

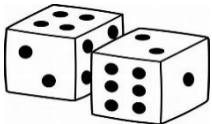






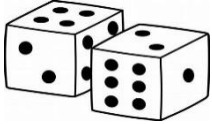



March 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
			01	02 Bingo 	03 ZOOM 9:30am- Noon Social Brain Busters VON exercise Music Trivia	04 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
05	06 Dice Games 	07 Full Moon/ Snow Crust Moon	08	09 Make A Leather Key Fob 	10 ZOOM 9:30am - Noon Social Healthy Aging VON exercise Music Trivia	11 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
12 Daylight Savings Time 	13 Last Quarter Moon Horseshoes  Program Planning April	14 Last Quarter Moon	15	16 Magnetic Darts  Program Planning April	17 ZOOM 9:30am - Noon Social Brain Busters VON exercise Music Trivia	18 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
19	20 Spring Equinox Phase 10 	21 New Moon	22	23 First day of Ramadan 201 Grill and Games Bar 	24 ZOOM 9:30am- Noon Healthy Aging VON exercise Music Trivia	25 Orillia Farmers' Market 9am to 1pm At Orillia Public Library EARTH HOUR
26	27 First Quarter Moon 10,000 Dice 	28 First Quarter Moon	29	30 Quiddler 	31 March's birth flower is Daffodil/ Jonquil	March's birth stone is Aquamarine

Orillia Adult Day Services for March 2023 10:30am until 3:30pm

- March 02** We are playing **Bingo** for prizes after lunch. Good Luck 😊
- March 06** A variety of your favourite **Dice Games** will be played this afternoon.
- March 09** Make your own customized **Leather Key Fob**. You may use stamping tools, alphabet letters, and stain to create your own piece.
- March 13** Lucky for you if you get a ringer tossing **Horseshoes** today! We will also begin **Program Planning for our April calendar**.
- March 16** **Magnetic Darts** is the activity after lunch today. We will also finish **Program Planning for our April calendar**.
- March 20** **Phase 10** is a card games with 10 phases and you are dealt 10 cards every hand.
- March 23** We are meeting at the **201 Grill and Games Bar** located at 201 Woodside Drive at 10:30am. **Your cost is \$25; 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 27** **10,000 Dice** will be played after lunch, will it be individual or team 10,000?
- March 30** The card game **Quiddler** where we make words we know and often learn new words is on the agenda after lunch!

Morning activities start at 11:00am with VON SMART exercises followed by a guided meditation.

Afternoon activities start at 1:00pm.

Lunch is from 12:00 to 1:00 pm. Bring your own bagged lunch (we will NOT have access to a microwave). BIS provides tea and coffee.

Some activities are weather permitting and/or may require a fee.

*****Please contact Lyn or Julia*****

Brain Injury Services – Orillia Adult Day Services at St. Paul's Centre (Room 112)
St. Paul's Centre is located at 62 Peter Street North
Mondays and Thursdays 10:30am until 3:30pm

Barrie Office 705-734-2178
Lyn Pope ext. 242 / Julia McCourt ext. 231

www.braininjuryservices.ca

NOTE: Masks (provided by BIS) are required to be worn when attending the Orillia ADS program

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