

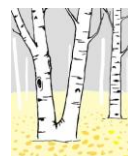







May 2018 - Barrie Adult Day Services

Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
	<p><i>Always find a reason to laugh. It may not add years to your life, but it will add life to your years!</i></p>	01	02 MORNING VON Smart Exercise Left/Centre/ Right Game AFTERNOON Five Crowns / Spring Waterfront Walk 	03	04	05
				Social Time: 9:00 - 9:45 am Coffee/Tea (Provided) Catching up with peers Current Events		
06	07 MORNING Brain Power Exercises AFTERNOON VON Smart Exercise Bingo 	08	09 MORNING VON Smart Exercise Painting Craft: Birch Trees AFTERNOON Mother's Day Cards / Skip Bo 	10	11	12
				Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Diners' Club Day (Monday, May 28)		
13 <i>Mother's Day</i>	14 MORNING VON Smart Exercise  ABI Education: Concussions Video AFTERNOON Program Planning for July/Aug Spring Walk	15	16 MORNING Shuffleboard at Parkview Centre AFTERNOON Program Planning Cont'd Wizard 10, 000 Dice 	17	18	19
				VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.		
20	21 <p style="text-align: center;">Victoria Day BIS CLOSED ☹️</p>	22	23 MORNING Brain Power: Group Crosswords AFTERNOON VON Smart Exercise Jok-R-Uummy 	24	25	26
				Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others		
27	28 MORNING Diners' Club: Kabobs for Lunch! AFTERNOON VON Smart Exercise DVD Movie 	29	30 MORNING VON Smart Exercise  Quiddler AFTERNOON Your Choice / Spring Walk	31		
				Be sure to read the back of this calendar for important details and information regarding off-site activities		

Barrie Adult Day Services Highlights for May 2018

- May 02** Spring is here-yeah!!! Participants will have the option of taking a lovely **Spring Walk** by the waterfront. Let's hope the weather cooperates!
- May 07** **Brain Power** - Challenge your brain with trivia and other cognitive exercises. Always lots of fun and always stimulates good conversation!
- May 09** **Painting Craft** – We'll get creative this morning working on an acrylic painting of birch trees. This craft is easy, lots of fun, and you'll likely be very pleased with how it turns out!
- May 14** **ABI Education Video : "The Aftermath of Concussions."** The aftermath of a concussion can leave someone dizzy, nauseous, depressed, anxious, and cognitively impaired. There is no timeline for recovery, and some remain permanently changed. TVO's *The Agenda* talks to athletes about their experiences with post-concussion symptoms and their road to recovery. **Program Planning** – Today the group will plan activities for July and August.
- May 16** **Shuffleboard at Parkview Community Centre** - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at Parkview 55+ Centre (189 Blake St.) by 10:00 am. **No cost for participants!**
- May 21** **Victoria Day – BIS CLOSED**
- May 23** **Jok-R-Uummy** – This game provides a fun twist on some of the groups' favourite games such Phase 10, Five Crowns, and Rummy
- May 28** **Diners' Club** – Today the group will be making Kabobs for lunch! **DVD Movie** to follow in the afternoon
- May 30** **Quiddler** – This morning we'll play this fun game in which players compete by spelling words from cards of increasing size, each card worth various points

BIS Adult Day Services offers a variety of social, recreation, and skill building opportunities to adults living with an ABI

Our Program provides support in

Socialization:

Connecting with peers
Building self-esteem/confidence
Improving communication skills

Brain Education and Exercises:

Learning about ABI
Games, puzzles, and problem solving activities to stimulate brain function

Health and Wellness:

Cooking
Physical exercise/fitness/balance
Personal safety

Respite:

Support quality of life for caregivers to reduce stress and fatigue

Brain Injury Services – Barrie Adult Day Services

21 Essa Rd. Unit 1, Barrie ON

Mondays and Wednesdays 9:00am - 4:00pm

Barrie Office 705-734-2178 Jeremy ext 243/ Lyn ext 242



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NOTE: Participants need to be independent with transportation and personal support requirements, as one to one assistance is not available