


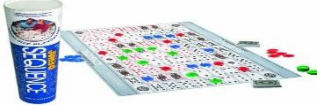









August 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
August's birth flower is Gladiolus	August's birth stone is Peridot		01	02 Guided Meditation / Work On Goals 	03	04 Last Quarter Moon
05	06 	07 Community Walk & Games at the Park  Jumbo Sequence	08	09  Art with Veronika & Jennifer	10 Waterfront Festival 10 th to 12 th	11 New Moon Waterfront Festival 10 th to 12 th
12	13	14 Minute To Win It  Your Choice/Work On Goals	15	16 OPP Museum Visit 	17	18 First Quarter Moon Classic Car Show
19	20	21 Brain Power 	22	23 MINDfull Diners' Club  Jok-R-Uummy	24 RAMA POW WOW 24 th to 26 th	25 RAMA POW WOW 24 th to 26 th
26 Full Moon/ Ricing Moon	27	28 10,000 Dice 	29	30 Sing-A-Long with KC  5 Crowns	31	

Orillia Adult Day Services for August 2018

- Aug 02** We are starting our day with a **Guided Meditation** and a chance to **Work On Goals**. After lunch, it will be a get up and move activity—**Shuffleboard!**
- Aug 07** Hope it's great weather for a **Walk and Games at the Waterfront Park!** An afternoon game of **Jumbo Sequence** ends our day.
- Aug 09** Mmmm! Weather permitting, we are walking to **Mariposa Market** this morning (**please bring money to purchase your own beverage and treats**). After lunch, Veronika and Jennifer will bring out the creative genius in you by sharing their expertise in an **Art Workshop**.
- Aug 14** Summer-themed **Minute To Win It challenges** begin our day. 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).
- Aug 16** We are going to spend the day at the **OPP Museum**. **Bring your own lunch or bring money to purchase your lunch in the onsite cafeteria** (admission to the museum is free).
- Aug 21** We are doing **Brain Power** activities this morning. 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.
- Aug 23** **MINDfull Diners' Club** today is Caesar salad, corn on the cob and ribs! **Jok-R-Uummy** is the game we will play after lunch.
- Aug 28** We open our day with **10,000 Dice**. After lunch, we will head to a matinee movie at **Orillia Cineplex** by taxi (**your cost, details of the movie, and transportation to be determined**).
- Aug 30** We will enjoy KC playing acoustic guitar and leading us in a **Sing-A-Long**. After lunch, we will play **5 Crowns**.

*****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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North Simcoe Muskoka Local
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Réseau local d'intégration
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Check out our Website! www.braininjuryservices.ca

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