







# March 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Dream Big Set Goals Take Action!</i></p>	<p></p>	<p><i>Spring is on the way. Yeah!</i></p>	<p></p>	<p>01</p> <p><b>MORNING</b> Your Choice!   <b>AFTERNOON</b> Wizard</p>
<p>04</p> <p><b>MORNING</b> Jok-R-Uummy</p> <p><b>AFTERNOON</b> Wizard</p>	<p>05</p> <p><b>MORNING</b> Dice Games </p> <p><b>AFTERNOON</b> Five Crowns</p>	<p>06</p> <p><b>MORNING</b> Hangman</p> <p><b>AFTERNOON</b> Sequence</p>	<p>07</p>	<p>08</p> <p><b>MORNING</b> Chair Yoga </p> <p><b>AFTERNOON</b> HeadBanZ</p>
<p>11</p> <p><b>MORNING</b> Craft </p> <p><b>AFTERNOON</b> Mexican Train</p>	<p>12</p> <p><b>MORNING</b> Texas Hold'em Poker</p> <p><b>AFTERNOON</b> Phase 10 </p>	<p>13</p> <p><b>MORNING</b> Chair Yoga Dice Games</p> <p><b>AFTERNOON</b> Phase 10 </p>	<p>14</p>	<p>15</p> <p><b>MORNING</b>  Quiddler Make Your Own Sub!</p> <p><b>AFTERNOON</b> Scene It Music and Movies</p>
<p>18</p> <p><b>MORNING</b> Skip Bo Make Your Own Sub! <b>AFTERNOON</b> Your Choice! </p>	<p>19</p> <p><b>MORNING</b> Yahtzee Mexican Train</p> <p><b>AFTERNOON</b> Wizard</p>	<p>20</p> <p><b>Day Program CANCELLED</b></p>	<p>21</p>	<p>22</p> <p><b>MORNING</b> Five Crowns</p> <p><b>AFTERNOON</b> Wizard</p>
<p>25</p> <p><b>MORNING</b> Guided Meditation Karma</p> <p><b>AFTERNOON</b> Movie Afternoon</p>	<p>26</p> <p><b>MORNING</b> Jok-R-Uummy</p> <p><b>AFTERNOON</b> Your Choice!</p>	<p>27</p> <p><b>MORNING</b> Quiddler </p> <p><b>AFTERNOON</b> HeadBanZ</p>	<p>28</p>	<p>29</p> <p>Good Friday BIS Closed</p>

## Highlights for this month!

- Mar 06** Hangman – This morning we will try our luck at this classic game
- Mar 08/13** Chair Yoga – Let's get our bodies moving this morning with some beneficial exercise!
- Mar 08/27** HeadbanZ – In this game you try to guess the clue that is on your headband. Everyone knows but you!
- Mar 12** Texas Hold-em Poker – Today you can try your best to beat your opponents by accumulating the most chips
- Mar 15/18** Make Your Own Sub – No need to bring a lunch today as we will all be making our own custom submarine sandwich!
- Mar 15** Scene It Music and Movies – This DVD interactive game is a lot of fun. Can you remember the song or movie?
- Mar 19** Mexican Train - This morning you can hop aboard the Mexican Train! Join us for this fun domino game
- Mar 20** DAY PROGRAM CANCELLED
- Mar 25** Movie Afternoon – Participants choose the movie and staff will provide snacks!

***Note that BIS is a scent-free zone for the health and comfort of those with allergies***

***Please call us if you are unable to attend the program.***

### **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 / Victoria ext. 233 / Angie ext. 242

