

November 2017 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	Orillia celebrates Gordon Lightfoot November 2 nd to 5th	"The legend lives on from the Chippewa on down Of the big lake they called "Gitche Gumee" The lake, it is said, never gives up her dead When the skies of November turn gloomy With a load of iron ore twenty-six thousand tons more than the Edmund Fitzgerald weighed empty That good ship and crew was a bone to be chewed When the gales of November came early" Lyrics from The Wreck of the Edmund Fitzgerald	01	02 Magnetic Darts  Wizard Card Game	03 Lightfoot Days Festival 2nd-5th	04 Full Moon/ Freezing Moon
05 	06 Did you turn your clocks back one hour?	07 Shuffleboard  Leather Crafting	08	09 Brain Power  10,000 Dice	10 Last Quarter Moon	11 
12	13	14 Phase 10 Card Game 	15	16 MINDfull Diners' Club  Winter Safety Workshop	17 Orillia Candlelight Parade & Tree Lighting	18 New Moon
19 Orillia Santa Claus Parade 1pm 	20	21 Program Planning  Horseshoes	22	23 Program Planning  "Get Moving" Your Choice	24 Orillia Black Friday Sale	25
26 First Quarter Moon	27	28 New Moon 5 Crowns  Mini Putt Billiards	29	30 Work On Goals  Guided Meditation	31 November's birth flower is Chrysanthemum	November's birth stone is Topaz

Orillia Adult Day Services for November 2017

- Nov 02** Double in and double out or will we take it easy and just double out in our morning game of **Magnetic Darts**? **Wizard Card Game** begins after lunch. Wouldn't it be nice to be dealt 4 wizards and 4 aces in your hand during the final round!
- Nov 07** We get our bodies active by playing team **Shuffleboard** this morning. After lunch we will get crafty with some **Leather Crafting**; we will each get to work on one craft item from our Tandy Leather craft kit.
- Nov 09** Let's fire up our neurons with some **Brain Power** activities this morning. We may feel a bit drained after lunch from the morning challenges so we can relax with a fun game of **10,000 Dice**. We are due for an instant win; who will be that hero for their team?
- Nov 14** **Phase 10 Card Game** begins our day and will most likely go until lunchtime. After lunch, we're going by taxi to **Orillia Bowl** located at 285 Memorial Drive for one hour of **5 Pin Bowling (your cost is \$10 for shoe rental and bowling)**. Bowling begins at 1:30pm. We will return to our program site after and finish with an activity of your choice.
- Nov 16** It's a turkey dinner with the trimmings on our **MINDfull Diners' Club** menu today; yummy! After eating, we will try to stay awake for a **Winter Safety Workshop** in the afternoon.
- Nov 21** **Program Planning** for January and February, followed by **Quiddler**. After lunch, we will get up and moving with a game or two of team **Horseshoes**.
- Nov 23** After **Program Planning** for January and February is finished up, we will bring out the **Chromino** tiles, maybe will even begin keeping score now that we are familiar with the game. After lunch, we need to get up and **Get Moving** with an "active" activity of **Your Choice**.
- Nov 28** **5 Crowns** card game begins our day; reminder -- a different card "goes wild" in every round. After lunch, we will get into a game of **Mini Putt Billiards** and maybe play some real pool too.
- Nov 30** An opportunity to **Work On Goals** is available today. Let the "reindeer games" begin! We will have lots of fun with some holiday-themed **Minute To Win It** games this morning. We wind down and relax after lunch with **Guided Meditations. Zzzzz.**

****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

Come out and join us for some fun social, recreational, skill-building activities!