














February 2020 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
						01 First Quarter Moon
02 Ground Hog Day 	03	04 5 Crowns 	05	06 Quiddler  Pool Tournament	07	08
09 Full Moon / Bear Moon	10	11 Jok-R-Uummy 	12	13 Brain Power / Crosswords  MINDfull Diners' Club	14 	15 Last Quarter Moon
16	17 	18 Pictionary  \$10	19	20 Crokinole  TriBond	21	22
23/30 New Moon	24	25 Last Quarter Moon Work On Goals  Swiss Chalet Lunch Outing \$25	26	27 Wizard / Work On Goals 	28 February's birth flower is Violet	29 February's birth stone is Amethyst

Orillia Adult Day Services for February 2020

- Feb 04** Our first day together in February begins with **5 Crowns**. After lunch, we'll work on **Games For The Brain** together via the website.
- Feb 06** **Quiddler** card game followed by a **Pool Tournament** after lunch are our plans for the day.
- Feb 11** In the morning, we will play **Jok-R-Uummy**. We are **Making Cards** after lunch. Greeting cards for any occasion can be made.
- Feb 13** It's **MINDfull Diners' Club** today and we are making lasagna, garlic bread, and salad. When not prepping our meal or eating, we will do some **Brain Power** through Group **Crosswords!**
- Feb 18** We begin our day with a game of **Pictionary**. 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.
- Feb 20** **Crokinole**, played in teams begins our day. We will challenge our brain with a game of **TriBond** after lunch; we will pair everyone up to play in teams.
- Feb 25** We begin with an opportunity to **Work On Goals** before we taxi to **Swiss Chalet** for lunch. Swiss Chalet is located at 390 Memorial Avenue. **Please bring \$25 to cover the cost of your own meal.** We will taxi back to our program site after our meal.
- Feb 27** This morning, our old favourite card game **Wizard** will be played and we will have an opportunity to **Work On Goals**. I hope you have lots of energy after lunch for our **Minute It To Win It** games!

****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. 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!