

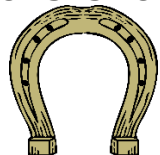









February 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
				01 	02	03 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
04	05 HORSESHOES 	06	07	08 WIZARD 	09	10 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
11	12 VALENTINE'S DAY CRAFT!  March Planning Calendar	13	14	15 Walk to Mariposa Market 1PM-3PM 	16	17 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
18	19 BIS IS CLOSED 	20	21	22 SEQUENCE 	23	24 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
25	26 BINGO 	27	28	29 OPP MUSEUM  Meet at 777 Memorial Ave		February birth stone is Amethyst February birth flowers are violets and primrose

Orillia Adult Day Services for February 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.

- Feb 01** Will **Karma** be on *your* side today? It's a fun and popular game with this group!
- Feb 05** Get up and get active after lunch by playing team **Horseshoes!** Which team will prevail?
- Feb 08** Wear your thinking hat for a fun game of **Wizard!**
- Feb 12** Join us for a fun **Valentine's craft!** We will also be doing program planning for March 😊
- Feb 15** This afternoon, weather permitting, we will **Walk to Mariposa Market!** Please bring money to purchase your own refreshments.
- Feb 19** BIS is closed for **Family Day** – no program today. Enjoy your day!
- Feb 22** Grab a partner and enjoy a fun game of **Sequence!**
- Feb 26** We are playing **Bingo** for prizes! Good luck 😊
- Feb 29** We are going to spend the day at the **OPP Museum!** Bring your own lunch or bring money to purchase your lunch in the onsite cafeteria (admission to the museum is free). Arrange your transportation to bring you to the museum (777 Memorial Avenue, Orillia) for 10:30am and pick up from this location for 3:30pm.

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 Angie to confirm the 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
Angie ext. 242
www.braininjuryservices.ca

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