











February 2019 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
				<p>The old stories told are that the ground hog comes out of its burrow on February 2, to look for its shadow. If there is sunshine and he sees his shadow, then he goes back to sleep and there will be more wintertime. If he doesn't, then the springtime will begin.</p>	01	<p>02 Groundhog Day</p> 
03	04 New Moon	<p>05 5 Crowns</p>  <p>Magnetic Darts</p>	06	<p>07 Jumbo Sequence</p>  <p>Make Valentine's Day Cards</p>	08	09
10	11	<p>12 First Quarter Moon Brain Power</p>  <p>Horseshoes</p>	13	<p>14 MINDfull Diners' Club</p>  <p>Game of Theories</p>	15	16
17	18	<p>19 Full Moon/Bear Moon Scattergories</p>  <p>Shuffleboard</p>	20	<p>21 10,000 Dice Lunch at 201 Grill & Game Bar</p> 	22	23
24	25	<p>26 Last Quarter Moon Boggle</p>  <p>Pool Tournament</p>	27	<p>28 Quiddler</p>  <p>TRIBOND</p>	February's birth flower is violet	February's birth stone is amethyst

Orillia Adult Day Services for February 2019

- Feb 05** We will welcome February in by playing **5 Crowns** this morning. **Magnetic Darts** will follow after lunch. Will we play 301 or poker darts?
- Feb 07** **Jumbo Sequence** begins our day. After lunch, we will **Make Valentine's Day Cards**, or greeting cards of your choice.
- Feb 12** It's time to do some **Brain Power** exercises this morning. Team **Horseshoes** after lunch will help burn off some of those lunchtime calories.
- Feb 14** **MINDfull Diners' Club** on Valentine's Day; the menu you chose back in November is a "hearty" stew with healthy buns. After lunch, we will play the game of **Theories**. Theories is the game with 450 questions and answers based on weird, wacky, scientific and humorous theories. This game is sure to bring lots of fun and laughter to the group as we play.
- Feb 19** **Scattergories** game demonstrates being different scores points! We will get up and moving after lunch with team **Shuffleboard**.
- Feb 21** We will play a game of **10,000** before we head out for lunch. At 11:30am, we will taxi to the **201 Grill and Game Bar** at the Quality Inn located at 201 Woodside Drive, Orillia. 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.**
- Feb 26** Playing the game **Boggle** that scrambles 16 cube letters puts our cognitive skills to work this morning as we try to make as many words as possible out of the sequentially adjacent letters. A **Pool Tournament** is on the agenda after lunch. Who will be our #1 pool shark this month?
- Feb 28** **Quiddler** begins our day. After lunch, we will pair up for teams to play the trivia game **TRIBOND**.

****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



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Check out our Website! www.braininjuryservices.ca

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