November 2026 – Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH *Drop In	FRI
2 Quiddler Five Crowns Bean Bag Toss	3 Online Brain Games Quiddler Ladder Ball	4 Watercolour Poppy Painting Wizard Play Nine	5 Drop In Activities	6 Library (Optional) Scattergories Phase 10
9 Reading Skills Exercise Envelope Game Wizard	10 Watercolour Poppy Painting Ted Talk: Goal Setting 10,000 Dice	11 Brain Games Remembrance Day Recognition Your Choice!	12 Drop In Activities	13 Five Crowns Diner's Club – *Grilled Cheese & Soup* Tri-Bond Game
16 Phase 10 Diner's Club – *Grilled Cheese & Soup* Flip 7	17 Armchair Travel- South Africa Joker Rummy Axe Throwing	18 Mexican Train Quiddler Pool Golf	19 Drop In Activities	20 Swimming (Optional) 10,000 Dice Play Nine Wizard
23 Brain Games Bingo Axe Throwing	24 The Price is Right Flip 7 Board Games	25 Reading Skills Exercise Ted Talk: Goal Setting Phase 10	26 Drop In Activities	27 Brain Games Bingo Afternoon Movie
30 Quiz Challenge Spotlight Series Scattergories				

Barrie program runs From 9:00 - 4:00 pm every Monday, Tuesday, Wednesday, and Friday.

You must be eligible for services & a registered client to participate

Staff Contact Info:

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Please contact BIS staff for any questions or to report an absence

Flu season is here! Please wash your hands regularly and practise good hygiene. If you have any symptoms of illness, please stay home and let us know. Thank you for helping keep everyone healthy!

***For anyone interested in getting your flu shot, we can assist you in finding the closest clinic to your house or open this hyperlink:** Flu Shots (Influenza Vaccines) - Barrie & Area - nsmhealthline.ca

You can also receive your flu shot at our building at the Rexall Pharmacy. Contact staff if you need some help.

*** Please see "Community Calendar" for details for Drop-In Activities**

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Highlights for this month!

Nov 2/18 Quiddler – This morning you can work on your spelling skills in this fun game. As you play, note which letters are worth the most points and try to spell words with them to get the highest score! Bean Bag Toss will get us moving in the afternoon.

Nov 6/30 Scattergories – This is a fun word game where players write down unique answers starting with a specific letter. This activity is a great way to practice your word-finding skills.

Nov 4/10 Watercolour Poppy Painting – Today you can work on your fine motor skills by creating a painting in honour of Remembrance Day.

Nov 6 Library – This morning you have the option to go to the library if you're interested in getting some books, movies etc…For anyone who does not wish to go to the library, join us at the normal time for social time and fun and challenging games.

Nov 9/25 Reading Skills Exercises - These exercises can help improve your speech, reading skills, and your ability to remember what you've read.

Nov 10 Ted Talk: Goal Setting – Setting goal can be hard, so join us today to learn some strategies on how to set achievable goals.

Nov 11 Remembrance Day Recognition -Join us today to learn the history of Remembrance Day and at 11:00 am we will pause the program to acknowledge those who served in the military.

Nov 13/16 Diners' Club – As a group we will be using our cognitive skills while also working on our independence by creating a shopping list and then walking over to the grocery store to purchase items needed to make a meal. Then, as a team we will learn to cook and prepare the meal. Today's menu is grilled cheese and soup.

Nov 17 Armchair Travel: South Africa – Today you can travel virtually to South Africa, see the sights and learn about the country.

Nov 20 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.*

Nov 27 Bingo and Movie – We'll start our morning seeing who can win prizes in Bingo followed up by a movie and popcorn

Nov 30 Spotlight Series - This is a chance for YOU to share something that is meaningful to you with the group.

www.braininjuryservices.ca
705 – 734 - 2178

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