



## Highlights for this month!

- May 01/29**      **Guided Meditation** - Learning to relax can be tough and a guided meditation is a great way to relax and recharge
- May 03/06**      **Chair Yoga** – Let’s get our bodies moving this morning with some beneficial exercise!
- May 08**          **Cognitive Skills Exercises** - Join us for some fun exercises involving thought processing and word retrieval
- May 10**          **Flower Pot Project** – Today you can use your creativity to decorate a flower pot and plant some flowers
- May 13/17**      **Mother’s Day Cards** – This morning you’ll have the opportunity to make a beautiful card for this important holiday. Staff is here to help!
- May 20**          **Victoria Day** – BIS CLOSED
- May 22/27**      **Reading Skills Exercise** – This exercise can help improve your speech, reading skills, and your ability to remember what you have read
- May 24**          **Lunch Outing to Swiss Chalet**– Today the group will be going for lunch at Swiss Chalet! ***Meet us at the program site by 11:30am or meet us at the restaurant at 12:00pm (85 Barrie View Dr. Barrie L4N 8V4). If you will be picked up from the restaurant, arrange your transportation for 1:15pm. Remember to bring funds!***

***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

