18 Play Nine Diner’s Club -Breakfast Skip Bo	19	20 Play Nine Diner’s Club-Breakfast Connect 4 Skip Bo	
23 Reading Skills Exercises Low-impact Exercise Let’s take a walk!	24 Stretch & Relax Wizard Karma	25 Quiddler Wizard 10,000 Dice	26	27 Ted Talk: “How a Brain Injury Made Me Smarter” Wizard Play Nine	
30 Karma Your Choice! Connect 4 Pass the Ace	<p>As June is Brain Injury Awareness Month, BIS has created a Calendar Quest Challenge of activities from the Four Pillars of Health that you can participate in each day of this month. The more you participate, the more times your name will be entered in a draw for a prize! Staff will provide more details in group.</p>				 <p>Brain Injury Awareness Month</p>

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705 – 734 - 2178

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Highlights for this month!

- June 2/3** Calendar Quest Challenge Introduction – BIS staff will explain how you can participate in this fun and informative activity during Brain Injury Awareness Month.
- June 2/3** Program Planning – Today we will plan our activities for the summer. Think of activities that you would like to do with the group, will help you achieve a goal, and/or will aid in your recovery.
- June 3** Today we will look into our personal goals and how we can add it into our daily living.
- June 6** Today is the deadline to sign up for the Survivor Conference. Please see staff to register!
- June 9/27** Ted Talk: *“How a Brain Injury Made Me Smarter.”* In this video, Ann Zuccardy offers candid, witty conversation about life's challenging moments and meeting them with creativity and humor. She provides insights gleaned from her personal struggle after a traumatic brain injury (TBI) changed her life.
- June 10** Food Safety Education – Food safety starts with you. Learn how to keep yourself safe by following the food safety guidelines in this presentation.
- June 13** Lunch Outing at Swiss Chalet – A great opportunity to get out and enjoy a restaurant meal! We will depart BIS at 11:00am via Taxi and return to BIS after lunch. Remember to bring funds!
- June 17** Ever Tye-Dye before? Come create a cool creation just in time for the summer season.
- June 18/20** Diner’s Club – Come enjoy a Canadian Breakfast for lunch, no need to bring your own as we will make a nice meal together.
- June 23** Reading Skills Exercises - These exercises can help improve your speech, reading skills, and your ability to remember what you have read.