

November 2024 – Midland Adult Day Services

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
	<p><i>Movement & Mindfulness will be included each day</i></p> 			<p>1 Clocks go back 1hr on Sunday!</p> 	
4	<p>5</p> <p>TEDx Video: Memory Hangman *Program planning for January*</p>	6	<p>7</p> <p>Remembrance Day Quiz Bean Bag Toss</p> 	8	
<p>11</p>  <p>REMEMBRANCE DAY <i>Left. We forget.</i></p>	<p>12</p> <p>Pizza Lunch Therapeutic Colouring Wizard</p> 	13	<p>14</p> <p>Trivia Play Nine</p> 	15	
18	<p>19</p> <p>Sequence Quiddler Charades</p> 	20	<p>21</p> <p>Bowling at Bayshore Lanes Karma</p> 	22	
25	<p>26</p> <p>Blind Artist 10,000 Dice</p> 	27	<p>28</p> <p>Shuffleboard Holiday Card Writing</p>	<p>29</p> <p><i>Santa Claus Parade is on Saturday!</i></p> 	

www.braininjuryservices.ca
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Program Descriptions:	
** Gentle movement and mindfulness exercises will be incorporated into every day **	
November 5th – TEDx Video & Hangman	Join us for an educational TEDx video about memory and a game of Hangman! Come prepared with some words for the group to guess. Bring your ideas as we program plan for January.
November 7th – Remembrance Day Quiz & Bean Bag Toss	Test your knowledge about Remembrance Day (Nov 11 th) and then test your aim with some bean bag toss!
November 12th – Pizza Lunch, Therapeutic Colouring and Wizard	Relax and enjoy therapeutic colouring while listening to some tunes. Enjoy a delicious pizza lunch on us! Finish off the day with a game of Wizard!
November 14th – Trivia & Play Nine	Bring your thinking caps as we test our knowledge in Trivia. Then, let's Play Nine!
November 19th – Sequence & Quiddler	It's a day full of strategy as we try to stump the other team in Sequence and test our spelling skills with Quiddler!
November 21st – Bowling at Bayshore Lanes & Karma	Meet us at Bayshore Lanes at 10am for a fun morning of 5-pin bowling! BIS will cover the cost of admission. After bowling, the group will taxi to the Legion and arrive at 11:30am. We will finish off the afternoon with a game of Karma.
November 26th – Blind Artist & 10,000 Dice	Work together with a partner to describe what you see in a new game, Blind Artist! We will wrap up the day with 10,000 Dice.
November 28th – Shuffleboard & Five Crowns	Time to get up and moving with a game of shuffleboard. In the afternoon, we will be writing holiday cards to send to loved ones!