

# August 2024 – Midland Adult Day Services

| Monday                                | Tuesday   | Wednesday | Thursday   | Friday |
|---------------------------------------|---|-----------|--|--------|
|                                       |    |           | 1<br><b>Bean Bag Toss on Legion Patio</b><br><br><b>Bingo!</b>          | 2      |
| 5<br><b>BIS CLOSED- CIVIC HOLIDAY</b> | 6<br><br><b>Quiddler</b><br><br><b>Wizard</b>   | 7         | 8<br><br><b>Little Lake Park (Offsite)</b><br>                          | 9      |
| 12                                    | 13<br><br><b>Lawn Bowling (Offsite)</b><br><br><b>Dice Games at Legion</b> | 14        | 15<br><br><b>Brain Waves Cognitive Exercises</b><br><br><b>Sequence, then Your Choice!</b>   | 16     |
| 19                                    | 20<br><br><b>Jok-R-Uummy</b><br><br><b>Fact or Crap</b><br><b>Skip Bo</b>   | 21        | 22<br><br><b>Wye Marsh Day (Offsite)</b><br>                          | 23     |
| 26                                    | 27<br><br><b>Pool Golf</b><br><br><b>Phase 10</b>                        | 28        | 29<br><br><b>Make Your Own Subs!</b><br><br><b>Five Crowns/Wizard</b> | 30     |

## Highlights for August:

- Aug 01**      **Bean Bag Toss – Join us this morning on the back patio of the Legion and challenge your peers in this highly competitive game! This afternoon you can try your luck to win some prizes in Bingo!**
- Aug. 08**      **Little Lake Park Day (Offsite- 606 Little Lake Park Road) – Please arrange your transportation to drop you off (9:30 am) and pick you up (3:00 pm) from this location. Join us at the small gazebo in the middle of the for a park for a day of summer fun including: dice games, card games, ladder ball, kite flying, and bean bag toss. Remember to bring a picnic lunch, mobility devices, sunscreen, hat, sweatshirt, lawn chair, and whatever else you will need for a summer day in the park. There is a restaurant in the park, so you may wish to purchase your lunch from there.**
- Aug. 13**      **Lawn Bowling (Offsite – 664 King St.) – Gather at 9:30 am for some healthy competition as the group will be lawn bowling at the Midland Lawn Bowling Club. After lawn bowling the group will taxi to the Legion and arrive at 11:30 am.**
- Aug. 15**      **Brain Waves Cognitive Exercises – Put on your thinking caps and give your brain a good workout!**
- Aug. 22**      **Wye Marsh Day (Offsite – 16160 Hwy 12) – Meet us at the Wye Marsh at 9:30 am for a day of adventuring the outdoors. BIS will cover the cost of admission. Please bring a packed lunch and your mobility device if needed. Please arrange your transportation to be picked up at 3:00 pm.**
- Aug. 29**      **Make Your Own Subs – No need to bring a lunch today, as the group will be making their own personal submarine sandwiches!**

## 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    Jeremy ext. 243

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