




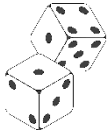



May 2024 – Midland Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Aqua-Fit  Axe Throwing Poker	3
6	7  A Little Lunch Music at The Midland Library 12:15pm-1pm	8	9 Shuffleboard  Chair Yoga	10
13	14  Five Crowns Wizard Quiddler	15	16 Bean Bag Toss Practice Positivity Pictionary 	17
20	21  Pool Golf Trivia Tuesday!	22	23 Bowling (10am-12pm)  Phase 10	24
27	28  Dice Games Sequence	29	30 Brain Exercises Headbands Skip-Bo 	31

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May 2nd – Come to the Legion to test your accuracy skills with some axe throwing poker.

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.

May 7th – Join us at the Legion for some fan-favourite games. During lunch hour, we will be going to the Midland Library to enjoy some live music. Bring your packed lunch or money to purchase lunch in town if you wish. Please remember mobility assistive devices if needed.

May 9th – Join us at the Legion for some Shuffleboard and Chair Yoga!

May 14th – Game on at the Legion!

May 16th – Bring your team spirit and positive attitude for some bean bag toss.

May 21st – Test your precision with pool-golf and Trivia Tuesday!

May 23rd – We will be meeting at Bayshore Lanes (205 King St.) at 10am for bowling! Please bring your mobility assisted devices if you wish to walk to and from the Legion. We will be heading back to the Legion for the remainder of the day, please bring your packed lunch.

May 28th – Roll your luck down to the Legion for some dice games.

May 30th – Join us at the Legion for some cognitive exercises and fun games!

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