


May 2026 – Barrie Adult Day Services

See back for all program details including time & location.

MON	TUE	WED	TH	FRI	
				1 Spring Walk (Optional) 10,000 Karma	<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>Jordan (Mon/Fri) 705-734-2178 ext. 233 jcameron@braininjuryservices.ca</p> <p>Mat (Tues/Wed/Thurs/Fri) 705-734-2178 ext. 236 mmaclarencoombe@braininjuryservices.ca</p> <p>Angie (Tues/Thurs/Fri) 705-734-2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence*</p>
4 June/July Activity Planning Bingo! Tri-Bond	5 Love Your Brain 5 Wizard Joker Rummy	6 Love Your Brain Arts & Crafts – Painting Karma Five Crowns	7 Play Nine Shuffleboard 10,000	8 June/July Activity Planning Bingo! Quiddler Bean Bag Toss	
11 Hitster Music Game What am I? Diner’s Club: <i>Cheese Board</i>	12 Love Your Brain 6 Play Nine 10,000	13 Love Your Brain Quiddler Phase 10	14 10,000 Dice Golf Pool Walk	15 Swimming (Optional) Bingo Wizard Axe Throwing	
18 Victoria Day BIS CLOSED	19 Education: Neuroplasticity Apples to Apples Diner’s Club: <i>Cheese Board</i>	20 Education: Neuroplasticity Play Nine	21 Karma Magnetic Darts	22 Library (Optional) Wizard Creative Writing	
25 Online Brain Games Quiddler Scattergories	26 Phase 10 Baking – Carrot Muffins Pressed Flower Bookmarks	27 Five Crowns Bingo Wizard	28 Unmasking Brain Injury	29 Scattergories Karma 10,000 What Am I	

Thursdays are 10:00am-3:00pm. To attend, please talk to your worker or Kathy to sign up

www.braininjuryservices.ca
705 – 734 - 2178

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Highlights for this month!

- May 01** **Spring Walk** - As a group, we will go for a short walk around the block, to get some fresh air and learn about our new surroundings.
- May 04/08** **June/July Activity Planning** – This is your opportunity to provide your input for the group’s activities for the next two months
- May 04/08** **Bingo** – Try your luck today to see if you can win some prizes!
- May 05/06/12/13** **Love Your Brain** – The group will continue working through the last two sessions of this program which empowers brain injury survivors to feel more resilient, connected, and able to lead fulfilling lives.
- May 05** **Guided Art Therapy: Creative Writing** – You can tap into your creative side this morning with a guided writing activity!
- May 11/19** **Diners’ Club** – No need to bring a lunch today as the group will be preparing a cheese board for lunch!
- May 15** **Swimming (Optional)** – Swimming will be available for those interested. We will take a taxi from the BIS program site at 9:30am and you will have the choice to swim or do Aquafit from 10:00am-11:00am. Price is \$5.65, or \$4.80 for seniors 60+. *For those who do not wish to swim, meet at us at BIS at the usual time for a fun morning of games.*
- May 19/20** **Education:** Join us as we learn about the wonders of neuroplasticity and how the brain can change, learn, and strengthen through practice, experience, and everyday activities.
- May 22** **Library (Optional)** - For those interested, we will be going to the Barrie Library at 10:00am. We will return in time for Diner’s Club! If you do not wish to go to the library, joins at the regular program site for some fun and challenging games.
- May 26** Today we will be baking Carrot Muffins as well as a doing an art exercise where we will be making pressed flower bookmarks.
- May 28** As we prepare for Brain Injury Awareness Month in June, participants will take part in a reflection and education group to explore their experiences living with brain injury.