













December 2019 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
01 	02	03 Pictionary  Magnetic Darts	04 First Quarter Moon	05 Brain Power/Work On Goals  \$10	06	07 Horse & Wagon Rides 1-3pm
08	09 Leacock Museum Xmas Tea & Tours 9 th to 13 th	10 Your Choice  Holiday Card Creation	11	12 Full Moon/Little Spirit Moon  Sing A Long with KC and Ross Yahtzee	13	14 Horse & Wagon Rides 1-3pm
15	16	17  Learn A New Game	18	19 Last Quarter Moon  Holiday Diners' Club	20	21 Horse & Wagon Rides 1-3pm 
22 Hanukkah begins	23	24 Your Choice / Holiday Trivia  Twas the Night before Christmas ... BIS open until 1pm, arrange pick up no later than 1pm	25 	26 New Moon Happy Kwanzaa  BIS is closed; We will reopen January 2, 2019	27	28
29	30 Hanukkah ends	31 Have a Safe and Happy Holiday! Rotary Place New Year's Eve Bash 5pm to 8:30PM 		December's birth flower is Narcissus December's birthstone is Turquoise		

Orillia Adult Day Services for December 2019

- Dec 03** Our first day together in December begins with a game of **Pictionary**, no artistic experience necessary, we love stick people! Getting active after lunch is our goal with a few rounds of **Magnetic Darts**.
- Dec 05** **Brain Power** and an opportunity to **Work On Goals** before we eat and head out to bowl. 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.
- Dec 10** It is **Your Choice** of fun this morning, we can break into smaller groups to accommodate requests! After lunch, we will **Create Holiday Cards** or any greeting card of your choice.
- Dec 12** Our annual holiday **Sing A Long** with KC and Ross will get us in the spirit; requests are always appreciated! We will play a game of **Yahtzee** after lunch while the holiday tunes silently replay in our minds.
- Dec 17** Holiday-themed **Minute To Win It** games replace morning exercises today. After lunch, we will **Learn a New Game** together. It is always good to challenge our cognitive skills by trying something new!
- Dec 19** **MINDfull Diners' Club** today is our annual holiday feast! We will enjoy a stuffed turkey roll with all the fixings. Mmmmm ☺
- Dec 24** It is a shorter program day today due to Christmas Eve. **We are open until 1pm only, you must arrange to be picked up by 1pm.** Until that time, we will enjoy **Holiday Trivia** and **Your Choice** of activities.

December 25 to January 1, 2020 BIS is closed. We wish each of you a safe and happy holiday!

*****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



Check out our Website! www.braininjuryservices.ca

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