











August 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
	August's birth flower is Gladiolus August's birth stone is Peridot	01 Full Moon/ Wild Rice Moon	02 Orillia Summer Nights Music 255 Matchedash St North	03 Shuffleboard 	04	05 Orillia Farmers' Market 9am to 1pm At OOH/Orillia Public Library
06	07 BIS is closed 	08 Last Quarter Moon	09	10 Bingo 	11 Orillia Waterfront Festival	12 Orillia Waterfront Festival
13 Orillia Waterfront Festival	14 New Moon Horseshoes  Program Planning September	15	16 New Moon Orillia Summer Nights Music 482 High Street	17 Your Choice  Program Planning September	18 Friday Night Famers Market Downtown Orillia	19 Orillia Farmers' Market 9am to 1pm At OOH/Orillia Public Library
20	21 Cineplex Matinee Movie 	22	23	24 First Quarter Moon Pizza Day! 	25	26 Orillia Farmers' Market 9am to 1pm At OOH/Orillia Public Library
27	28 Brain Health 	29	30	31 Walk to visit the Orillia Museum of Art and History 		

Orillia Adult Day Services for August 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.

Aug 03 Team **Shuffleboard** helps burn off some calories after lunch.

Aug 07 **BIS is closed due to the Civic Holiday.**

Aug 10 Bring your lucky charms with you today to win **Bingo!**

Aug 14 Team **Horseshoes** is our active, get up and moving activity after lunch! We will begin **Program Planning for September today.**

Aug 17 It's a **Your Choice** day! We have lots of activities to choose from 😊 We begin **Program Planning for September today.**

Aug 21 **We will venture to the Orillia Galaxy Cinema for an afternoon matinee. Please have your transportation scheduled to pick you up from this location (pricing details to follow).**

Aug 24 No need to bring a lunch, it's **Pizza Day!**

Aug 28 A variety of cognitive activities that work on our **Brain Health** are on the calendar for this afternoon.

Aug 31 In the morning, we will walk to the Orillia Museum of Art and History 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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