

April 2025– Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH	FRI	
	1 Chair Yoga Ring Toss 10,000	2 Play Nine Scattergories Karma	3	4 Movement and Meditation Your Choice Games	<p>Barrie program runs From 9:00 -4:00 pm every Monday, Tuesday, Wednesday, and Friday.</p> <p>You must be eligible for services & a registered client to participate</p> <p>Staff Contact Info:</p> <p>Jeremy (Mon/Wed/Fri) 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca</p> <p>Lucy (Mon/Fri) 705-734-2178 ext. 233 lhadderton@braininjuryservices.ca</p> <p>Mat (Tues/Wed/Fri) 705-734-2178 ext. 236 mmaclarencoombe@braininjuryservices.ca</p> <p>Angie (Tues/Fri) 705-734-2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence*</p>
7 Reading Skills Exercises Axe-throwing Poker Mild Exercise Play Nine	8 Stretch & Relax Painting Flowerpots Goal Setting	9 Online Brain Games Program Planning Quiddler	10	11 Chair Yoga Educational Video: Benefits of Gratitude Wizard	
14 Brain Power Imaginiff Game Bingo	15 Chair Yoga Play Nine Wizard	16 Stretch & Relax Arts & Crafts – Painting Phase 10	17	18 GOOD FRIDAY	
21 EASTER MONDAY	22 Stretch & Relax Phase 10 Karma	23 Chair Yoga Joker Rummy 10,000	24	25 Chair Yoga Diner’s Club – Greek Skip Bo	
28 Arts & Crafts – Painting Stretch and Relax Wizard	29 Online Brain Games Chair Yoga Play Nine	30 Chair Yoga Diner’s Club – Greek Skip Bo			

April 2025– Barrie Adult Day Services

Highlights for this month!

- April 1** Chair Yoga to start the morning followed by Ring Toss & 10,000 Dice
- April 2** Start the morning with a golf game of Play Nine followed by Karma and using our thinking caps for Scattergories
- April 4** Movement and Mindfulness – Join us for some low impact exercises that will make you feel good!
- April 7** Reading Skills Exercises - These exercises can help improve your speech, reading skills, and your ability to remember what you have read
- April 8/16** Stretching followed by an Arts & Crafts Painting exercise – Easter Theme
- April 9** Today we test the Brain with a morning of online brain games followed by Program Planning than finished with Quiddler
- April 11** How far can you stretch? Let’s find out with Morning Stretching followed by an Educational Video and Wizard
- April 14** Imaginiff Game – Imagine if your peer was a cartoon character- which character would they be? This fun game always creates a lot of laughter! Bingo will follow in the afternoon
- April 15** Chair Yoga followed by Phase 10 and everyone favorite to finish the day: Wizard.
- Apr 18/21** Day Program Closed for Easter Weekend
- April 2** Stretch & Relax to start the morning followed by Axe-Throwing Poker and Karma
- April 23** Morning stretches are best way to start the day followed by Joker Rummy and everyone favorite dice game 10,000 Dice
- April 25/30** Start the Friday morning off with some important morning stretching followed by Diners Club where we will make Greek Wraps with a Greek salad followed by a game of Skip Bo
- April 28** Painting – Work on your fine motor skills this morning by creating an artistic masterpiece. All supplies will be provided!
- April 29** Let’s stretch the Brain first with Online Brain Games than we stretch our body with Chair Yoga followed by Play Nine

www.braininjuryservices.ca
[705 – 734 - 2178](tel:705-734-2178)