

January 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	01 Full Moon / Spirit Moon 	02  Pool Tournament	03	04  Horseshoes	05	06
07	08 Last Quarter Moon	09 Brain Health  Magnetic Darts	10	11  Horseshoes	12 Banff Film Festival Orillia Opera House 11th-12th	13
14	15	16 New Moon B-I-N-G-O 	17	18 MINDfull Diners' Club  5 Crowns / Work On Goals	19	20
21	22	23 Program Planning  Shuffleboard Learn A New Game	24 First Quarter Moon	25 Program Planning  Minute To Win It	26	27
28	29	30  Arts & Crafts	31 Full Moon / Bear Moon 	January's birth flower is Carnation / Snow Drop January's birth stone is Garnet		

Orillia Adult Day Services for January 2018

- Jan 02** Welcome back and Happy New Year! We are going to reflect back on the holidays and enjoy a relaxing **Guided Meditation** to give us a positive outlook for all 2018 has to offer us ☺. After lunch, we'll play some pool in our first **Pool Tournament** of 2018.
- Jan 04** **Wizard** card game begins our day. We will get up and active with games of team **Horseshoes** after lunch.
- Jan 09** This morning, we will work our brain with some challenging **Brain Health** activities and education. After lunch, it's **Magnetic Darts**.
- Jan 11** **You Might Be A Redneck** if you win this game! Team **Horseshoes** is our afternoon activity. Good Luck!
- Jan 16** Our morning activity is **Bingo** (with prizes!). We visit Orillia Bowl for **5-pin Bowling** in the afternoon. Orillia Bowl is located at 285 Memorial Drive (**Bring \$10 for your shoe rental and bowling fee**). Our one hour of bowling begins at 1:30pm.
- Jan 18** Personal pizzas seem to be the personal favourite of many folks here so they are on the menu for our **MINDfull Diners' Club** today, no cutlery required! After lunch, we will play a game of **5 Crowns** and have an opportunity to **Work On Goals**.
- Jan 23** We'll plan our March and April activities this morning, fire out those ideas and share them with the group! Team **Shuffleboard** will get us up and moving. A new year and a **New Game** to learn to challenge our cognitive and memory skills!
- Jan 25** We will finish off planning our March and April calendars, and then play **Telestrations**. It's a spin-off of the old game of Telephone. The game involves writing a word or two plus drawing and guessing what the secret word was. After lunch, it is an Olympic version of **Minute To Win It**. You will have 60 seconds to complete a challenge for points *and* laughs!
- Jan 30** **Quiddler** cards begin our day. In the afternoon, our talented art Guru Veronika will challenge our imaginations in the pursuit of **Arts & Crafts** that result in one of a kind beautiful creations.

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

Morning activities begin at 10:00am with VON SMART exercises and afternoon activities begin 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



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North Simcoe Muskoka Local
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Check out our Website! www.braininjuryservices.ca

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