

November 2024 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
				1	 <p>Orillia program runs From 10:30am - 3:30pm every Monday and Thursday</p> <p>St Paul's Centre 62 Peter St N, Orillia</p> <p>Staff Contact Info:</p> <p>Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>Matthew MacLaren-Coombe 705 – 734 – 2178 ext 236 mmaclarencoombe@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence* www.braininjuryservices.ca</p>
4 Online Brain Games & Fall Craft  Program Planning	5	6	7 Mad Gab & Play Nine 	8	
11 BINGO! & Walk to Mariposa 	12	13	14 Education: Stress Reduction Strategies & Karma 	15	
18 Orillia Rec Centre  255 West Street South	19	20	21 Meditation/Yoga & Wizard 	22 Sat 23 rd : Santa Claus Parade 5pm-7pm	
25 Team Building Exercise & Diners Club 	26	27	28 Horseshoes & Sequence 	29	

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Program Descriptions:	
Nov 4	ONLINE BRAIN GAMES – These exercises can help improve your memory but also be prepared to get creative for a FALL CRAFT
Nov 7	Let's start the morning off with a game of MAD GAB , followed up by PLAY NINE after lunch
Nov 11	Bring your luck because today is BINGO followed up with a group WALK TO MARIPOSA MARKET . Please bring money to purchase your own refreshments.
Nov 14	Come learn some more STRESS REDUCTION STRATEGIES then let's see who will prevail in a game of KARMA!!
Nov 18	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 up at this location. We'll get to choose from 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 \$7.00
Nov 21	Let's get our bodies moving this morning with some fun YOGA . Also wear your thinking hat for a fun game of WIZARD in the afternoon.
Nov 25	Come learn some great TEAM BUILDING EXERCISES and bring your appetite and kitchen skills as today is also DINER'S CLUB
Nov 28	Try your hand at hitting a ringer in HORSESHOES . Then partner up for some fun with SEQUENCE