

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2  <b>Soup for the Soul</b> <b>Nutrition and Brain Health</b>	3
6	7  <b>Axe Throwing</b> <b>Chair Yoga</b> <b>Quiddler</b>	8	9 <b>VON Monopoly</b> <b>9:00am – 2:00pm</b> 	10
13	14  <b>Huronia Museum</b> <b>9:30am-11:30am</b> <b>Multiculturalism Week</b>	15	16 <b>World Philosophy Day</b> <b>VON</b> <b>The Tree of Life</b> <b>Movie and Activity</b> 	17
20	21  <b>Bayshore Lanes Bowling</b> <b>9:30am-11:30am</b> <b>VON</b> <b>Dice Games</b>	22	23 <b>Pool Golf</b> <b>Five Crowns</b> <b>9:00am – 2:00pm</b> <b>First Light – Sainte-Marie Among the Hurons</b> <b>5:30pm-9:00pm</b>  	24
27	28  <b>Social Bingo</b> <b>Move and Groove</b>	29	30 <b>VON</b> <b>Practice Positivity</b> <b>Mindfulness Meditation</b> <b>Karma</b> 	

## November 2023 – Midland Adult Day Services

**November 2<sup>nd</sup> – Join us at the Legion and nourish your soul and your body. We will be discussing nutrition and how it benefits our brains! You will be making a nutritious “soup in a jar” to take home as well. Please bring your packed lunch.**

**November 7<sup>th</sup> – Practice your precision with axe throwing poker.**

**November 9<sup>th</sup> – Program will run from 9:00am-2:00pm this date.**

**November 14<sup>th</sup> – For Multiculturalism week, we will be meeting at the Huronia Museum (545 Little Lake Park Rd.) at 9:30am-11:30am. Please bring mobility assistive devices and your packed lunch. Bring your desire to learn about our Canadian history!**

**November 16<sup>th</sup> – Today is about the big questions in life. We will be watching a movie and doing an activity surrounding the philosophy of life and what it means to be us.**

**November 21<sup>st</sup> – Meet at Bayshore Lanes (205 King St.) for some healthy competition. We will be returning to the Legion for an afternoon of dice games.**

**November 23<sup>rd</sup> – Come play some pool and some cards at the Legion from 9:00am-2:00pm.**

**For those who wish to participate: Staff will meet you at Sainte-Marie among the Huron at 5:30pm to explore the candle lit village. Please dress appropriately for the weather and bring mobility assistive devices. Friends and family welcome! \$15/person.**

**November 28<sup>th</sup> – Bring your dancing shoes and move and groove over to the Legion!**

**November 30<sup>th</sup> – Join us at the Legion and bring positive attitude and thinking caps.**

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

Midland Royal Canadian Legion Branch 80

198 Queen St. Midland ON L4R 0C8

Tuesdays and Thursdays 9:30am – 3:30pm

**Barrie Office** 705-734-2178    Victoria ext. 233 /Jeremy ext. 243