










Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <b>Midland Group</b> 9:30am-3:30pm 	5	6 <b>Midland Group</b> 9:30am-3:30pm 	7 Good Friday 
10 	11 <b>Midland Group</b> 9:30am-3:30pm 	12	13 <b>Midland Group</b> 9:30am-2:00pm 	14 <b>Zoom</b> Social Time: 9:30am Healthy Aging: Healthy Lifestyles/ Sleep 10:00am VON Exercises/ Music 11:00am
17	18 <b>Midland Group</b> 9:30am-3:30pm "Take out"	19	20 <b>Midland Group</b> 9:30am-3:30pm Group Choice	21 <b>BIS Closed</b>
24 	25 <b>Midland Group</b> 9:30am-3:30pm 	26	27 <b>Midland Group</b> 9:30am-2:00pm 	28 <b>Zoom</b> Social Time: 9:30am Brain Busters 10:00am VON Exercises/ Music 11:00am



## Midland Adult Day Services for April 2023

**Tuesday's & Thursday's** – Meet us at the **Midland Royal Canadian Legion Branch 80** located at **196 Queen St, Midland**. We will be running our day program upstairs in the Legion Hall from **9:30am-3:30pm Tuesday's & Thursday's** unless location is otherwise specified. Activities will vary day to day based on group choice. \*\*\*\*\* *Please arrange your transportation to be dropped off at 9:30am and picked up on Tuesdays and Thursdays.* \*\*\*\*\*

**\*\*\*ATTENTION: Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday Day program will finish at 2pm (April 13<sup>th</sup> & April 27<sup>th</sup>) \*\*\***

### Program Highlights for April 2023:

- April 4<sup>th</sup>** Today we will be using our knowledge from and practicing our memory recall from varied Generations with a trivia game called All of Us. We will end the day with group choice.
- April 6<sup>th</sup>** Today, we can work on our fine motor skills and artistic talents by working on a paint project of your choosing. We will finish off the afternoon with a group choice activity.
- April 11<sup>th</sup>** Today we will be playing Wild 30 Dice! We will finish off the afternoon with the game Tri Bond.
- April 13<sup>th</sup>** This morning the group will wake up our minds with some Brain Exercises with a new Word Game called Blossoms. We will finish off the afternoon with the game Karma
- April 18<sup>th</sup>** Come join us for a LUNCH & LEARN!!! OUR TREAT!! We will be ordering Take-Out by group choice and engage in some group activities and learn something new while we are at it.
- April 20<sup>th</sup>** Today we will be going with Group Choice. We will finish off our afternoon with a game called Things!
- April 25<sup>th</sup>** Today we will be starting off our day with a fan favourite, Shuffleboard. Following Shuffleboard, if time allows, we will finish off the afternoon with Wizard and group choice.
- April 27<sup>th</sup>** Come join us for a fan favourite game of Mexican Dominoes!! In the afternoon we will engage in the game of Pass the Ace.

**\*\*Every Tuesday we will be participating in VON Exercises from 9:30am-10:15am\*\***

**\*Please note that all outdoor outings will be weather permitted and may change due to inclement weather. Please bring comfortable attire for any outings/activities\***

**Brain Injury Services – Midland Adult Day Services**

**Phone: 705-734-2178 – Melissa ext. 235 or Jeremy ext. 243**

Check out our website! [www.braininjuryservices.ca](http://www.braininjuryservices.ca)

**\*\*NOTE: Participants must be independent with transportation and personal support requirements as one-to-one assistance is not available. \*\***

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