













# April 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
	April's birth flower is Sweet Pea			April's birth stone is Diamond		01 
02	03  Magnetic Darts	04	05	06  Crokinole	07 <b>BIS is closed</b>  <b>Good Friday</b>	08 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
09 	10 <b>BIS is closed</b>  Happy Easter	11	12	13  Bingo <b>Program Planning May</b>	14 <b>ZOOM</b> 9:30am - Noon Social Brain Busters VON exercise Music Trivia	15 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
16	17  10,000 Dice <b>Program Planning May</b>	18	19	20  Wizard	21 <b>ZOOM</b> 9:30am- Noon Healthy Aging VON exercise Music Trivia	22  HAPPY EARTH DAY!
23/30	24  Shuffleboard	25	26	27 <b>Brain Power &amp; Crosswords</b> 	28 <b>ZOOM</b> 9:30am- Noon Social Brain Busters VON exercise Music Trivia	29 Orillia Farmers' Market 9am to 1pm At Orillia Public Library

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

- April 03** Let's get up and moving after lunch with a game of **Magnetic Darts**.
- April 06** We haven't played Canadian game **Crokinole** since before the pandemic started!
- April 10** **BIS is closed for Easter Monday. Enjoy your day!** 😊
- April 13** Bring your lucky charms for **Bingo** today! We will also begin **Program Planning for our May calendar**.
- April 17** We will play **10,000 Dice** and finish **Program Planning for our May calendar**.
- April 20** The card game **Wizard** is on the agenda for after lunch. It's another game we haven't played in a long time...
- April 24** We are getting active after lunch playing team **Shuffleboard**.
- April 27** Hope you ate a nutritious lunch to feed you brain for **Brain Power and Crosswords!**

***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](http://www.braininjuryservices.ca)

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

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