





May 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
	01 Quiddler 	02	03	04 5 Crowns 	05 Full Moon/Sucker ZOOM 9:30am- Noon Social Brain Busters VON exercise Music Trivia	06 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
07	08 Wizard 	09	10	11 Bingo 	12 Last Quarter Moon ZOOM 9:30am - Noon Social Healthy Aging VON exercise Music Trivia	13 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
14	15 Horseshoes  Program Planning June	16	17	18 Magnetic Darts  Program Planning June	19 New Moon ZOOM 9:30am - Noon Social Brain Busters VON exercise Music Trivia	20 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
21	22 BIS is closed  <i>Victoria Day</i>	23	24	25 NOTE: We are meeting at Rotary Place located at 100 University Avenue (room is on the second floor)	26 ZOOM 9:30am- Noon Healthy Aging VON exercise Music Trivia	27 First Quarter Moon Orillia Farmers' Market 9am to 1pm At Orillia Public Library
28	29 10,000 Dice 	30	31		May's birth flower is Lily	May's birth stone is Emerald

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

We acknowledge that we are gathering on the traditional territory of the Anishnaabeg, specifically, the Chippewas of Rama First Nation, a member of the Chippewa Tri-Council and Three Fires Confederacy. We acknowledge that this land is covered by the Williams Treaties and Upper Canada Treaties signed by our governments on behalf of the Anishinaabe and Canadian Peoples, and was once part of the Coldwater-Narrows Reserve.

May 01 Let's make some interesting words playing **Quiddler!**

May 04 **5 Crowns** is the rummy-like card game on the agenda today.

May 08 An old favourite **Wizard** card game takes place after lunch.

May 11 We are playing **Bingo** for prizes! Good luck 🍀

May 15 Lucky for your team if you get a ringer tossing **Horseshoes** today! We will also begin **Program Planning for our June calendar.**

May 18 **Magnetic Darts** is the activity after lunch today. We will also finish **Program Planning for our June calendar.**

May 22 **BIS is closed. Have a happy Victoria Day!**

May 25 **NOTE: We are meeting on the second floor of Rotary Place today (100 University Avenue) from 10:30am until 3:30pm.**

May 29 We will have to decide if we are playing individual or team **10,000 dice game.**

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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