








February 2025 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
3 BINGO! & Walk to Mariposa 	4	5	6 Education: Benefits of Physical Activity  Horseshoes & Program Planning	7	 <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>You must be eligible for services & a registered client to participate</p> <p>Staff Contact Info: Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca Mat MacLaren-Coombe 705-331-6250 mmaclarencoombe@braininjuryservices.ca</p> <p>*Please contact BIS staff for any questions or to report an absence* www.braininjuryservices.ca</p>
10 Orillia Rec Centre  255 West Street South	11	12	13 Let's Get Crafty & Diner's Club! 	14 Happy Valentine's Day!	
17 BIS IS CLOSED Happy Family Day!	18	19	20 Darts Karma & Quiddler 	21	
24 Indoor Pole Walking Sequence & Jok-R-Uummy 	25	26	27 CANCELLED DUE TO STAFF TRAINING	28	

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Program Descriptions:	
Feb 3	Bring your luck this morning for BINGO! Dress in comfortable clothing and footwear for our WALK TO MARIPOSA (weather permitting) in the afternoon. Please bring money if you would like to purchase any refreshments.
Feb 6	Join us as we learn about the many benefits of PHYSICAL ACTIVITY , then we'll get moving with a game of HORSESHOES! Bring your ideas for program planning.
Feb 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 A BATHING SUIT & TOWEL IF YOU WISH TO USE THE POOL. Don't forget a lunch! COST \$7.00
Feb 13	Let's GET CRAFTY together as we prepare for Valentine's Day, then we'll cook and enjoy a heart-healthy meal for DINER'S CLUB! We'll enjoy your choice of games in the afternoon.
Feb 17	BIS IS CLOSED for Family Day – enjoy your day!
Feb 20	Test your skills with a game of DARTS , then enjoy some Karma and Quiddler in the afternoon!
Feb 24	Try out some indoor POLE WALKING this morning. Partner up for a game of SEQUENCE , then try your luck at a game of JOK-R-UMMY!
Feb 27	CANCELLED – Staff Training Day