

April 2025 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
	1	2	3 Chair Yoga Yahtzee Ring Toss	4
7 Easter Diner's Club!  Goal Setting Exercise	8	9	10 Reading & Memory Exercise Karma Play Nine	11
14 Orillia Rec Centre  255 West Street South	15	16	17 Chair Yoga Easter Painting Phase 10	18 Good Friday
21 Easter Monday Program Closed	22	23	24 Scattergories Brain Exercises Program Planning	25
28 BINGO! & Walk to Mariposa 	29	30		



**Orillia program runs
From 10:30am - 3:30pm every Monday
and Thursday**

**St Paul's Centre
62 Peter St N, Orillia**

**You must be eligible for services & a
registered client to participate**

Staff Contact Info:

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***Please contact BIS staff for any
questions or to report an absence***

www.braininjuryservices.ca

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Program Descriptions:	
April 3	CHAIR YOGA to start the morning off followed by YAHTZEE and RING TOSS!
April 7	No need to bring a lunch. Come and cook an authentic Greek Meal for DINER'S CLUB followed by our next step in our GOAL SETTING exercise.
April 10	Start our morning with a READING & MEMORY EXCERCISE followed by everyone's favorite PLAY NINE and some KARMA to finish the day!
April 14	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
April 17	CHAIR YOGA to start the morning, followed by an EASTER PAINTING activity!
April 24	Start the morning in teams as we play SCATTERGORIES followed up by BRAIN EXCERCISES and program planning for the following month.
April 28	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.