

March 2026 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2 Education: Income Tax Play Nine Wizard	3	4	5 Stretch & Relax Scattergories Five Crowns	6	 <p>Orillia program runs From 9:00am – 4:00pm 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 – 734 – 2178 ext. 236 mmaclarencoombe@braininjuryservices.ca </p> <p>*Please contact BIS staff for any questions or to report an absence* www.braininjuryservices.ca</p>
9 Orillia Rec Centre  255 West Street South	10	11	12 Education: 911 Info Sheet Reading Exercise Joker Rummy	13	
16 Diner's Club!  Irish Stew & Lucky Bingo	17	18	19 Mindfulness & Movement Same Brain Mexican Train	20	
23 Bird Seed Ornaments Education: Memory Strategies Sequence	24	25	26 CLOSED DUE TO TRAINING	27	
30 Education: Self-Care Apples to Apples Quiddler	31				

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Program Descriptions:	
March 2	It's that time of year again...tax time! Join us for this informative session on the importance on filing your Income Taxes . We'll explore some common tax benefits, how to file, as well as your local free tax clinics.
March 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
March 12	Today we'll explore how to be better prepared in case of an emergency in our 911 Preparedness education session.
March 16	No need to bring lunch today...we will be making an Irish Stew to celebrate St. Patrick's Day for Diner's Club!
March 23	Join us for as we learn about some helpful strategies to improve memory . We'll get crafty while we use our creativity and fine motor skills this afternoon as we make beautiful Bird Seed Ornaments!
March 30	Today we will be learning about The 5 Areas of Self-Care and how self-care can positively impact your health!