

December 2024 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2 Chair Yoga/Mindfulness Activities & Your Choice  Program Planning	3	4	5 Yahtzee & Play Nine 	6	 <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>
9 BINGO! & Walk to Mariposa 	10	11	12 Education: Sleep Hygiene & Wizard 	13	
16 Orillia Rec Centre  255 West Street South	17	18	19 Holiday Crafts & Christmas Music 	20	
23 Christmas Party! 	24 Christmas Eve	25 Merry Christmas	26 BIS IS CLOSED HAPPY HOLIDAYS!	27	
30 BIS IS CLOSED HAPPY HOLIDAYS!	31 New Years Eve	1 January	2 January BIS is OPEN		

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Program Descriptions:	
Dec 2	Chair Yoga – Let's get our bodies moving this morning with some awesome exercises followed by your choice of activity. Bring your ideas for program planning!
Dec 5	Come try your luck in Yahtzee for the morning and Play Nine in the afternoon
Dec 9	Dress in comfortable clothing and footwear for our WALK TO MARIPOSA . Please bring money if you would like to purchase anything. Also bring your luck because today is BINGO!
Dec 12	Come learn more about the importance of Sleep Hygiene and then finish the afternoon with a fun game of Wizard
Dec 16	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 BATHING SUIT & TOWEL IF YOU WISH TO USE THE POOL . Don't forget a lunch. COST \$7.00
Dec 19	Let's get creative and make some amazing Holiday Crafts while listening to our favorite Christmas songs
Dec 23	Let's enjoy a festive HOLIDAY CELEBRATION together! Join us for a Christmas movie, cookie decorating, and a take-out lunch on BIS!
DEC 25 – JAN 1	BIS IS CLOSED FROM DECEMBER 25 TH TO JANUARY 1 ST INCLUSIVE, HAPPY HOLIDAYS & See you in 2025!