

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Midland Group 9:30am-3:30pm 	3	4 Midland Group 9:30am-3:30pm 	5 Zoom Social Time: 9:30am Brain Busters 10:00am VON Exercises/ Music 11:00am
8	9 Midland Group 9:30am-3:30pm 	10	11 Midland Group 9:30am-1:30pm  Midland Outing 12:00pm-2:00pm "Boathouse- Lunch Outing"	12 Zoom Social Time: 9:30am Brain Busters 10:00am VON Exercises/ Music 11:00am
15	16 Midland Group 9:30am-3:30pm 	17	18 Midland Group 9:30am-3:30pm 	19 Zoom Social Time: 9:30am Brain Busters 10:00am VON Exercises/ Music 11:00am
22 <b>BIS CLOSED</b>	23 Midland Group 9:30am-3:30pm "Group Choice"	24	25 Midland Group 9:30am-2:00pm 	26 <b>BIS CLOSED</b> (9am-1pm)  <b>ZOOM Cancelled</b>
29	30 Midland Group 9:30am-3:30pm 	31		



## Midland Adult Day Services for May 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 (May 11<sup>th</sup> & May 25<sup>th</sup>) \*\*\***

### Program Highlights for May 2023:

- May 2<sup>nd</sup>** This morning the group will wake up our minds with some Brain Power Exercises. We will finish off the afternoon with the game Karma
- May 4<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 Jeopardy.
- May 9<sup>th</sup>** Today we will be starting off our day with the game Sequence. Following Sequence if time allows will be a group choice game or activity.
- May 11<sup>th</sup>** Come join us for an outing at the **Boathouse Restaurant from 12:00-2:00pm!!!**BIS will help to cover by subsidizing \$10 for each participants meal. Please bring \$25 with you for the remainder of the cost of your meal.
- May 16<sup>th</sup>** Today we will be using our knowledge from our word game exercises and playing Quiddler. We will end the day with group choice.
- May 18<sup>th</sup>** Today we'll be playing Wizard. Join us and win some tricks! We will finish off the afternoon with a group choice activity.
- May 23<sup>rd</sup>** Today we will be going with Group Choice. We will finish off our afternoon with a game called Things!
- May 25<sup>th</sup>** Today we will be using our knowledge of a Rummy style game and will be playing to complete missions with the game of Jok-R-Uummy. We will end the day with group choice.
- May 30<sup>th</sup>** Come join us for a fan favourite game of 10,000 Dice!! 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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