













March 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
				<p>March birth flower is the Daffodil</p> <p>March birth stone is Aquamarine</p>	01 	02 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
03	04 Bingo & Phase 10 	05	06	07 Wizard 	08	09 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
10	11 Movie Day & Chinese Food lunch! 😊 	12	13	14 Urban Pole Walking 	15	16 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
17 	18 Walk to Mariposa Market  April Planning Calendar	19	20	21 SEQUENCE & FACT OR CRAP 	22	23 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library
24	25 Trip to Orillia Rec Centre  255 West Street S	26	27	28 Easter Craft & Karma 	29 Good Friday	30 
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Orillia Adult Day Services for March 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.

- Mar 04** We are playing **Bingo** for prizes – good luck! We'll also enjoy a fun game of **Phase 10!**
- Mar 07** Wear your thinking hat for a fun game of **Wizard!**
- Mar 11** Join us for **Movie Day!** We will be ordering **Chinese Food** for lunch today (**cost is \$5**), or bring your own lunch if you wish!
- Mar 14** Today we'll try out an activity that is lots of fun and great exercise – **Urban Pole Walking!**
- Mar 18** This afternoon we will **Walk to Mariposa Market!** Please bring money to purchase your own refreshments. We will also be doing planning for our April calendar 😊
- Mar 21** Grab a partner and enjoy a fun game of **Sequence!** We'll also test out your skills with a fun game of **Fact or Crap.**
- Mar 25** Join us for a day spent at the Orillia Recreation Centre! Located at 255 West Street South. Please arrange your transportation to drop you off and pick you up at this location. We'll get to choose from their many activities. **PLEASE BRING YOUR BATHING SUIT AND TOWEL IF YOU WISH TO USE THE POOL/STEAM ROOM.** Don't forget to pack a lunch! **COST: \$7**
- Mar 28** Join us for a fun Easter craft! We will also be playing a game of Karma – a fun and popular game with this group!

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 aspringer@braininjuryservices.ca
www.braininjuryservices.ca

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

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