November 2026 – Orillia Adult Day Services

SEE BACK FOR ALL PROGRAM DETAILS

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
2 Karma Scattergories Play Nine	3	4	5	6
9 **BINGO! & Walk to Mariposa**	10	11	12	13
16 Ted Talk: The Art of Goal Setting Karma Mexican Train	17	18	19	20
23 Flip 7 Quiddler Phase 10	24	25	26	27
30 Arts & Crafts – Painting Play Nine Karma				

Orillia program runs From 9:00 am – 4:00 pm every Monday and Thursday

St Paul's Centre
62 Peter St N, Orillia

You must be eligible for services & a registered client to participate

Staff Contact Info:

Taylor Scott
705 – 734- 2178 ext. 237
tscott@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:	
November 2	Let's start the month off with a reading exercise in order to improve our concentration and to strengthen our memory.
November 9	Exercise is important but needs to be fun too. As a group we will walk to Mariposa to grab a coffee and a snack followed by Bingo where anyone can win a prize.
November 16	We'll start the day watching a Ted Talk video that discusses the art of goal setting and the importance of it. Which will be followed up by a game of Karma and Mexican Train
November 23	Learn when to stop and when to take a chance in today card game Flip 7, Afterwords we will play Quiddler to see which words we can find.
November 30	We will start the day by completing an Arts & Crafts exercise which helps improves physical coordination, boosting brain function, and offering a safe way to process emotions while having fun, followed by the golf card game of Play Nine to help improve our counting.