


September 2024 - Orillia Adult Day Services

Sun	Monday	Tues	Wed	Thursday	Fri	Sat
01	02 	03	04	05  <p>Cheese Pizza on Us!</p>	06	07
08	09 Walk to Mariposa 	10	11	12 Cooking on a Budget/Dice 	13	14
15	16 Bingo & Karma 	17	18	19 201 Grill and Games 	20	21
22	23 Trip to Orillia Rec Center  <p>255 West Street South</p>	24	25	26 Golf & Mad Gab 	27	28
29	30 Diners Club Armchair Travels 			Movement and Mindfulness will be included each day!  <p>Exercise Your Brain</p>		

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.

Sept 02 **BIS is closed for Labor Day!**

Sept 05 Happy **National Cheese Pizza Day**, pizza is on us! Today will be **YOUR CHOICE** of activities.

Sept 09 Dress in comfortable clothing and footwear for our **WALK TO MARIPOSA**. Please bring money if you would like to purchase anything.

Sept 12 We will be participating in a **COOKING ON A BUDGET** workshop today. In the afternoon will be **DICE**.

Sept 16 Bring your luck because today is **BINGO!** Who will be your friend this afternoon it's **KARMA!!!**

Sept 19 We will be meeting at **201 GRILL AND GAMES BAR** for a day of arcade fun. **Details and pricing to follow.**

Sept 23 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**

Sept 26 Lowest score wins in the card game **GOLF**. In the afternoon we will play **MAD GAB**.

Sept 30 What country will we explore and learn about today in **DINERS CLUB armchair travels?!** We will prepare and enjoy a meal native to that country. Bring your appetites!

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

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