











## January 2019 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
January's birth flower is Carnation / Snow Drop	January's birth stone is Garnet	<b>01 BIS is closed</b> 	02	<b>03 Brain Health</b>  <b>Shuffleboard</b>	04	05 New Moon
06	07	<b>08 Tri-Varsity Lunch at 201 Grill &amp; Game Bar</b> 	09	<b>10 5 Crowns</b>  <b>Your Choice/Work On Goals</b>	11	12
13	14 First Quarter Moon	<b>15 MINDfull Diners' Club</b>  <b>Wizard/Work On Goals</b>	16	<b>17 Group Crosswords</b> 	18	19
20	21 Full Moon/ Spirit Moon	<b>22 Theories/Program Planning</b> 	23	<b>24 Magnetic Darts &amp; Program Planning</b>  <b>Sing-A-Long with KC</b>	25	26
27 Last Quarter Moon	28	<b>29 Scrabble/Quiddler/Tri-Varsity/Wordspiel</b>  <b>Arts &amp; Crafts</b>	30	<b>31 Cannabis Education Guest Speaker</b>  <b>Horseshoes</b>		

# Orillia Adult Day Services for January 2019

- Jan 01** Happy New Year! **BIS is closed.**
- Jan 03** Welcome back to Orillia ADS, we are firing up our neurons after the holidays with **Brain Health** this morning, which may include brainpower challenges, nutrition information, and overall education on what we can do to keep our brains healthy. After lunch it's black vs. yellow in team **Shuffleboard**.
- Jan 08** We will begin today with the word card game **Tri-Varsity**. 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.**
- Jan 10** **5 Crowns** card game begins our day. After lunch, it is **Your Choice** of activity along with an opportunity to **Work On Goals**.
- Jan 15** After we have nourished our bodies with nutritious **MINDfull Diners' Club** food (chili, salad, and buns) for lunch we will play a game of **Wizard** and have time allotted to **Work On Goals**.
- Jan 17** We are going to do **Group Crosswords** this morning. **Jok-R-Uummy** is on the agenda after lunch.
- Jan 22** The fun game **Theories** begins our day. There are more than 450 questions and answers based on weird, wacky, scientific and humorous theories. We will also begin **Program Planning for March and April**. After lunch, it's **Bingo** with prizes, good luck!
- Jan 24** We open our day with a few games of **Magnetic Darts** and will finish **Program Planning** for March and April. After lunch, we will **Sing-A-Long** with our favourite guest guitarist KC.
- Jan 29** This morning, select which word game you would like to play, will it be **Scrabble, Quiddler, Tri-Varsity or Wordspiel**. In the afternoon, we will get creative in an **Arts and Crafts** workshop.
- Jan 31** Public Health Nurse Carolyn Jones will educate us this morning on cannabis use and what you need to know. After lunch, we will get active with a few games of team **Horseshoes**.

**\*\*Please contact Lyn or Shannon 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 / Shannon Pillsworth ext 234



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**Check out our Website!** [www.braininjuryservices.ca](http://www.braininjuryservices.ca)

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