













Sun	Monday	Tue	Wednesday	Thu	Fri	Sat
			01 <i>MORNING</i> Bowling @ Bowlerama <i>AFTERNOON</i> Smart Ass Game 	02	03	04
				9:00-9:45 am One-to-one assistance from staff. Work on personal goals by appointment or by chance		
05	06 <i>MORNING</i> VON Smart Exercise Guided Meditation Games for the Brain <i>AFTERNOON</i> Mother's Day Cards 	07	08 <i>MORNING</i> VON Smart Exercise Flower Pot Project <i>AFTERNOON</i> Yahtzee  	09	10	11
				VON Smart Exercise This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.		
12	13 <i>MORNING</i> VON Smart Exercise Cognitive Skills Workbook <i>AFTERNOON</i> Pictionary 	14	15 <i>MORNING</i> VON Smart Exercise Lunch Outing: Little D's <i>AFTERNOON</i> DVD Movie 	16	17	18
				Lunch 12:00 – 1:00 pm Be sure to bring a lunch except on Lunch Outing Day (Wed. May 15) and Diners' Club Day (Mon. May 27)		
19	20 Victoria Day BIS CLOSED	21	22 <i>MORNING</i> VON Smart Exercise Brain Power <i>AFTERNOON</i> Karma Game  	23	24	25
				Benefits of Game Play Improves brain function Relieves stress Improves relationships and connection to others		
26	27 <i>MORNING</i> VON Smart Exercise Diners' Club: Creamy Chicken Fusilli Program Planning for July/Aug <i>AFTERNOON</i> Euchre / Rummy 	28	29 <i>MORNING</i> VON Smart Exercise Quiddler <i>AFTERNOON</i> Chickenfoot Dominoes Spring Walk  	30		
				Be sure to read the back of this calendar for important details and information regarding off-site activities		

OFFSITE ACTIVITIES ARE **HIGHLIGHTED** AND MAY REQUIRE FUNDS AND CHANGES IN DROP-OFF AND PICKUP LOCATION-**SEE REVERSE**

Barrie Adult Day Services Highlights for May 2019

- May 01** **Bowling at Bowlerama** (Bayfield Mall) - Meet us at the Barrie program site (21 Essa Rd.) by 9:30 am or meet us at the bowling alley at Bayfield Mall (320 Bayfield St.) by 10:00 am. Don't be late!!! **Cost is \$7.00 (includes shoe rental)**
- May 06** **A Guided Meditation session** will help us to relax before we challenge ourselves with some **Games for the Brain**
- May 08** **Flower Pot Project** – Your mission this morning is to practice your fine motor skills by decorating a flower pot. Later you can plant some flowers or herbs!
- May 13** **Cognitive Skills Workbook** – Join us for some fun exercises involving thought processing and word retrieval
- May 15** **Lunch Outing: Little D's**– Today the group will be going for lunch at Little D's Family Restaurant *Meet us at the program site by 11:30 am OR meet us at the restaurant by 12:00 pm (165 Wellington St. W, Barrie L4N 1L7). If you will be picked up from the restaurant, arrange your transportation for 1:15pm. **Remember to bring funds!** (Approx. \$20– less depending on available specials)*
- May 20** **Victoria Day – BIS CLOSED** ☹
- May 22** **Karma Game** - Race to get rid of all your cards by playing a card of equal or higher value. Use your Karma Cards to avoid picking up the discard pile
- May 27** **Diners' Club** – Creamy Chicken Fusilli is on the menu! Come on out to cook and eat some great food!
- May 29** **Quiddler** – This morning we'll play this fun game in which players compete by spelling words from cards in hands of increasing size, each card worth various points. **Spring Walk** in the afternoon (Weather Permitting)

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.