





# May 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
	<p><b>May birth flower is the Lily of the Valley</b></p> <p><b>May birth stone is Emerald</b></p>		01	<p>02</p> <p><b>Quiddler &amp; Horseshoes</b></p>  	03	<p>04</p> <p>Sunshine Fibre Fest at ODAS Park 9:30am-4pm Admission \$7</p>
05	<p>06</p> <p><b>Pole Walking &amp; Wizard</b></p>  	07	08	<p>09</p> <p><b>Karma &amp; Spring Craft</b></p>  	10	<p>11</p> <p>Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library</p>
<p>12</p> 	<p>13</p> <p><b>Diner's Club &amp; June Planning</b></p> 	14	15	<p>16</p> <p><b>Pole Walking &amp; Scattegories</b></p>  	17	<p>18</p> <p>Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library</p>
19	<p>20</p> <p><b>BIS Closed</b></p>  <p><i>Victoria Day</i></p>	21	22	<p>23</p> <p><b>Crosswords &amp; Walk to Mariposa</b></p>  	24	<p>25</p> <p>Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library</p>
26	<p>27</p> <p><b>Trip to Orillia Rec Centre</b></p>  <p><b>255 West Street S</b></p>	28	29	<p>30</p> <p><b>Wheel of Fortune &amp; Axe Throwing</b></p>  	31	

## Orillia Adult Day Services for May 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.

- May 02** Let's make some interesting words playing **QUIDDLER!** In the afternoon try your hand at hitting a ringer in **HORSESHOES.**
- May 06** Get moving this morning! Strength, balance and working our core- **POLE WALKING.** In the afternoon a fun game of **WIZARD.**
- May 09** Who will be your friend this time? Join us for **KARMA** in the morning. Channel your inner artist in the afternoon for a **CRAFT.**
- May 13** Bring your appetite and kitchen skills today is **DINER'S CLUB!** We will also be planning for our **JUNE CALENDAR.**
- May 16** **POLE WALKING** and then **SCATTEGORIES** to challenge memory, work on word recall, and problem-solving skills!
- May 20** **BIS Closed for Victoria Day.**
- May 23** Let's get those neurons firing and do some **CROSSWORDS.** This afternoon we will **Walk to Mariposa Market!** Please bring money to purchase your own refreshments.
- May 27** 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**
- May 30** Can you solve the puzzle in **WHEEL OF FORTUNE** this morning? Try your "hand" at **Poker Axe throwing** in the afternoon.

*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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