










November 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
Fall Prevention Month 	Masks (provided by BIS) are required to be worn when attending the Orillia ADS program		01	02 Crosswords & Rebus Puzzles 	03 Last Quarter Moon	04 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
05 	06 Walk to Mariposa Market 	07	08	09 Fall Prevention Tips 	10	11 
12	13 New Moon Art With Veronika  Program Planning December	14	15	16 NOTE: We are meeting at Rotary Place located at 100 University Avenue (room is on the second floor) Program Planning December	17	18 5 to 7pm Orillia Santa Claus Parade 
19	20 First Quarter Moon NOTE: Day Program is closed due to all staff training day	21	22	23 Yahtzee & Sequence 	24	25 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
26	27 Full Moon/Freezing Moon Bingo & Horseshoes 	28	29	30 Magnetic Darts 	November's birth stone is Topaz	

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

We acknowledge that we are gathering on the traditional territory of the Anishinaabeg, 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.

- Nov 02** **Group Crosswords** and **Rebus Puzzles** are our cognitive challenges today!
- Nov 06** This morning, weather permitting, we will **Walk to Mariposa Market**, please bring money to purchase your own refreshments.
- Nov 09** We will talk about **Winter Safety Tips** and **Fall Prevention. November is Fall Prevention Month.**
- Nov 13** Today with the guidance of Veronika we will each make a **Holiday Wreath** to hang on your door or in your home.
- Nov 16** **NOTE: We are meeting on the second floor of Rotary Place today (100 University Avenue) from 10:30am until 3:30pm. The meeting room is located off of the top level inside the hockey arena at the back. Please arrange for your transportation to drop you off and pick you up from this location (10:30am and 3:30pm). Crokinole & Quiddler fun today!**
- Nov 20** **NOTE: Day Program is closed due to all staff training day.**
- Nov 23** **Yahtzee** followed by **Jumbo Sequence.**
- Nov 27** We are playing **Bingo** for prizes! Good luck 😊. **Horseshoes** in the afternoon gets us up and moving!
- Nov 30** One of our favourite active games, **Magnetic Darts** 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. BIS provides tea and coffee.

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

BIS is a Scent Free Zone for the health and comfort of those with allergies

*****Please contact Lyn or Julia to confirm schedule*****

**Brain Injury Services – Orillia Adult Day Services at St. Paul’s Centre in Memorial Hall
St. Paul’s Centre is located at 62 Peter Street North
Mondays and Thursdays 10:30am until 3:30pm**

Barrie Office 705-734-2178
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