









Monday	Tuesday	Wednesday	Thursday	Friday
01 MORNING VON Exercise/Meditation Karma AFTERNOON 10,000 Dice 	02 MORNING Dice Games AFTERNOON Wizard	03 MORNING VON Exercise/Meditation Mexican Train AFTERNOON Tri-Bond 	04 	05 MORNING BIS Zoom AFTERNOON Monopoly
08 MORNING VON Exercise/Meditation Online Brain Games AFTERNOON Bingo 	09 MORNING Poker  AFTERNOON Brain Power	10 MORNING VON Exercise/Meditation Brain Power AFTERNOON Yahtzee	11 	12 MORNING BIS Zoom AFTERNOON Mother's Day / Gift Card Making
15 MORNING VON Exercise/Meditation Game of Things AFTERNOON Group Crosswords	16 MORNING Bingo AFTERNOON Your Choice!	17 MORNING VON Exercise/Meditation Quiddler AFTERNOON Imaginiff 	18 	19 MORNING BIS Zoom AFTERNOON Pictionary
22 BIS CLOSED Victoria Day	23 MORNING Quiddler AFTERNOON Mexican Train	24 MORNING VON Exercise/Meditation Wizard AFTERNOON Sequence 	25 	26 MORNING No Zoom Today 😞 Day Program Closed This Morning AFTERNOON Day Program Open this Afternoon Your Choice!
29 MORNING VON Exercise/Meditation Skip-Bo AFTERNOON Phase 10 	30 MORNING Five Crowns AFTERNOON Magnetic Darts 	31 MORNING VON Exercise/Meditation Jok-R-Uummy AFTERNOON Five Crowns	<div style="border: 1px solid black; padding: 10px;"> <p>VON Smart Exercise</p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p> </div>	

May 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

- May 03/23** The return of an old favourite: Mexican Train! Join us for this fun domino game
- May 08/16** Bingo – test your luck to win prizes!
- May 12** Card Making – this afternoon you can make a Mother’s Day card or a card for any occasion
- May 22** BIS CLOSED for Victoria Day
- May 26** NOTE: No Zoom or Day program this morning. Day Program will be open in the afternoon

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

