











April 2024 – Barrie Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
01 BIS CLOSED Easter Monday 	02 MORNING Five Crowns AFTERNOON Family Feud	03 MORNING Hangman Mexican Train AFTERNOON Phase 10 	04 	05 MORNING Chair Yoga Jok-R-Uummy AFTERNOON Movie Afternoon
08 MORNING Chair Yoga Karma AFTERNOON Wizard 	09 MORNING Quiddler AFTERNOON Jok-R-Uummy	10 MORNING Word Finding Exercises Your Choice! AFTERNOON 10,000 Dice 	11 MORNING Guided Meditation HeadBanZ AFTERNOON Texas Hold 'em Poker	12 MORNING Guided Meditation HeadBanZ AFTERNOON Texas Hold 'em Poker
15 MORNING Arts and Crafts AFTERNOON Skip-Bo	16 MORNING T-Shirt Decorating  AFTERNOON SmartASS	17 MORNING Chair Yoga Quiddler AFTERNOON Community Walk or Your Choice!	18 	19 Bowling at Bowlerama Day! Meet us at the bowling alley from 10:00 am till 3:30 pm for a fun day of bowling and games. Details on back...
22 MORNING Let's Set Some Goals! Cognitive Exercises AFTERNOON Your Choice!	23 MORNING Euchre/ Wizard AFTERNOON Barrie Community Health Centre Guest Speaker: Diabetes Education	24 MORNING Quiddler AFTERNOON HeadBanZ	25 	26 MORNING Diners' Club – Tacos! Five Crowns AFTERNOON Wizard
29 MORNING Online Brain Games Diners' Club- Tacos! AFTERNOON Movie Afternoon 	30 MORNING Poker Axe Throwing AFTERNOON Your Choice! 			

Highlights for this month!

- Apr 01 **Easter Monday – BIS Closed**
- Apr 05/29 **Movie Afternoon** – Participant's' choice! Popcorn and snacks will be supplied!
- Apr 05/08/17 **Chair Yoga** – Let's get our bodies moving this morning with some beneficial exercise!
- Apr 12 **Texas Hold-em Poker** – Today you can try your best to beat your opponents by accumulating the most chips
- April 16 **T-Shirt Decorating** - Join us today to design your own T-shirt. All materials provided!
- Apr 19 **Bowling at Bowlerama** (Bayfield Mall) – Today, the group will be meeting at the bowling alley at Bayfield Mall (320 Bayfield St.) at 10:00 am. **We will be spending the whole day there**, so look forward to a morning of bowling and a fun afternoon of games. Please remember to bring a lunch (No microwave available) or you can also purchase food at the snack bar. **Cost for bowling is approx. \$13.00 (To be confirmed).** Please arrange to be picked up from the bowling alley at 3:30 pm (Rear entrance of Bayfield Mall)
- Apr 22 **Let's Set Some Goals** – This is your opportunity to set some goals for yourself to help with your recovery
- Apr 23 **Diabetes Education** - Today a nurse from the Barrie Community Health Centre joins us to share education on Diabetes. She will discuss what happens in the body when an individual is diabetic, prevention strategies, blood sugar targets, diet tips, and more
- Apr 26/29 **Diners' Club** – No need to bring a lunch today as we will be making tacos!

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

