

# November 2025 – Orillia Adult Day Services

**SEE BACK FOR ALL PROGRAM DETAILS**

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 <p><b>Orillia program runs</b>  <b>From 10:30am - 3:30pm every Monday</b>  <b>and Thursday</b></p> <p><b>St Paul's Centre</b>  <b>62 Peter St N, Orillia</b></p> <p><b>You must be eligible for services &amp; a</b>  <b>registered client to participate</b></p> <p><b>Staff Contact Info:</b>  <b>Angie Springer</b>                      705 – 734 – 2178 ext. 242  <a href="mailto:aspringer@braininjuryservices.ca">aspringer@braininjuryservices.ca</a>  <b>Mat MacLaren-Coombe</b>                      705 – 734 – 2178 ext. 236  <a href="mailto:mmaclarencoombe@braininjuryservices.ca">mmaclarencoombe@braininjuryservices.ca</a>    <b>*Please contact BIS staff for any</b>  <b>questions or to report an absence*</b>  <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a> </p>
3 <b>Diner's Club:</b> <b>Homemade Soup</b> 	4	5	6 Watercolour Poppy Paintings Education: Leisure Interests Sequence	7	
10 <b>Von Exercise 10:30am</b> <b>Orillia Library</b> Play Nine Wizard	11 <b>Remembrance Day</b>	12	13 Stretch & Relax Karma Play Nine	14	
17 <b>Orillia Rec Centre</b>  <b>255 West Street South</b>	18	19	20 Mexican Train Skip Bo Scattergories	21	
24 <b>BINGO!</b> <b>Your Choice Games</b>	25	26	27 Karma Wizard Five Crowns	28	

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Program Descriptions:	
November 3	No need to bring a lunch – we'll be making homemade soup for <b>DINER'S CLUB!</b>
November 6	<p>Let's get creative while we make <b>watercolour poppy paintings</b> in anticipation of Remembrance Day.</p> <p>Our <b>Leisure Interest</b> activity will help you identify activities that are meaningful to you, help to increase self-awareness and engagement, identify goals, and shape our programming!</p>
November 10	<p><b>VON exercise</b> is a fitness program for individuals 55+ which helps improve mobility, balance and strength. For those interested in attending this class, <b>we will meet at the church for 9:30am</b> and walk over to the Orillia library for the 1-hour class. Afterwards we'll go back to the church for lunch and games.</p>
November 17	<p>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. <b>PLEASE BRING A BATHING SUIT &amp; TOWEL IF YOU WISH TO USE THE POOL.</b> Don't forget a lunch! <b>COST \$7.00</b></p>
November 24	Bring your luck and challenge your minds for <b>BINGO</b> and your choice of games!