












# April 2023 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
03 <b>MORNING</b> VON Exercise/Meditation Easter Treats  <b>AFTERNOON</b> Five Crowns 	04 <b>MORNING</b> Wizard  <b>AFTERNOON</b> Quiddler	05 <b>MORNING</b> VON Exercise/Meditation Game of Things  <b>AFTERNOON</b> Jok-R-Uummy 	06 Good Friday <b>BIS CLOSED</b>	07 Good Friday <b>BIS CLOSED</b>
10  Easter Monday <b>BIS CLOSED</b>	11 <b>MORNING</b> Spring Planting Pots   <b>AFTERNOON</b> Your Choice!	12 <b>MORNING</b> VON Exercise/Meditation Karma  <b>AFTERNOON</b> Tri-Bond 	13  <b>BIS Zoom: Healthy Aging and Sleep</b> Pizza Party for Lunch!  <b>AFTERNOON</b> Wizard 	14 <b>BIS Zoom: Healthy Aging and Sleep</b> Pizza Party for Lunch!  <b>AFTERNOON</b> Wizard 
17 <b>MORNING</b> VON Exercise/Meditation Pizza Party for Lunch!  <b>AFTERNOON</b> Wizard 	18 <b>MORNING</b> Poker  <b>AFTERNOON</b> Horseshoes 	19 <b>MORNING</b> VON Exercise/Meditation Group Crosswords  <b>AFTERNOON</b> Phase 10	20  <b>ADS Programs Canceled Today</b>	21 <b>ADS Programs Canceled Today</b>
24 <b>MORNING</b> VON Exercise/Meditation Quiddler  <b>AFTERNOON</b> Sequence Wild 30 Dice Game	25 <b>MORNING</b> Five Crowns  <b>AFTERNOON</b> Boggle	26 <b>MORNING</b> VON Exercise/Meditation 10,000 Dice  <b>AFTERNOON</b> Wii Bowling 	27  <b>BIS Zoom</b>  <b>AFTERNOON</b> <b>Brain Education: Coping Strategies</b>	28  <b>BIS Zoom</b>  <b>AFTERNOON</b> <b>Brain Education: Coping Strategies</b>
<b>Dream Big</b> <b>Set Goals</b> <b>Take Action</b>			<div style="border: 1px solid black; padding: 5px;"> <p><b>VON Smart Exercise</b></p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p> </div>	<div style="border: 1px solid black; padding: 5px;"> <p><b>VON Smart Exercise</b></p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p> </div>

## 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*

- Apr. 05            Game of Things – Pick a topic, write a response, read them out loud and guess the “Things” your peers think about the topic
- Apr. 14            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 Sleep.*”
- Apr. 14/17        Pizza Party for Lunch! No cost for participants
- Apr. 28            Brain Education: Join us this afternoon to learn some basic coping strategies for brain injury survivors

**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

