

April 2025 – Community Programs

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
	1	2	3 Drop In 1PM – 4PM	4 FITNESS FRIDAY ORILLIA 10:30-2:30
7	8 Education Group Budgeting 1:30	9	10 Drop In CANCELLED	11 FITNESS FRIDAY ORILLIA 10:30-2:30
14	15 Education Group Budgeting 1:30	16	17 Drop In 1PM – 4PM	18 BIS Closed Good Friday
21 BIS Closed Easter Monday	22	23	24 Bowling @Bowlerama Barrie 1PM – 4PM	25 FITNESS FRIDAY Barrie 9:30-11:30
28 Peer Support ZOOM 10:30-11:30	29 Jeopardy 1:30 ZOOM	30		



TO REGISTER:
Call or email Kathy Sulman

ksulman@braininjuryservices.ca

705-734-2178 ext . 223
See back of calendar for program details.

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Group Descriptions:	
Drop – in	1pm – 4pm 21 Essa Rd. Unit #1 Barrie A welcoming space for participants to connect, share experiences, engage in therapeutic activities, and build a supportive community.
Bowling	1pm – 4pm at Bowlerama, Barrie 320 Bayfield St. Barrie Join us for an afternoon of fun at Bowlerama! \$12 includes bowling and shoe rental!
Budgeting	1:30PM - This will be facilitated on Zoom. Please let me know if you would like to come into BIS to use a computer to participate. Let’s get together and discuss some budgeting techniques that you can use for the entire year. Bring any strategies you have to share with your peers.
Jeopardy	1:30PM on ZOOM We’ve got the answers; you tell us the questions! A great way to exercise your brain and have a few laughs along the way.
FITNESS FRIDAY BARRIE	9:30-11:30 Allandale Recreation Centre 190 Bayview Dr. Barrie. Cost \$6.00 Join us for aquafit, open swim or enjoy the warm pool. Bring your bathing suit and towel. Locks for lockers will be provided.
FITNESS FRIDAY ORILLIA	10:30-2:30 Orillia Recreation Centre 255 West Street South, Orillia Cost \$7.00 Join us for a warm water swim, and pole walking on the indoor track. There is fitness equipment and weights if you wish to use those too! Bring your bathing suit and towel, urban poles if you have some, otherwise they will be provided. Locks for lockers are available. Don’t forget your lunch and water bottle.
Peer Support Group	10:30-11:30 on Zoom. Come meet with your peers to share community information and helpful tips on living with a brain injury.