

October 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	01	02 Last Quarter Moon  Wizard	03	04 Jumbo Sequence  Thanksgiving Centrepieces	05	06
07 	08 New Moon 	09 Guided Meditations 	10	11 Bingo 	12 Orillia Jazz Festival 11 th to 14 th	13 Orillia Jazz Festival
14 Orillia Jazz Festival	15	16 First Quarter Moon Community Walk 	17	18 Brain Health  Shuffleboard	19	20
21	22	23 Phase 10 	24 Full Moon/ Freezing Moon The Haunting Downtown Orillia	25 MINDfull Diners' Club  Sing-A-Long With KC	26	27
28	29	30 Halloween-themed  Guided Meditation	31 Last Quarter Moon 	Octobers birth flower is Marigold October's birth stone is Opal		

Orillia Adult Day Services for October 2018

- Oct 02** Weather permitting, we are walking to **Mariposa Market** this morning (**please bring money to purchase your own beverage and treats**). **Mmmm**. After lunch, we will play one of this group's favourite card games, **Wizard**.
- Oct 04** **Jumbo Sequence** card game begins our day. After lunch, an annual favourite craft begins---- make your own pumpkin **Thanksgiving Centrepiece** to take home for this weekend's Thanksgiving holiday.
- Oct 09** This morning, we will relax our mind and body with some **Guided Meditations**. After lunch, we will play a fun game of **Telestrations**. No artistic skills are required but a good sense of humour is!
- Oct 11** Good luck to you as we begin the day with a few games of **Bingo**. 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.
- Oct 16** Our morning activity is a **Community Walk** that will lead us to the **Golden Wok (Bring \$20 to purchase your own lunch and beverage)**. We will walk to the wok for an 11:45am reservation. After a slow walk back (with full bellies), it will be **Your Choice** of activities for the rest of the afternoon.
- Oct 18** Let's power up our neurons with some **Brain Health** activities. Next, we will power up our muscles with a game or two of team **Shuffleboard**.
- Oct 23** The card game **Phase 10** is the first game today. After lunch, we will play in pairs and play **TriBond**. TriBond is a game that asks you to find the common bond between three subjects.
- Oct 25** Chili, buns, and a salad are on are on the menu for our **MINDfull Diners' Club**. After lunch, our back-by-request guest guitar player KC, will lead us in a **Sing-A-Long**.
- Oct 30** Our day begins with **Halloween-themed Minute To Win It** challenges. You will have 60 seconds to complete a challenge for points *and* laughs! Time to unwind after our active morning with some **Guided Meditations**.

****Please contact Lyn or Shannon 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 / Shannon Pillsworth ext 236



Check out our Website! www.braininjuryservices.ca

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