















## March 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		<p>March's birth flower is Jonquil/Daffodil</p> <p>March's birth stone is Aquamarine</p>		<p><b>01 Brain Health Workshop Decision Making</b></p>  <p><b>Horseshoes</b></p>	<p>02 Orillia Winter Carnival &amp; Ontario Winter Games 1<sup>st</sup> to 4th</p>	<p>03 Orillia Winter Carnival</p>
04	05	<p><b>06 Pool Tournament</b></p> 	07	<p><b>08 Tri-Varsity/Work On Goals</b></p> 	09 Last Quarter Moon	10
<p>11 Daylight Savings Time</p> 	<p>12 Did you remember to change your clocks forward one hour?</p>	<p><b>13 MINDfull Diners' Club Make Your Own Sub Sandwich</b></p> 	14	<p><b>15 Green Theme Day &amp; St. Patrick's Day Trivia</b></p>  <p><b>Community Walk</b></p>	16	<p>17 New Moon</p> 
18	<p>19</p> 	<p><b>20 Spring Equinox Wizard</b></p> 	21	<p><b>22 Favourite Music</b></p> 	23	<p>24</p> 
25	26	<p><b>27</b></p>  <p><b>Quiddler / Work On Goals</b></p>	28	<p><b>29</b></p>  <p><b>Shuffleboard</b></p>	30 Good Friday	<p>31 Great Easter Egg Hunt Downtown Orillia</p> <p>Full Moon/ Sugar Moon</p>

# Orillia Adult Day Services for March 2018

- March 01** We will welcome March in with a **Brain Health Workshop** on **Decision Making**. Our afternoon activity is a few games of **Horsehoes** played to a score of 21.
- March 06** We are up and moving this morning playing in a **Pool Tournament**. After lunch, I hope you brought some luck with you for **Bingo!**
- March 08** Our word game **Tri-Varsity** is on the agenda for this morning. In the afternoon, we will walk to the **Mariposa Market (Bring \$ to purchase your own refreshments)**.
- March 13** **MINDfull Diners' Club** today is easy quick-to-make sub sandwiches and salad before we head to a matinee movie at **Orillia Cineplex** by taxi (**your cost, details of the movie, and transportation to be determined**).
- March 15** Think green today! Please dress in green coloured clothes for our **Green Theme Day**. We will have some fun with St. Patrick's Day trivia and go for a **Community Walk** after lunch.
- March 20** A round of our fave game **Wizard** starts our morning. After lunch, we will be 5-pin bowling at Orillia Bowl. 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.
- March 22** **Favourite Music!** Will you choose an oldie or a new tune that you like to listen to this morning? Maybe it will be a tune we can add to our exercise music repertoire! After lunch, we will pull out the **Scrabble** boards for a game or two.
- March 27** This morning, we will do some **Easter Crafts** of your choosing. **Quiddler** is the game of choice to begin our afternoon.
- March 29** We're dining out today at the **Golden Wok (Bring \$20 to purchase your own lunch and beverage)**. We will walk to the wok for an 11:45am reservation, hee hee. After a slow walk back (with full bellies), we will play **Shuffleboard**.

**\*\*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 1:00pm. 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!**