  **December 2017 - Orillia Adult Day Services**

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| --- | --- | --- | --- | --- | --- | --- |
| Sun | Mon | **Tuesday** | Wed | **Thursday** | Fri | Sat |
| Christmas Snoopy |  | December’s birth flower isNarcissusImage result for birth flowers |  | December’s birth stone isTurquoiseImage result for birth stones | 01 | 02Orillia DowntownWagon Ridesbegin at 1pm |
| 03 Full Moon/Little Spirit Moon | 04 | **05 Brain Health****Pool Tournament** | 06  | **07 Walk to Mariposa Market** **Music Day** | 08 | 09OrilliaDowntownWagon Ridesbegin at 1pm |
| 10Last Quarter Moon | 11 Hanukkah begins on the 12th | **12 Work On Goals****Holiday Card Making** | 13 | **14 Pictionary** **Holiday Card Making** | 15 | 16OrilliaDowntownWagon Ridesbegin at 1pm |
| 17  | 18NewMoon | **19** **MINDfull Diners’ Club**Christmas dinner**Wordspiel** | 20 Hanukkah ends | **21** Winter Solstice **Tri-Virsity****Sing A Long** | 22  | 23  |
| 24 (31)  | 25 Christmas Day | **26** First Quarter Moon  Kwanzaa | 27**BIS****Is** **Closed** |  **28** **HAPPY HOLIDAYS!****BIS is Closed****See you on January 2, 2018** |  29 |  30 |

**Orillia Adult Day Services for December 2017**

**Dec 05** This morning, we will focus on our **Brain Health,** which may include brainpower challenges, nutrition information, and overall education on what we can do to keep our brains healthy. Playing in a **Pool Tournament** uses lots of skills; fine and gross motor skills, short term memory, focused attention, balance, hand-eye coordination, calculating angles and trajectory, muscle toning, creative problem solving. Who knew having fun could do so many good things for our bodies and mind?!

**Dec 07** Weather permitting, we will walk to **Mariposa Market** **(bring $ to purchase your own refreshments)**. After lunch we’ll get into some **Music**, will we try out our hand bells, listen to YouTube, enjoy a live performance, or all of the above? It’s a fact that music is one of the only activities that activates, stimulates, and uses the entire brain!

**Dec 12** An opportunity to **Work On Goals** and play **Chromino** begins our day. **Holiday Card Making** begins after lunch.

**Dec 14** Calling all would be artists; we are playing **Pictionary** this morning.After lunch, we’re going by taxi to **Orillia Bowl** located at 285 Memorial Drivefor one hour of **5 Pin Bowling (your cost is $10 for shoe rental and bowling)**. Bowling begins at 1:30pm. When we return from bowling you will have an opportunity for **Holiday Card Making**.

**Dec 19** The menu item for today’s **MINDfull Diners’ Club** is Sweet Potato-Turkey Shepherd’s Pie. With full bellies and sharp minds, we will play a few games of **Wordspiel**.

**Dec 21**  Winter solstice occurs today; I wonder if anyone will make these words in our morning game of **Tri-Virsity**. On the afternoon of our last day together before BIS closes for the holidays, we will celebrate the season with a **Sing-A-Long**. Fa la la la la, la la la la!

**Dec 25 to January 1, 2018 BIS is closed. We will reopen Tuesday, January 2, 2018. We wish you a safe and jolly holiday break!**

 ***\*\*Please contact Lyn or Jenn to confirm schedule\*\****

***Morning activities start at 10:00am with a brief exercise session and afternoon activities start at 1:00pm***

***Lunch is from 12:00 to 1:00 pm. Some activities are weather permitting and/or may require a fee***

**Brain Injury Services – Orillia Adult Day Services**

9 Front Street, Orillia (Orillia Youth Centre)

**Tuesdays and Thursdays 9:00am - 4:00pm**

**Barrie Office** 705-734-2178

Lyn Pope ext 242 / Jenn Steeds ext 236

**Check out our Website!** [www.braininjuryservices.ca](http://www.braininjuryservices.ca) ***Come out and join us for some fun social, recreational, skill-building activities!***