

January 2026 – Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH	FRI	
			1 New Years Day BIS CLOSED	2 Wizard Five Crowns 10,000	Barrie program runs From 9:00 - 4:00 pm every Monday, Tuesday, Wednesday, and Friday.
5 Guided Meditation Stretch and Relax Wii Bowling Your Choice!	6 Five Crowns 10,000 Play Nine	7 Online Brain Games Wizard Phase 10	8	9 Funglish Quiddler 10,000	You must be eligible for services & a registered client to participate Staff Contact Info: Jeremy (Mon/Wed/Fri) 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca
12 Reading Skills Exercises Phase 10 Wizard	13 Hot Cocoa Card Holder Making Phase 10 Wizard	14 Hot Cocoa Card Holder Making Phase 10 Wizard	15	16 Library Outing (Optional) 10am-11am Wizard	Lucy (Mon/Fri) 705-734-2178 ext. 233 lhadderton@braininjuryservices.ca Mat (Tues/Wed/Fri) 705-734-2178 ext. 236 mmaclarencoopme@braininjuryservices.ca
19 Wizard 10,000 Karma	20 Diner's Club: <i>Stuffed Baked Potatoes</i> Education: Fall Prevention Karma	21 Play Nine Wizard 10,000	22	23 Scattergories 10,000 Play Nine	Angie (Tues/Fri) 705-734-2178 ext. 242 aspringer@braininjuryservices.ca *Please contact BIS staff for any questions or to report an absence*
26 Diner's Club : <i>Stuffed Baked Potatoes</i> Play Nine Joker Rummy	27 Scattergories Joker Rummy Hitster Music Game	28 Education: Fall Prevention Phase 10	29	30 Swimming (optional) Wizard Karma	**Reminder to check expiration date of Health card**

www.braininjuryservices.ca
705 – 734 - 2178

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Highlights for this month!

Jan 1 **Closed for New Year's Day**

Jan 5 **Guided Mediation** – Learning to relax can be tough and a guided meditation is a great way to relax and recharge.

Wii Bowling – This fun classic will get you moving as you try to beat your peers in a fun virtual bowling alley.

Jan 12 **Reading Skills Exercises** - These exercises can help improve your speech, reading skills, and your ability to remember what you have read.

Jan 13/14 **Hot Cocoa** – Let's make some Hot Chocolate and work on your fine motor skills by personalizing your own **Card Holder**.

Jan 16 **Barrie Library (Optional)** - For those who are interested, we will be attending the Barrie Library to rent out any books you may want. If not interested, feel free to stay at the BIS program site and play some fun games with your peers.

Jan 20/26 **Diners's Club** - Come with an appetite, as we will be making stuffed baked potatoes for Diners' Club. Also, staff will present an educational piece on **Fall Prevention**.

Jan 27 **Hitster Music Game** - This is a fun music party game that tests your memory of when popular songs were released. Players arrange music cards in chronological order on a timeline to become the first to collect 10 cards.

Jan 28 **Fall Prevention** – Today you can get some good information on how to reduce your risk of falls.

Jan 30 **Swimming (Optional)** – Swimming will be available for those interested. We will take a taxi from the BIS program site at 9:30am and you will have the choice to swim or do Aquafit from 10:00am-11:00am. Price is \$5.65, or \$4.80 for seniors 60+. **For those who do not wish to swim, meet at us at BIS at the usual time for a fun morning of games.**