
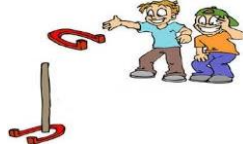









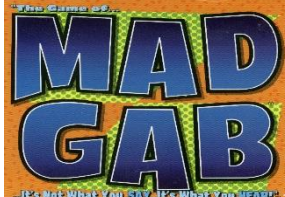


March 2020 - Orillia Adult Day Services

Sun	Mon	Tuesday	Wed	Thursday	Fri	Sat
01 	02 First Quarter Moon	03 Wits & Wagers  Horseshoes	04	05 Brain Power/Work On Goals  Jumbo Sequence	06	07
08 Daylight Savings Time 	09 Full Moon Did you remember to change your clocks forward one hour?	10 Wizard  Quiddler™ for the FUN of words The SHORT Word Game	11	12 Crokinole  Shuffleboard	13	14
15	16 Last Quarter Moon	17 MINDfull Diners' Club Make a Sub Sandwich \$15 	18	19 Spring Equinox  Magnetic Darts	20	21
22	23	24 Mexican Train 	25	26 Your Choice Lunch at 201 Grill & Games Bar \$20 	27	28 
29	30	31 10,000 Dice 		March's birth flower is Daffodil/Jonquil March's birthstone is Aquamarine		

Orillia Adult Day Services for March 2020

- March 03** Our first day together in March begins with a game of **Wits & Wagers**, will you bet on your answer or someone else's? Getting active after lunch is our goal with a few games of **Horseshoes**.
- March 05** **Brain Power** and an opportunity to **Work On Goals** begins our morning. **Jumbo Sequence** played in teams commences after lunch; remember no table talk allowed! It is up to you to scan the board to assist your team or block an opponent.
- March 10** Our old favourite card game **Wizard** will be played this morning. After lunch, we will play our word-making card game **Quiddler**.
- March 12** After our morning exercises to stretch our fingers, we will put them to good use shooting discs in a game or two of **Crokinole**. We will play **Shuffleboard** after lunch.
- March 17** **MINDfull Diners' Club** today is make your own sub sandwich before we head out via taxi for a **Matinee Movie at the Galaxy Cinema (costing and details of movie times to be determined, approximately \$15 will be required for admission)**.
- March 19** On this first day of Spring we will play **Bingo** in the morning and then be active after lunch playing **Magnetic Darts**.
- March 24** **Mexican Train** dominoes game begins the day. After lunch, we will be learning a new card game called **Karma**.
- March 26** **Your Choice** of activity this morning before we 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.**
- March 31** We end this month together by playing **10,000 Dice** in the morning and **Mad Gab** in the afternoon.

****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.braininjuryervices.ca

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