

July 2025– Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH	FRI	<div>Barrie program runs From 9:00 - 4:00 pm every Monday, Tuesday, Wednesday, and Friday.</div> <div>You must be eligible for services & a registered client to participate</div> <div>Staff Contact Info:</div> <div>Jeremy (Mon/Wed/Fri) 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca</div> <div>Lucy (Mon/Fri) 705-734-2178 ext. 233 lhadderton@braininjuryservices.ca</div> <div>Mat (Tues/Wed/Fri) 705-734-2178 ext. 236 mmaclarencoombe@braininjuryservices.ca</div> <div>Angie (Tues/Fri) 705-734-2178 ext. 242 aspringer@braininjuryservices.ca</div> <div>*Please contact BIS staff for any questions or to report an absence*</div>
	1 Closed for Canada Day 	2 Sequence Accomplishing Goals Skip Bo	3	4 Canadian Baking: Butter Tarts! Wizard Karma	
7 Brain Power Low Impact Exercise/Walk Quiddler Your Choice!	8 Movie Outing – Jurassic Park 12:30pm-3:30pm 72 Commerce Park Drive, Barrie, ON, L4N 8W8	9 Karma Play Nine Joker Rummy	10	11 Karma Play Nine Goal Review	
14 Diner’s Club – Grilled Cheese Online Brain Games Play Nine	15 Education: Sun Safety Skip Bo Scattergories	16 10,000 Dice Goal Review Wizard Phase 10	17	18 Diner’s Club – Grilled Cheese Online Games Play Nine	
21 Exercise/ Meditation Education: Sun Safety Wizard	22 Arts & Crafts – Painting Education: Accomplishing Goals	23 Arts & Crafts – Painting Quiddler Scattergories	24	25 Picnic in the Park 11:00am-1:30pm (Details on back)	
28 Accomplishing Goals Phase 10 DIY Blizzards Play Nine	29 Online Games Reading Exercise DIY Blizzards Wizard	30 Online Games Reading Exercise Wizard	31		
					Brain Injury Services Location 21 Essa Road Unit 1, Barrie ON L4N 3k4

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Highlights for this month!

- July 1** **Closed for Canada's Day**
- July 2/2/28** **Accomplishing Goals – Setting and accomplishing goals is key to your moving forward in life and your recovery. Support from staff and peers can help you narrow down obtainable goals!**
- July 4** **Butter Tarts! – Join us today for an awesome treat!**
- July 7** **Let's go for a walk! -Walking is beneficial not only physically, but also for our mental health. This afternoon, we will take a nice summer walk (weather permitting)**
- July 8** **Join us for a matinee movie at Barrie Cineplex Theatres. We will be meeting at BIS at usual time for games and early lunch. As a group we will take a taxi to the movies for a 12:30 showing. Movie is Jurassic World: Rebirth. **Cost is \$15.00** Please have your ride **pick you up between 3:15pm-3:30. Located at 72 Commerce Park Drive, Barrie, L4N 8W8 Barrie Cineplex Theatre.** If money is a concern, please speak to staff**
- July 14/18** **No need to bring a lunch as today is Diner's Club. We are making Grilled Cheese sandwiches with a salad for lunch**
- July 15/21** **Education: Sun Safety – As it is summertime, it is important to keep yourself protected from the harmful effects of ultraviolet radiation. Learn strategies to protect yourself from sun-related health issues.**
- July 22/23** **Arts and Crafts – Today you can work on your fine motor skills, your ability to be creative, as well as exercise your imagination while working on a painting or craft**
- July 29/30** **Reading Exercise - These exercises can help improve your speech, reading skills, and your ability to remember what you have read**
- July 25** **Day Program will take place at the **Picnic in the Park, which will be located at Allendale Station Park. GJH South Shore Community Centre at 205 Lakeshore Drive Barrie.** Please see the flyer on the next page:**
- July 28/29** **DIY Blizzards – Join us today to make you own custom ice cream Blizzard!**

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Picnic in the Park

Join us for food, fun, and friendship!

When: Friday, July 25th - 11:00 AM – 1:30 PM

Where: Allendale Station Park – GJH South Shore Community Center
205 Lakeshore Drive, Barrie
<https://maps.app.goo.gl/YvF8MHUQfipQqoww9>

Who: BIS and MOD Clients
Friends and Family Welcome

- Bring a blanket and/or chair and your summer spirit!
- Dress for the weather – including sunscreen, hat and sunglasses
Enjoy great company, relaxing views, and games by the water.
- Might even fly a kite or two or walk the scenic trail along the waterfront.
 - Parking is free for those with Handicap Permit or residents of Barrie with digital permit
 - Parking rates are \$10/hr (carpooling and/or drop off is recommended)
 - Parking is available in BIS parking lot – corner of Tiffin and Essa for those able to walk to location
 - Specialized Transit is also option

**Picnic lunch, Beverages and
light snacks provided.**

RSVP by July 21st to Keri Ireland 705-734-2178 x 229 kireland@braininjuryservices.ca

(include a dietary restrictions) Angie Springer 705-734-2178 x242 aspringer@braininjuryservices.ca

Rain date - August 8th

www.braininjuryservices.ca
705 – 734 - 2178