

March 2019 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		March's birth flower is Jonquil/Daffodil		March's birth stone is Aquamarine	01	02
03	04	05 Horseshoes  Leathercrafts	06 New Moon	07 Quiddler  Shuffleboard	08	09
10 Daylight Savings Time 	11 Did you remember to change your clocks forward one hour?	12 Charades/Work On Goals 	13	14 First Quarter Moon Wizard  Magnetic Darts/Work On Goals	15 International Women's Day	16
17 	18	19 MINDfull Diners' Club  Chicken Foot Game	20 	21 Full Moon / Sugar Moon  Jok-R-Uummy	22	23
24/31	25	26 Program Planning/Brain Power 	27	28 Last Quarter Moon Program Planning/Horseshoes 	29	30 

Orillia Adult Day Services for March 2019

- March 05** We will welcome March in by playing **Horseshoes** this morning. **Leathercrafts** is our after lunch activity.
- March 07** **Quiddler** begins our day. After lunch, we will play indoor team **Shuffleboard**.
- March 12** **Charades** begins our day and will get us up and moving. After lunch, the game **Jok-R-Uummy** will be our afternoon activity.
- March 14** This morning we will play the card game **Wizard**. **Magnetic Darts** will get us moving after lunch. We have a variety of dart board types to choose from in our collection.
- March 19** **MINDfull Diners' Club** today. To celebrate maple syrup season, we will make pancakes! Yummy! This afternoon we will learn a new dominoes game called **Chicken Foot**.
- March 21** **Mexican Train** dominoes game begins our morning, followed by **Jok-R-Uummy** after lunch.
- March 26** This morning, it's **Program Planning** for May and June followed by **Brain Power**. After lunch, we head out to **5-pin Bowling** at Orillia Bowl. 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.
- March 28** We will finish **Program Planning** for May and June this morning then get up and active with **Team Horseshoes** until lunchtime. Bring your lucky horseshoe in your pocket for **Bingo** this afternoon! Good luck to all!

*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. A guided meditation is scheduled during lunchtime for those wishing to participate before afternoon activities begin. 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!