



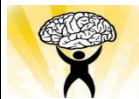













July 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
 John	01 BIS is Closed	02	03	04 Coldwater Bowling  19 Michael Anne Drive, Coldwater Cost \$20 includes lunch	05	06 Mariposa Festival
07 Mariposa Festival	08 Tie Dye & Heat Safety  	09	10	11 Brain Power & Cards   Pizza Lunch \$10	12	13
14	15 Bingo & Board Games   Program Planning August	16	17	18 10,000 Dice & Karma  	19	20 Orillia Scottish Festival Tudhope Park
21	22 Quiddler & Education  	23	24	25 Chromino & Your Choice  	26	27
28	29 Diners Club 	30	31	July's birth flower is Larkspur July's birth stone is Ruby		

Orillia Adult Day Services for July 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.

- July 01** **BIS is closed (due to Canada Day statutory holiday Saturday, July 1)**
- July 04** Join us for **BOWLING at Coldwater Bowling Alley located** at 19 Michael Anne Drive, Coldwater L0K 1E0. *Cost is \$20 and includes lunch. Meet at bowling alley for 10:30-3:30pm, see you there!*
- July 08** Bring your creativity today we will be **TIE DYING** t-shirts. Let's talk **HEAT**, some tips to keep safe in the summer.
- July 11** **BRAIN POWER activities** in the morning. **CARD GAMES** in the afternoon. If you want *pizza lunch cost is \$10.*
- July 15** Bring your luck today is **BINGO!** In the afternoon we will bring out the old school **BOARDGAMES.**
- July 18** Roll a 1 or 5 or 3 of a kind, **it's 10,000 DICE.** Who will be your friend this afternoon it's **KARMA!!!**
- July 22** How do you spell **QUIDDLER!** Later we will discuss ways to conserve our energy and **PACE** ourselves.
- July 25** Match up 2 colors in **CHROMINO.** In the afternoon it's **YOUR CHOICE.**
- July 29** CHRISTMAS IN JULY!!! Wear a festive shirt, tie, socks or hat we will be celebrating with a festive meal in **DINERS CLUB.**

*Morning activities start at 10:30am
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**

BIS office: 705-734-2178
Jen Krynicki ext. 225 email jkrynicki@braininjuryservices.ca

