









March 2023 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
		01 MORNING VON Exercise/Meditation Skip-Bo AFTERNOON Wizard	02 	03 MORNING BIS Zoom AFTERNOON Euchre
06 MORNING VON Exercise/Meditation Quiddler AFTERNOON Wii Bowling	07 MORNING 10,000 Dice  AFTERNOON Wizard	08 MORNING VON Exercise/Meditation Five Crowns AFTERNOON Sequence	09	10 MORNING BIS Zoom: Healthy Aging and Brain Health AFTERNOON Brain Education
13 MORNING VON Exercise/Meditation Group Crosswords AFTERNOON  Tie Dye T-Shirts	14 MORNING Bingo  AFTERNOON Phase 10	15 MORNING VON Exercise/Meditation Jok-R-Uummy AFTERNOON Phase 10	16 	17 MORNING BIS Zoom AFTERNOON Jok-R-Uummy
20 MORNING VON Exercise/Meditation Online Brain Games AFTERNOON Wild 30 Dice Game	21 MORNING  Uno AFTERNOON Matinee Movie at Cineplex North	22 MORNING VON Exercise/Meditation Karma AFTERNOON Yahtzee	23	24 MORNING BIS Zoom: Healthy Aging and Planning Ahead AFTERNOON Wizard
27 MORNING VON Exercise/Meditation Jeopardy AFTERNOON  10,000 Dice	28 MORNING Quiddler AFTERNOON Your Choice!	29 MORNING VON Exercise/Meditation AFTERNOON Tri-Bond	30	31 MORNING BIS Zoom AFTERNOON Karma

March 2023 – Barrie Adult Day Services

Highlights for this month!

Every Monday and Wednesday morning the group will start the day with VON Smart Exercise followed by a Guided Meditation:

VON Smart Exercise – These exercises can improve strength, balance, flexibility, and cardiovascular health

Guided Meditation – Learning to relax can be tough and a guided meditation is a great way to relax and recharge

NOTE: Friday participants can participate in VON Smart exercise in our Friday morning Zoom meetings

- Mar. 10** **VON Healthy Aging Series: Join us this morning to learn strategies to maintain independence and protect and promote your health. Today's topic is: "Healthy Aging and Brain Health."**
- Mar. 13** **Tie-Dye T-Shirts – This morning you can get creative by making your own Tie-dye T-Shirt!**
- Mar. 21** **Matinee Movie at Cineplex – Group will meet at BIS office for the morning and then take taxi to the theatre. More details to follow...**
- Mar. 24** **VON Healthy Aging Series: Today's topic is: "Healthy Aging and Planning Ahead."**

BIS Zooms on Fridays **On Friday mornings the group joins peers from all of BIS' programs for a morning of fun and exercise:**

9:30 Social Time

10:00 Brain Busters

11:00 VON Smart Exercise & Music Trivia

Brain Injury Services – Barrie Adult Day Services

21 Essa Rd. Unit 1, Barrie ON

Mondays, Tuesdays, Wednesdays, and Fridays 9:00am - 4:00pm

Barrie Office 705-734-2178 Jeremy ext. 243 / Lyn ext. 242 / Melissa ext. 235 / Julia ext. 231

