


May 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
May's birth flower is Lily of the Valley	May's birth stone is Emerald	01 Crosswords  Your Choice/Work On Goals	02	03 10,000 Dice  Your Choice/Work On Goals	04	05 Orillia Perch Festival 1 st to 12 th
06 Emergency Preparedness Week	07 Last Quarter Moon	08 Wizard  Horseshoes	09	10 Shuffleboard 	11	12 Streets Alive begins
13 	14	15 New Moon Phase 10 In A Can 	16	17 Charades 	18	19 Armed Forces Day
20	21 First Quarter Moon 	22 MINDfull Diners' Club  Brain Power/Program Planning	23	24 Bingo/Program Planning 	25	26 May Sidewalk Sale & Blues Festival
27	28	29 Full Moon / Suckerfish Moon  Learn A New Game	30	31 Tri-Varsity  Art Workshop		

Orillia Adult Day Services for May 2018

- May 01** We are starting off our day with **Crosswords**. After lunch, it will be **Your Choice** of an activity to play and enjoy. Time can be allotted to **Work On Goals** (if applicable to the goal you have chosen to work on).
- May 03** **10,000 Dice** game takes us through to lunchtime. After lunch, it will be **Your Choice** of an activity to play and enjoy. Time can be allotted to **Work On Goals** (if applicable to the goal you have chosen to work on).
- May 08** We will begin today with a the card game **Wizard**. We're tossing the indoor **Horseshoes** after lunch, in a team game; will it go to a rubber match?
- May 10** We begin our day with indoor team **Shuffleboard**. After lunch, we'll roll the dice and hope to be the last player with chips left in a game of **LCR** (Left Center Right).
- May 15** **Phase 10 In A Can** is our opening game today. 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.
- May 17** We are going to try a game of **Charades** this morning. Charades is a game where you have to guess a word or phrase through pantomimed clues. **Mexican Train** domino game is on the agenda after lunch.
- May 22** After we have nourished our bodies with nutritious **MINDfull Diners' Club** food (pasta, garlic bread and salad) for lunch 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. We will also begin **Program Planning for July and August**.
- May 24** We open our day with a few games of **Bingo** and begin **Program Planning for July and August**. After lunch, we will set up the **Crokinole** board and play.
- May 29** Mmmm! Weather permitting, we are walking to **Mariposa Market** this morning (**please bring money to purchase your own beverage and treats**). After lunch, we will challenge our brains to **Learn A New Game**.
- May 31** The word card game **Tri-Varsity** begins our day. After lunch, our talented art instructor volunteers will lead us in an **Art Workshop!**

****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 1:00 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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Check out our Website! www.braininjuryservices.ca

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