




# August 2025– Barrie Adult Day Services

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

MON	TUE	WED	TH	FRI	<p><b>Barrie program runs From 9:00 - 4:00 pm every Monday, Tuesday, Wednesday, and Friday.</b></p> <p><b>You must be eligible for services &amp; a registered client to participate</b></p> <p><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>Lucy</b> (Mon/Fri) 705-734-2178 ext. 233 <a href="mailto:lhadderton@braininjuryservices.ca">lhadderton@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>*Please contact BIS staff for any questions or to report an absence*</b></p>
				<p>1 Five Crowns Low-Impact Exercise Let's go for a Walk! Your Choice!</p>	
<p>4</p> <p><b>BIS Closed for Civic Holiday</b></p>	<p>5</p> <p>Education: Emergency Preparedness Mexican Train Quiddler</p>	<p>6</p> <p>10,000 Karma Ice Cream/Popsicle Treats Play Nine</p>	7	<p>8</p> <p><b>Picnic in the Park 11:00am-1:30pm (Details on back)</b></p>	
<p>11</p> <p>Bingo Wizard 10,000</p>	<p>12</p> <p>Mosaic Coaster Craft Karma Skip Bo</p>	<p>13</p> <p>Diner's Club – Cheese Steak Brain Memory Exercises Play Nine</p>	14	<p>15</p> <p>Diner's Club – Cheese Steak Brain Memory Exercises Play Nine</p>	
<p>18</p> <p>Arts &amp; Crafts – Painting Mexican Train Quiddler</p>	<p>19</p> <p>Play Nine 10,000 Wizard</p>	<p>20</p> <p><b>St. Vincent Park Day (Offsite)</b> <i>All Day-Weather Permitting</i></p>	21	<p>22</p> <p>Online Brain Games Wizard Karma</p>	
<p>25</p> <p>Brain Power Low-impact Exercise Meditation Your Choice Games</p>	<p>26</p> <p>Online Brain Games Quiddler Barrie Library Tour</p>	<p>27</p> <p>Goal Progress Karma Skip Bo</p>	28	<p>29</p> <p>Phase 10 Goal Progress Scattergories Wizard</p>	

**Brain Injury Services Location:**  
21 Essa Drive Rd Unit 1, Barrie Ontario  
L4N 3K4

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## Highlights for this month!

- August 1**      **Let's Go For a Walk!** – For some, walking regularly is a goal. This is an opportunity to do so with your peers. So, let's get out for some fresh air and a nice summer walk!
- August 4**      **Closed for Civic Holiday**
- August 5/18**      **Arts & Crafts** is an excellent activity for you to work on your fine motor skills and to be creative. Many find that that focusing on an art project gives their brain a break from the everyday. **Mexican Train & Quiddler** will follow in the afternoon.
- August 6**      **Ice Cream/Popsicle Treats** – It's summer, so let's have a tasty treat!
- August 8**      **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.** Program will begin at 9:00am at the park and picnic will start at 11:00am
- August 11**      Let's see who can win prizes in today's game of **Bingo**. Followed by **10,000 Dice** and everyone's favorite **Wizard** in the afternoon.
- August 13/15**      Lets start our morning with a brain challenge with some **Brain Memory Exercises** before making **Philadelphia Cheese Steaks** for Diner's Club!- Yum Yum!
- August 20**      **St. Vincent Park Day (offsite-weather permitting)** – Join us for a fun summer day at this beautiful park The group will hang out, socialize, and play some fun outdoor games. Remember to bring a picnic lunch, mobility device, hat, sweatshirt, sunscreen, lawn chair, and/or anything else you need for a day outside. Water will be supplied, and staff will make a coffee run in the morning.  
*Please arrange your transportation to be dropped off at St. Vincent Park (60 Blake St.) at 10:00 am and picked up at 3:00 pm.*
- August 26**      **Barrie Library** - Join us at the Barrie Library (Downtown Branch – 60 Worsley St) to get a tour of the library and all of the amazing services they offer – it's so much more than books! The tour will run from 1:30 – 3:30. Please arrange for your transportation to pick you up from the library at the end of the day. Bring ID if you would like to get a library card.
- August 27/29**      We will be discussing our **Goals** that we are individually working on, followed up by **Skip Bo & Karma** to add some fun and laughs to our day!