

February 2026 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2 Stretch and Relax Who Am I Five Crowns	3	4	5 Mexican Train Karma Same Brain	6	
9 Orillia Rec Centre  255 West Street South	10	11	12 Valentine's Craft – Chocolate Covered Strawberries Reading Exercises	13	Orillia program runs From 9:00 am – 4:00 pm every Monday and Thursday
16 Closed for Family Day	17	18	19 Mindfulness & Movement Joker Rummy Phase 10	20	St Paul's Centre 62 Peter St N, Orillia
23 Breakfast Outing 10:00am  Stacked Pancake House Bring own Cash	24	25	26 Memory Tray Game Karma Scattergories	27	You must be eligible for services & a registered client to participate
					Staff Contact Info: Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca Mat MacLaren-Coombe 705 – 734 – 2178 ext. 236 mmaclarencoombe@braininjuryservices.ca

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

www.braininjuryservices.ca

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Program Descriptions:

February 3	'Who Am I' is a fun and interactive guessing game where participants ask yes/no questions to figure out a mystery person or character. This activity supports memory, problem-solving, and communication skills with lots of laughs along the way!
February 9	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
February 12	To celebrate Valentine's Day , we will be making chocolate covered strawberries! We'll practice our speech, reading and reading comprehension skills with Reading Exercises this afternoon.
February 16	Closed for Family Day
February 23	Let's go out! We will be meeting at Stacked Pancake & Breakfast House located at 130 Atherley Rd building # C Unit -1, Orillia, ON L3V 1N4 . We will be meeting there for 10:00am and will go back to St Paul as a group in a taxi. Please bring own money for breakfast.
February 26	Memory Tray Game – this memory game will focus on short-term memory skills and strategies, as well as problem solving!