

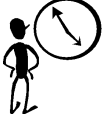












November 2018 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
	<p>November is Fall Prevention Month</p> 	<p>November's birth flower is Chrysanthemum</p> <p>November's birth stone is Topaz</p>		<p>01</p>  <p>Fall Prevention Workshop</p>	02	03
04	<p>Did you turn your clocks back one hour?</p> 	<p>06 Bingo</p>  <p>Paint A Poppy Project</p>	07 New Moon	<p>08 Scrabble</p> 	09	10
11		<p>13 Quiddler Lunch at 201 Grill & Game Bar</p> 	14	<p>15 First Quarter Moon</p>  <p>Charades</p>	16	17 Lightfoot Days
18 Orillia Santa Claus Parade 1pm 	19	<p>20 MINDfull Diners' Club</p>  <p>Shuffleboard</p>	21	<p>22 Full Moon/Freezing Moon Brain Power</p>  <p>Jok-R-Ummy</p>	23 Black Friday Downtown/Children's Candlelight Parade	24
25	26	<p>27 Program Planning Pictionary</p> 	28	<p>29 Program Planning Jeopardy</p>  <p>Shuffleboard</p>		

Orillia Adult Day Services for November 2018

- Nov 01** Weather permitting, we are walking to **Mariposa Market** this morning (**please bring money to purchase your own beverage and treats**). November is Fall Prevention month. We will discuss safety tips to help you prevent falls and identify risk factors in our **Fall Prevention Workshop**.
- Nov 06** **Bingo** for prizes begins our day, good luck everyone! In honour of Remembrance Day, we are each going to create our own painting of a poppy (or poppies) on canvas using acrylic paint in our afternoon **Paint a Poppy Project**.
- Nov 08** A morning game of **Scrabble** fires up our neurons. After lunch one of our favourite games----**Wizard** is on the agenda.
- Nov 13** The word-making card game **Quiddler** begins our day. We will taxi to the 201 Grill and Game Bar at the Quality Inn located at 201 Woodside Drive, Orillia at 11:30am. We will have lunch first then enjoy an afternoon of bowling and arcade games. **Your cost is \$20, this will cover a package deal of lunch and tokens to play the games. Please arrange your transportation to pick you up from this location, 201 Woodside Drive, at 3:30pm.**
- Nov 15** A fun game of **iMaAgNiff** begins the day. Imagine if Lyn were a board game, what game would she be? The fun continues after lunch as we play a game of **Charades**.
- Nov 20** **MINDfull Diners' Club** today and we are making spaghetti with garlic bread and salad on the side. After eating, we will work off some of those calories with an active game of team **Shuffleboard**.
- Nov 22** Hope you fed your brain some good nutrition this morning because **Brain Power** activities are first up today. After lunch, we will play **Jok-R-Uummy**.
- Nov 27** We will begin our day Program Planning for January and February and then play **Pictionary**, the charades-inspired game of drawing. After lunch, you will be the judge while playing **Judge For Yourself**, using real court cases from various times in history, we will find out who in our group tallies the most correct outcomes.
- Nov 29** We will play a game of **Jeopardy** this morning based on the popular quiz show. We get up and moving with a game of team Shuffleboard after lunch.

****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 234



Check out our Website! www.braininjuryservices.ca

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