









March 2024 – Midland Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
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4	5  Wizard Skip-Bo Quiddler	6	7 International Women's Day (8th) Shuffleboard (9am-2pm) 	8
11	12  Aqua-Fit Chari Yoga Movie Day	13	14 St. Patric's Day Celebration & Craft 	15
18	19 Bean Bag Toss  Trivia Tuesday	20 International Day of Happiness	21 World Poetry Day Chair Yoga Practice Positivity (9am-2pm) 	22
25	26  Bowling (10am-12pm) Pizza Party	27	28 Aqua-Fit Game On! 	29

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March 5th – Join us at the Legion for a day filled with fan-favourite games.

March 7th – Shuffle our way into the weekend and celebrate the women in your life at the Legion. Program will run from 9am-2pm this date. Please arrange your transportation accordingly.

March 12th – Have a relaxing day of cinema and games at the Legion.

For those interested: Staff will be accompanying clients to the YMCA for Aqua-Fit from 10:15am-11:00am. It is \$10/person. We will be leaving the Legion at 9:45am and returning for lunch.

March 14th – Get ready for St. Patrick's day festivities at the Legion with friends. Don't forget to wear green!

March 19th – Try your luck at bean bag toss and trivia at the Legion.

March 21st – Bring your creativity and positive attitudes to the Legion for World Poetry Day! Program will run from 9am-2pm this date. Please arrange your transportation accordingly.

March 26th – We will be meeting at Bayshore Lanes (205 King St.) at 10am for some friendly competition. Please be advised we will be heading back to the Legion for a pizza lunch games for the remainder of the day.

March 28th – Game day of your choosing!

For those interested: Staff will be accompanying clients to the YMCA for Aqua-Fit from 10:15am-11:00am. It is \$10/person. We will be leaving the Legion at 9:45am and returning for lunch.

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