


# February 2026 – Orillia Adult Day Services

**SEE BACK FOR ALL PROGRAM DETAILS**

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

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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. <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>
February 12	To celebrate <b>Valentine's Day</b> , we will be making <b>chocolate covered strawberries!</b> We'll practice our speech, reading and reading comprehension skills with <b>Reading Exercises</b> this afternoon.
February 16	<b>Closed for Family Day</b>
February 23	Let's go out! We will be meeting at Stacked Pancake & Breakfast House located at <b>130 Atherley Rd building # C Unit -1, Orillia, ON L3V 1N4.</b> 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	<b>Memory Tray Game</b> – this memory game will focus on short-term memory skills and strategies, as well as problem solving!