

May 2026 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
				1	<p>Orillia program runs From 9:00 am – 4:00 pm 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:</p> <p>Angie Springer 705 – 734 – 2178 ext. 242 aspringer@braininjuryservices.ca</p> <p>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>
4 Program Planning Pressed Flower Bookmarks Block Walk Love Your Brain	5	6	7	8	
11 Diner’s Club! - BLT Guided Art Therapy – Creative Writing Love Your Brain	12	13	14	15	
18 CLOSED FOR VICTORIA DAY	19	20	21	22	
25 Bingo Walk to Mariposa/Waterfront Love Your Brain	26	27	28	29	

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May 4	Join us as we continue our six-week Love Your Brain Mindset Program – Imagine being able to tap into your superpower: your mindset. In this program, you'll receive tools for mental flexibility, physical strength, positive thinking, and more.
May 11	Diner's Club - as a group we will be making Bacon Lettuce Tomato sandwiches, also known as BLTs! We'll focus on food prep and safe food handling.
May 18	Closed for Victoria Day
May 25	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. We can also walk to the waterfront for a stroll if everyone is up for it.