


February 2024 – Midland Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Aqua-Fit  Yahtzee & Dice Games	2
5	6  Head Bands Planter Painting	7	8 Shuffleboard Chair Yoga (9am-2pm) 	9
12	13  Valentines Day Celebration Craft, Snacks & Movie	14	15 Pool Golf  Music & Movie Trivia	16
19	20  Wizard Karma Jok-R-Uummy	21	22 Axe-Throwing 5 Crowns (9am-2pm) 	23
26	27  Quiddler Corn Hold Bean Bag Toss	28	29 Aqua-Fit Chair Yoga Practice Positivity 	

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February 1st – Come to the Legion for a day of dice games and social activities.

For those interested: Staff will be accompanying clients to the YMCA for Aqua-Fit from 10:15am-11:00am. We will be leaving the Legion at 9:45am.

February 6th – Bring your creativity to the Legion for a of painting and plant potting. At the end, you'll bring home a new houseplant 😊

February 8th – Let's move our bodies and do some chair yoga and shuffleboard at the Legion. **Programming will run from 9am-2pm. Please arrange your transportation accordingly.**

February 13th – Celebrate Valentines Day with friends at the Legion! There will be snacks and crafts for all.

February 15th – Join us at the Legion for pool gold and trivia!

February 20th – Game day at the Legion!

February 22nd – Test your accuracy at the Legion with axe throwing poker. **Programming will run from 9am-2pm. Please arrange your transportation accordingly.**

February 27th – Bring your sportsmanship to the Legion for bean-bag-toss and games!

February 29th – Join us in at the Legion for a relaxing day of mindfulness and positivity.

For those interested: Staff will be accompanying clients to the YMCA for Aqua-Fit from 10:15am-11:00am. We will be leaving the Legion at 9:45am.

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