











April 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
01 Easter Sunday 	02 Easter Monday	03 Sing-A-Long  Shuffleboard	04	05 Guest Speaker: Ryan Walsh Chronic Illness Prevention 	06	07
08 Last Quarter Moon	09	10 Brain Health  Magnetic Darts	11	12 B-I-N-G-O  Ping Pong / Air Hockey / Pool	13 Spring Home and Cottage Show Tudhope Park 13 th to 15 th	14
15 New Moon	16	17 Earth Day Inspired Arts & Crafts 	18	19 MINDful Diners' Club  Earth Day Scavenger Walk	20 Earth Day Festivities Downtown & Roots North Music Festival	21 Orillia Perch Festival to May 12th
22 	23	24 5 Crowns  Library Visit	25	26 Work On Goals / Phase 10 in a Can  Horseshoes	27	28
29 Full Moon / Sucker Moon	30	April's birth flower is Sweet Pea		April's birth stone is Diamond		"April hath put a spirit of youth in everything." - William Shakespeare

Orillia Adult Day Services for April 2018

- Apr 03** We are starting our day with a **Sing –A-Long** led by our guest guitarist KC. We are getting up and moving after lunch with a team game of **Shuffleboard**.
- Apr 05** This morning at 10:30am, our **Guest Speaker** will be **Ryan Walsh** who will present an interactive workshop about **Chronic Illness Prevention**. After lunch, we will set up the **Crokinole** board and play in teams sliding the board up and down the table.
- Apr 10** **Brain Health** activities begin our day. We will get moving after lunch with a game or two of **Magnetic Darts**, perhaps baseball darts in honour of Major League Baseball's new season now beginning.
- Apr 12** We will begin our day with **Bingo**; don't forget to bring your lucky charm with you! **Ping Pong, Air Hockey, and Pool** are just some of the choices of a "get moving" activity after lunch.
- Apr 17** Our morning activity is an **Earth Day Inspired Arts & Crafts** involving painting your own terra cotta plant pot to be planted with a lovely bloom later in the gardening season. 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.
- Apr 19** Our **MINDfull Diners' Club** today is pancakes with maple syrup in honour of the maple sugaring season; a truly Canadian tradition! After lunch, we will head out for an **Earth Day themed Scavenger Hunt**.
- Apr 24** **5 Crowns** card game takes us through to lunchtime. After lunch, we will walk to the **Orillia Library** for a visit. Bring I.D. if you wish to acquire a library card. We have library card applications available to prefill before we go.
- Apr 26** **Phase 10 In A Can** is our morning game. Team **Horseshoes** after lunch is our afternoon "active activity".

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

Morning activities start at 10:00am with VON SMART exercises and afternoon activities start 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
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Simcoe Nord Muskoka

Check out our Website! www.braininjuryservices.ca

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