

# January 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
	01 <b>HAPPY NEW YEAR!</b> <i>BIS WILL BE CLOSED TODAY.</i>	02 	03	<b>04</b> Last Quarter Moon <b>TRIVIA</b> 	05	<b>06</b> Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
07	08 <b>Minute to Win It</b> 	09	10	<b>11</b> <b>KARMA</b> 	12	<b>13</b> Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
14	15 <b>BINGO</b>  February Planning Calendar	16	17	18 First Quarter <b>WIZARD</b> 	19	<b>20</b> Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
21	22 <b>SHUFFLEBOARD</b> 	23	24	25 Full Moon <b>CRAFTS</b> 	26	<b>27</b> Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
28	29 <b>Walk to Mariposa Market</b> <b>1PM-3PM</b> 	30	31	<b>January birth stone is Garnet</b>  <b>January birth flower are the Carnation and Snowdrop</b>		

## Orillia Adult Day Services for January 2024 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.

- Jan 04** A day full of fun **Trivia** and Family Feud.
- Jan 08** We will have lots of fun playing **Minute to Win It Challenges**.
- Jan 11** Will **Karma** be on *your* side today? It's a fun and popular game with this group!
- Jan 15** We are playing **Bingo** for prizes! Good luck 😊 **Program Planning for February**.
- Jan 18** Wear your thinking hat for a fun game of **Wizard**.
- Jan 22** Team **Shuffleboard** helps burn off some calories after lunch.
- Jan 25** Get ready for a fun day of **Crafts** making melting snowmen.
- Jan 29** This afternoon, weather permitting, we will **Walk to Mariposa Market**, please bring money to purchase your own refreshments.

***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 Ramsha or Jen 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  
Ramsha ext. 236 / Jen ext. 225  
[www.braininjuryervices.ca](http://www.braininjuryervices.ca)

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