






October 2019 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
October's birth flower is Marigold	October's birth stone is Opal	01 \$10  Wizard	02	03 Your Choice/Work On Goals  10,000 Dice	04	05
06	07	08 Lunch at Golden Wok \$20  Arts & Crafts Thanksgiving Centrepiece	09	10 Euchre  \$10	11	12
13 Full Moon /Freezing Moon 	14 	15 Quiddler  Euchre	16	17 Your Choice 	18 Orillia Jazz Festival	19 Orillia Jazz Festival
20 Orillia Jazz Festival	21	22 Shuffleboard  Chromino / Work On Goals	23	24 MINDfull Diners' Club  Magnetic Darts	25	26 Kids Hallowe'en Costume Parade Noon - 3pm
27	28	29 5 Crowns  Horseshoes	30	31 Minute to Win It  Brain Power		

Orillia Adult Day Services for October 2019

- Oct 01** We're strolling to **Mariposa Market** this morning (**please bring money to purchase your own beverage and treats**). After lunch, we will play the card game **Wizard**.
- Oct 03** **Your Choice** and an opportunity to **Work On Goals** this morning. After lunch we will play **10,000** dice game.
- Oct 08** We are walking to our 11:45am reservation at **Golden Wok** Restaurant for lunch. **Please bring \$20 to cover the cost of your buffet lunch (one coffee, tea or pop will be provided free of charge)**. After lunch, we will have an **Arts & Crafts** session where you will create your own **Thanksgiving Centrepiece** to take home or gift to someone.
- Oct 10** Morning **Euchre** then after lunch, we will taxi to **Orillia Bowl** located at 285 Memorial Drive for one hour of **5 Pin Bowling (your cost is \$10 for shoe rental and bowling)**. Bowling will begin at 1:30pm. Following bowling, we will taxi back to our program site for your choice of game.
- Oct 15** The word making card game **Quiddler** begins our morning. After lunch, we will get into some games of **Euchre**.
- Oct 17** **Your Choice** this morning. **Jok-R-Uummy** is on the agenda after lunch.
- Oct 22** **Shuffleboard** gets us active this morning and **Chromino** along with an opportunity to **Work On Goals** completes our day.
- Oct 24** After we have nourished our bodies with nutritious **MINDfull Diners' Club** meal (Turkey Shepherd's Pie with mushrooms, spinach, cranberries, and sweet potatoes) for lunch, we will play a game of **Magnetic Darts**.
- Oct 29** **5 Crowns** card game begins our day. In the afternoon, we will get active in a few games of team **Horseshoes**.
- Oct 31** A fun morning of **Hallowe'en-themed Minute To Win It games!** Don't forget to dress up! **Brain Power** after lunch.

****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. 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!