

Monday	Tuesday	Wednesday	Thursday	Friday
1	2  <b>VON Wizard Quiddler</b>	3	4 <b>New Years Resolution Vision Boards</b> 	5
8	9  <b>Aqua-Fit Dice Games Pool Golf</b>	10	11 <b>Head Bands Trivia (9am-2pm)</b> 	12
15	16  <b>Civil Rights Day Documentary and Snacks</b>	17	18 <b>VON BINGO Axe Throwing</b> 	19
22	23  <b>YAY Move &amp; Groove Phase 10</b>	24	25 <b>Karma (9am-2pm) Bowling (2pm-4pm)</b> 	26
29	30  <b>National Croissant Day Practice Positivity</b>			

# January 2024 – Midland Adult Day Services

**January 2<sup>nd</sup> – Join us at the Legion for a relaxing day of games to kick off the new year!**

**January 4<sup>th</sup> – Let's look forward into 2024 and make some vision boards for the future!**

**January 9<sup>th</sup> – Come to the Legion for pool golf and games.**

**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.**

**January 11<sup>th</sup> – Join us at the Legion for some trivia and memory games. Program will run from 9am-2pm this date.**

**January 16<sup>th</sup> – Civil Rights Day at the Legion.**

**January 18<sup>th</sup> – BINGO and accuracy skills at the Legion.**

**January 23<sup>rd</sup> – Bring your dancing shoes and positive attitudes to the Legion.**

**January 25<sup>th</sup> – Game day at the Legion.**

**For those interested: We will be going bowling at Bayshore lanes at 2pm. Please arrange for pick up from this location between 3:30-4pm.**

**January 30<sup>th</sup> – National Croissant Day! We will bring the snacks and you bring your appetite and positive attitude to the Legion.**

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

Midland Royal Canadian Legion Branch 80

198 Queen St. Midland ON L4R 0C8

# January 2024 – Midland Adult Day Services

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

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