

July 2024 – Midland Adult Day Services

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|--|-----------|---|--------|
| 1 | 2 Picnic Table Games Chair Yoga Skip-Bo  | 3 | 4 Shuffleboard Poutine Fest!  | 5 |
| 8 | 9 Brain Waves Yahtzee!  | 10 | 11 Little Lake Park  | 12 |
| 15 | 16 Quiddler Word Game Pizza Party!  | 17 | 18 Pool Golf BINGO  | 19 |
| 22 | 23 Lawn Bowling  | 24 | 25 Little Lake Park BBQ  | 26 |
| 29 | 30 International Day of Friendship! Practice Positivity | 31 | | |

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July 2nd – Meet at the Legion to spend some time outside and do some light stretching.

July 4th – Bring your team player attitude and your appetite! Poutine Fest will be held at the Harbourside Park. We will be walking across the street for lunch if you choose to purchase a poutine or treat!

July 9th – Put on your thinking caps and join us at the Legion.

July 11th – **Little Lake Park day! (606 Little Lake Park Rd.)** Please arrange your transportation to drop you off and pick you up from this location (small gazebo in middle of the park). Bring your packed lunch or money if you wish to purchase your lunch at the park restaurant. Please remember your mobility assistive devices if needed.

July 16th – Join us at the Legion for some fun games and **pizza lunch**, on us!

July 18th – **Little Lake Park BBQ! (606 Little Lake Park Rd.)** Please arrange your transportation to drop you off and pick you up from this location (small gazebo in middle of the park). **No need to bring a lunch as we will be barbecuing hamburgers and sausages.** Please remember your mobility assistive devices if needed.

July 23rd – **Lawn Bowling!** – Gather at 9:30am to participate in some healthy competition. Please remember to bring your lunch and mobility assistive device if needed. After Lawn Bowling, the group will take taxi to the Legion for an afternoon of fun and games. Please arrange your transportation to drop you off at **Midland Lawn Bowling club (664 King St.)** and pick you up from **the Legion (198 Queen St.)**

July 25th – Head down to the Legion for some BINGO and Pool Golf!

July 30th – Join all your BIS buddies at the Legion for some fan-favourite games and positivity 😊

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

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