

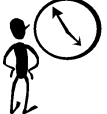












November 2019 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		November is Fall Prevention Month 		November's birth flower is Chrysanthemum November's birth stone is Topaz	01	02
03 	04 First Quarter Moon Did you turn your clocks back one hour?	05 Judge For Yourself Lunch at 201 Grill & Game Bar  \$20	06	07 Shuffleboard  Euchre / Work On Goals	08	09
10	11 	12 Full Moon/Freezing Moon  Arts & Crafts	13	14 Quiddler 	15 Children's Candlelight Parade	16
17  Orillia Santa Claus Parade 1pm	18	19 Last Quarter Moon MINDfull Diners' Club  Brain Power	20	21 Jumbo Sequence  Horseshoes	22	23
24	25	26 New Moon Phase 10  Magnetic Darts	27	28 Fall Prevention Workshop  Your Choice	29	30

Orillia Adult Day Services for November 2019

- Nov 05** Here is your chance to be the judge in true court cases by playing **Judge For Yourself**. After you debate, deliberate and make a decision, points are earned for a correct verdict. 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 07** An active game of **Team Shuffleboard** is first on the agenda this morning. After lunch, we will play **Euchre** and have an opportunity **to Work On Goals**.
- Nov 12** Our day begins with the card game **Wizard. Arts and Crafts** with Veronika & Jen begins after lunch. What creative activity will they surprise us with today?
- Nov 14** We will practice our vocabulary and spelling skills playing **Quiddler** this morning. Hope you brought a lucky charm in your pocket today because we are playing **Bingo** for prizes after lunch.
- Nov 19** **MINDfull Diners' Club** today and we are making spaghetti with garlic bread and salad on the side. After feeding our brains, we will put them to work doing a variety of **Brain Power** exercises.
- Nov 21** We will begin our day by playing **Jumbo Sequence** then get active after lunch with **Team Shuffleboard** games.
- Nov 26** **Phase 10** card game is our morning activity. We will practice our motor skills playing **Magnetic Darts** after lunch.
- Nov 28** Lets learn some strategies to stay safe from falls during **a Fall Prevention Workshop**. After lunch, it will be **Your Choice** of what fun activities we will do to fill our afternoon.

*****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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North Simcoe Muskoka Local
Health Integration Network
Réseau local d'intégration
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Simcoe Nord Muskoka

Check out our Website! www.braininjuryservices.ca

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