




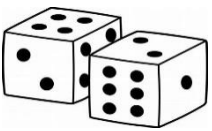


September 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
	September's birth flower is Aster and Morning Glory September's birth stone is Sapphire				01 Pirate Party Port of Orillia	02 Pirate Party Port of Orillia
03 Pirate Party Port of Orillia	04 	05	06 Last Quarter Moon	07 Magnetic Darts 	08	09 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
10 Grandparents Day	11 Brain Health/Learn A New Game  Program Planning October	12	13	14 Bingo & Quiddler  Program Planning October	15	16 Rosh Hashanah Orillia Farmers' Market 9am to 1pm At Orillia Public Library
17	18 Card Games 	19	20	21 201 Grill and Games Bar 	22 First Quarter Moon	23 
24	25 Yom Kippur Dice Games 	26	27	28 Art With Veronika 	29 Full Moon/ Changing Leaves Moon	30 Orange Shirt Day

Orillia Adult Day Services for September 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.

Sept 04 BIS is closed (due to Labour Day statutory holiday)

Sept 07 Magnetic Darts is the activity after lunch today.

Sept 11 Let's work on our **Brain Health** by learning a new game. **Program Planning for October** begins.

Sept 14 We are playing **Bingo** for prizes! Good luck 😊. After bingo, we will play our word-making card game **Quiddler. Program Planning for October** finalized.

Sept 18 So many **Card Games** to choose from; for example: Phase 10, 5 Crowns, Euchre, Poker, Karma, Quiddler, Wordspiel.

Sept 21 We are meeting at the **201 Grill and Games Bar** located at 201 Woodside Drive at 10:30am. **Your cost is \$25; this will cover a package deal of lunch and tokens to play the games. Please arrange your transportation to pick you up from this location, 201 Woodside Drive, at 3:30pm.**

Sept 25 We have a few **Dice Games** to choose from: Yahtzee, 10,000 Dice, Phase 10 In A Can, LCR (Left Centre Right), or 30.

Sept 28 Art With Veronika; Veronika will lead us in a fun painting experience, no previous painting experience required 😊

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 to confirm schedule*****

Brain Injury Services – Orillia Adult Day Services at St. Paul's Centre (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
Lyn Pope ext. 242 / Julia McCourt ext. 231
www.braininjuryervices.ca

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