







May 2023 – Virtual Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p>01</p> <p>Movement 2:30-3:15 pm Meditation 3:15-3:45 pm</p>	<p>02</p> 	<p>03</p> 	<p>04</p>	<p>05</p> <p>9:30 am: Social Time 10:00 am: Brain Busters 11:00 am: VON Smart Exercise / Music Trivia</p>
<p>08</p> <p>Movement 2:30-3:15 pm Meditation 3:15-3:45 pm</p>	<p>09</p>	<p>10</p> 	<p>11</p>	<p>12</p> <p>9:30 am: Social Time 10:00 am: Brain Busters 11:00 am: VON Smart Exercise / Music Trivia</p>
<p>15</p> <p>Movement 2:30-3:15 pm Meditation 3:15-3:45 pm</p>	<p>16</p>	<p>17</p> 	<p>18</p> 	<p>19</p> <p>9:30 am: Social Time 10:00 am: Brain Busters 11:00 am: VON Smart Exercise / Music Trivia</p>
<p>22</p> <p>BIS CLOSED</p> 	<p>23</p> 	<p>24</p>	<p>25</p> 	<p>26</p> <p>9:30 am: Social Time 10:00 am: Brain Busters 11:00 am: VON Smart Exercise / Music Trivia</p>
<p>29</p> <p>Movement 2:30-3:15 pm Meditation 3:15-3:45 pm</p>	<p>30</p>	<p>31</p>	<p><i>You are always welcome to try out a group without committing to the entire session</i></p>	<p>If you would like to register for ZOOM online groups or would like more information email: ksulman@braininjuryservices.ca</p> 