











June 2024 - Orillia Adult Day Services

| Sun | Monday | Tues | Wed | Thursday | Fri | Sat |
|--------------------------------------|--|------|---|--|-----|--|
| | <p>June birth flower is the Rose </p> <p>June birth stone is pearl</p> | | |  <p>Heather, Andy & Carl</p> | | <p>01 Monster Madness Orillia 1:30pm ODAS park</p> |
| 02 | <p>03</p>  <p>Mask Craft</p> | 04 | 05 | <p>06</p> <p>Pole Walking & Quiddler</p>   | 07 | <p>08 Sunshine Festival 10am-7pm at the Port of Orillia</p> |
| 09 | <p>10</p> <p>Trip to Orillia Rec Centre</p>  <p>255 West Street S</p> | 11 | 12 | <p>13</p> <p>Horseshoes & Chromino</p>   | 14 | <p>15 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library</p> |
| <p>16</p> <p>Happy Father's Day!</p> | <p>17</p> <p>Diner's Club & July Planning</p>  | 18 | <p>19</p> <p><i>21st Annual Brain Injury Survivor Conference 9am-3pm</i></p> | <p>20</p> <p>Education Day LEARNING TO PACE YOURSELF</p>  | 21 | <p>22 Orillia Farmers' Market 9am to 1pm Inside Orillia Public Library</p> |
| 23 | <p>24</p> <p>Bingo & Walk to Mariposa</p>   | 25 | 26 | <p>27</p> <p>Karma & Axe Throwing</p>   | 28 | <p>29/30 Orillia Farmer's Market 9am to 1pm Inside Orillia Public Library</p> |

Orillia Adult Day Services for June 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.

- June 03** There's a story behind every mask and behind every mask there's a person, a person that's been touched by brain injury. What does your mask look like? Today we will be creative and **MAKE MASKS** to represent ourselves and our journey.
- June 06** Get moving this morning! Strength, balance and working our core- **POLE WALKING**. In the afternoon we will play **QUIDDLER**.
- June 10** 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**
- June 13** Try your hand at hitting a ringer in **HORSESCHOES**. In the afternoon we are trying a new game **CHROMINO**
- June 17** Bring your appetite and kitchen skills today is **DINER'S CLUB!** We will also be planning for our **JULY CALENDAR**.
- June 20** Do you do too much in one day? Do you wonder why you are tired after one task? Today we will focus on **PACING** and how to pace yourself.
- June 24** What's your lucky number will it be called in **BINGO?!** This afternoon we will **Walk to Mariposa Market!** Please bring money to purchase your own refreshments.
- June 27** Try your "hand" at **POKER AXE THROWING** in the morning. Then who will be your friend in the afternoon, it's **KARMA!**

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**

Barrie Office 705-734-2178

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