

# September 2024 – Midland Adult Day Services

Monday	Tuesday	Wednesday	Thursday	Friday
02	03  <b>Online Brain Games</b> <b>Chair Yoga</b>  <b>Shuffleboard</b> 	04	05  <b>Little Lake Park Day (offsite)</b> <b>Pizza for Lunch</b>   	06
09	10  <b>Bean Bag Toss</b>    <b>Mindfulness and Yoga after            a Brain Injury</b>	11	12  <b>Swimming- YMCA (offsite)</b> <b>or</b> <b>Phase 10 at the Legion</b>   <b>Quiddler</b>	13
16	17  <b>Lawn Bowling (offsite)</b> <b>Karma</b>  <b>Bingo</b> <b>Wizard</b> 	18	19  <b>Bowling @Bayshore Lanes</b> <b>Lunch Outing- Double Happiness</b> <b>(Offsite)</b>    <b>Five Crowns</b>	20
23	24  <b>Brain Waves</b>    <b>Dice Games</b>	25	26  <b>Pole Walking</b>    <b>Sequence!</b>	27

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## Highlights for this month!

- Sept. 03**      **Online Brain Games and Chair Yoga** – Join us this morning to exercise your brain and body!
- Sept. 05**      **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). Staff will be ordering pizza for the group for lunch! (No cost for participants). Please remember to bring a lawn chair, sweatshirt, hat, and your mobility assistive devices if needed.
- Sept. 10**      **Mindfulness and Yoga after Brain Injury** – Join us at 1:30 pm for a virtual Zoom where you can experience mind-body techniques for self-regulation, attention, and mood after a brain injury.
- Sept. 12**      **Swimming at the YMCA** for those interested. Staff will be accompanying clients to the YMCA for Aqua-Fit from 10:15am-11:00am. Cost is \$10/person. We will be leaving the Legion at 9:45am and returning for lunch.  
For those who do not wish to swim, meet us at the Legion at 9:30 am for a fun game of **Phase 10**
- Sept. 17**      **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 11:15 am.
- Sept. 19**      **Bowling at Bayshore Lanes** – Meet us at Bayshore Lanes at 10:00 am for a fun morning of 5-pin bowling! BIS will cover the cost of admission. After bowling, the group will walk over to Double Happiness Chinese restaurant for lunch (Remember to bring funds!)
- Sept. 26**      **Pole Walking** – Today you can try this fun and unique type of exercise

*Note that BIS is a scent-free zone for the health and comfort of those with allergies*

*Please call or email us if you are unable to attend the program.*

### 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 / Melissa ext. 235