



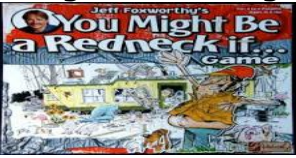


January 2020 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
		<p>January's birth flower is Snow Drop or Carnation</p> <p>January's birth stone is Garnet</p>	01	<p>02 Wizard / Work On Goals</p>  <p>Shuffleboard</p>	03	04
05	06	<p>07 Brain Power</p>  <p>Horseshoes / Work On Goals</p>	08	<p>09 Jumbo Sequence</p>  <p>Magnetic Darts</p>	10	11
12	13	<p>14 MINDfull Diners' Club</p>  <p>Arts & Crafts</p>	15	<p>16 Your Choice Lunch at 201 Grill & Game Bar \$20</p> 	17	18
19	20	<p>21 Tri-Varsity</p> 	22	<p>23 Telestrations</p>  <p>Pool Tournament</p>	24	25
26	27	<p>28 Program Planning</p>  <p>Favourite Music</p>	29	<p>30 Program Planning</p>  <p>Chicken Foot</p>	31	<p>Full Moon / Spirit Moon</p> <p>Last Quarter Moon</p> <p>New Moon</p> <p>Chinese New Year</p> 

Orillia Adult Day Services for January 2020

- Jan 02** Welcome back ☺, the familiar game of **Wizard** begins our first program day of 2020. To shed some of those pounds we tend to gain over the holidays we will get active with a few games of team **Shuffleboard**.
- Jan 07** **Brain Power** activities take us until lunchtime then we will play team **Horseshoes** in the afternoon.
- Jan 09** A morning game of **Jumbo Sequence** played in teams. After lunch, let's get up and moving with some games of **Magnetic Darts**.
- Jan 14** **MINDfull Diners' Club** today and we are making chili with garlic bread and salad on the side. After lunch, it is **Arts & Crafts** time. We will get creative with our inspirational duo of Veronika and Jen leading the way by sharing their expertise.
- Jan 16** **Your Choice** begins our day. We will taxi to the 201 Grill and Game Bar at the Quality Inn located at 201 Woodside Drive, Orillia at 11:15am. 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.**
- Jan 21** **Tri-Varsity** word game begins our day. After lunch, we will share laughter while playing **Mad Gab**. It's not what you say, it's what you hear as you guess the phrases, e.g. heaven iced hey = Have a nice day!
- Jan 23** Hope you fed your brain some good nutrition this morning because **Brain Power** activities are first up today. After lunch, we will play **Jok-R-Uummy**.
- Jan 28** We will begin our day **Program Planning** for March and April and then play **Bingo**. After lunch, we will relax and watch YouTube videos of each participant's **Favourite Music**.
- Jan 30** After finishing up our March and April **Program Planning**, we will play the board game "**You Might Be A Red Neck If...**" followed by **Chicken Foot** after lunch.

****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



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Check out our Website! www.braininjuryservices.ca

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