

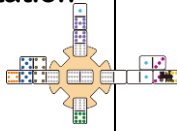







June 2023 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>June is Brain Injury Awareness Month!</i></p>	<p><i>20th Annual Brain Injury Survivor Conference will be held on Wed. June 21</i></p> <p><i>Flyer in BIS Lobby or ask staff for details</i></p>	<p>VON Smart Exercise</p> <p>This exercise program improves strength, balance, cardiovascular health, and can help reduce falls.</p>	<p>01</p>	<p>02</p> <p>MORNING BIS Zoom </p> <p>AFTERNOON Jok-R-Uummy</p>
<p>05</p> <p>MORNING Quiddler </p> <p>AFTERNOON Bingo</p>	<p>06</p> <p>MORNING Tri-Bond</p> <p>AFTERNOON Wizard</p>	<p>07</p> <p>MORNING VON Exercise/Meditation Mexican Train </p> <p>AFTERNOON Phase 10</p>	<p>08</p>	<p>09</p> <p>MORNING BIS Zoom</p> <p>AFTERNOON Brain Education</p>
<p>12</p> <p>MORNING Brain Power Exercises </p> <p>AFTERNOON Five Crowns</p>	<p>13</p> <p>MORNING Chromino</p> <p>AFTERNOON Your Choice!</p>	<p>14</p> <p>MORNING VON Exercise/Meditation Skip-Bo</p> <p>AFTERNOON Axe-Throwing Poker </p>	<p>15</p>	<p>16</p> <p>MORNING BIS Zoom</p> <p>AFTERNOON Card Games</p>
<p>19</p> <p>MORNING Jok-R-Uummy </p> <p>AFTERNOON Your Choice!</p>	<p>20</p> <p>MORNING Axe-Throwing</p> <p>AFTERNOON Brain Power</p>	<p>21</p> <p>MORNING VON Exercise/Meditation Sequence</p> <p>AFTERNOON Quiddler</p>	<p>22</p>	<p>23</p> <p>MORNING No Zoom This Morning 😞</p> <p>AFTERNOON Wizard</p>
<p>26</p> <p>MORNING VON Exercise/Meditation</p> <p>AFTERNOON Pictionary</p>	<p>27</p> <p>Group Outing: Simcoe County Museum</p> <p>Details to follow... </p>	<p>28</p> <p>MORNING VON Exercise/Meditation Karma</p> <p>AFTERNOON Wizard </p>	<p>29</p>	<p>30</p> <p>MORNING BIS Zoom</p> <p>AFTERNOON Bingo</p>

June 2023 – Barrie Adult Day Services

Highlights for this month!

Every 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

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| June 07 | This morning you can hop aboard the Mexican Train! Join us for this fun domino game |
| June 05 | Bingo – test your luck to win prizes! |
| June 12 | Brain Power Exercises - Exercises that can help with practical situations, reading comprehension, and creative thinking |
| June 14 | Axe-Throwing Poker – Don't worry, the axes are plastic and not sharp! Join us for this fun activity where you can aim for the best poker hand! |
| June 23 | NOTE: No Zoom or Day program this morning. Day Program <u>will be open</u> in the afternoon |
| June 27 | Simcoe County Museum Group Outing – Details to follow... |

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 / Victoria ext. 233 / Julia ext. 231