

October 2023 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
01	02 Walk to Mariposa Market 	03	04	05 Thanksgiving Centrepiece 	06 Last Quarter Moon	07 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
08 	09 BIS is closed 	10	11	Bingo & Wizard 	13	14 New Moon Orillia Farmers' Market 9am to 1pm At Orillia Public Library
15	16 Smart Ass  Program Planning November	17	18	19 NOTE: We are meeting at Rotary Place located at 100 University Avenue (room is on the second floor)	20	21 Orillia Farmers' Market 9am to 1pm At Orillia Public Library
22	23 Judge For Yourself 	24	25	26 Brain Power 	27	28 Full Moon/ Falling Leaves Moon
29	30 Minute to Win It Halloween Themed 	31 		October's birth flower is Marigold October's birth stone is Opal		

Orillia Adult Day Services for October 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.

- Oct 02** This morning we will **Walk to Mariposa Market**, please bring money to purchase your own refreshments.
- Oct 05** Let's create a **Thanksgiving Centrepiece** that you can take home in time for the holiday. Once finished we will play **You Might Be A Redneck** board game.
- Oct 09** **BIS is closed (due to Thanksgiving Day statutory holiday).**
- Oct 12** We are playing **Bingo** for prizes! Good luck 😊. After bingo, we will play **Wizard**.
- Oct 16** We will play the board game **Smart Ass** after lunch and begin **Program Planning for November**.
- Oct 19** **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).** We will play a variety of games.
- Oct 23** One of our favourite games **Judge For Yourself** is back!
- Oct 26** Today we will work on some **Brain Power** activities including rebus puzzles to fire up our neurons!
- Oct 30** We will have lots of fun with Halloween-themed **Minute To Win It Challenges**. Happy Hallowe'en one day early!

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**

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