



## April 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
<p><b>April's birth flower is Sweet Pea</b></p>	<p><b>01 BIS CLOSED</b></p> 	02	03	<p><b>04 Crokinole</b></p> 	<p><b>05 April's birth stone is Diamond</b></p>	<p>06</p> <p>Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library</p>
<p>07</p> <p><i>World Health Day</i></p>	<p><b>08 Magnetic Darts</b></p> 	09	10	<p><b>11 Coldwater Bowling Alley</b></p>  <p><i>National Pet Day</i></p>	12	<p>13</p> <p>Orillia Farmers' Market 9am to 1pm At Orillia Public Library</p>
14	<p><b>15 Brainpower/crosswords</b></p>  <p><b>Urban Pole Walking</b></p>	16	17	<p><b>18 Bingo</b></p>  <p><b>May Program Planning</b></p>	19	<p>20</p> <p>Orillia Farmers' Market 9am to 1pm At Orillia Public Library</p>
21	<p><b>22 Diner's Club</b></p>  <p><b>May Program Planning</b></p> <p><i>Earth Day</i></p>	23	24	<p><b>25 Urban Pole Walking</b></p> 	26	<p>27</p> <p>Orillia Farmers' Market 9am to 1pm At Orillia Public Library</p>

28	<b>29 Sequence</b>  <b>Walk to Mariposa</b> 	30				
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## Orillia Adult Day Services for April 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.

**April 01** **BIS is closed for Easter Monday. Enjoy your day!** 😊

**April 04** We haven't played the Canadian game **Crokinole** since last year!

**April 08** Let's get up and start moving after lunch with a game of **Magnetic Darts**.

**April 11** Join us for **bowling at Coldwater Bowling Alley located** at 19 Michael Anne Drive, Coldwater L0K 1E0. Cost is \$15 and includes lunch. Meet at bowling alley for 10:30-3:30pm, see you there!

**April 15** Hope you ate a nutritious lunch to feed your brain for **Brain Power and Crosswords** and then we will get up and move and do some **urban pole walking!**

**April 18** Bring your lucky charms for **Bingo** today! We will also begin **Program Planning for our May calendar**.

**April 22** **Bring Back Diner's Club!** Let's all work together to prepare a delicious meal and then enjoy it together. Last day to **plan for May!**

**April 25** Let's start the day right with some movement and do some **Urban Pole Walking**. Then put your competitive hats on as we play the exciting game of **KARMA**, who will be your friend?!

**April 29** Who wants to play **SEQUENCE** a game that activates many areas of the brain and is excellent for cognitive engagement! In the afternoon we will take a **walk to Mariposa Market**.

***Morning activities start at 11:00am***

***Afternoon activities start at 1:00pm.***

***Lunch is from 12:00 to 1:00 pm. Please Bring your own lunch and note we do not have access to a microwave. BIS provides coffee, tea and water.***

***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 Jen Krynicki for any questions or to report an absence\*\****

**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

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[www.braininjuryservices.ca](http://www.braininjuryservices.ca)

***NOTE: We are mask friendly, and masks and hand sanitizer will be provided by BIS.***

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