

## **May 2024 – Barrie Adult Day Services**



Monday	Tuesday	Wednesday	Thursday	Friday
ONE small POSITIVE THOUGHT in the morning can change your WHOLE DAY!		MORNING Guided Meditation Mexican Train  AFTERNOON Phase 10	02	03  MORNING Chair Yoga Jok-R-Ummy  AFTERNOON Wizard
Morning Mother's Day Cards Five Crowns  AFTERNOON Smart Ass Game	07  MORNING  Texas Hold -em Poker  AFTERNOON  Wizard	08  MORNING  Cognitive Skills Exercises Your Choice!  AFTERNOON Dice Games	09	MORNING Mother's Day Cards  AFTERNOON Your Choice!
13  MORNING Chair Yoga Karma  AFTERNOON Your Choice!	14  MORNING  Quiddler  AFTERNOON  Phase 10	15  MORNING  Brain Waves  Quiddler  AFTERNOON  Five Crowns	16	17  MORNING  Flower Pot Project  Quiddler  AFTERNOON  Phase 10
Victoria Day BIS CLOSED	21  MORNING Your Choice!  AFTERNOON Tri-Bond	22  MORNING  Reading Skills Exercise  Hangman  AFTERNOON  Tri-Bond Game	23	Lunch Outing – Swiss Chalet  SWISS HALET  Pictionary
MORNING Reading Skills Exercise  AFTERNOON Movie Afternoon	28  MORNING  Hangman  Karma  AFTERNOON  Five Crowns	MORNING Online Brain Games  AFTERNOON Guided Meditation Dice Games	30	MORNING Skip Bo  AFTERNOON Bingo Spring Walk



May 01/29

May 22/27

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## **Highlights for this month!**

Guided Meditation - Learning to relay can be tough and a guided meditation is a great way to relay and recharge

Way 0 1/29	Guided Medication - Learning to relax can be tought and a guided medication 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	<b>Mother's Day Cards</b> – 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 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

Reading Skills Exercise – This exercise can help improve your speech, reading skills, and your ability to remember what

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

you have read

Barrie Office 705-734-2178 Jeremy ext. 243 / Victoria ext. 233

