

## October 2024 -Midland Adult Day Services

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 <p><b>Tuesdays and Thursdays</b> <b>9:30am – 3:30pm</b></p> <p><b>Midland Royal Canadian Legion Branch 80</b> <b>198 Queen St. Midland</b> <b>ON L4R 0C8</b></p> <p><b>Staff Contact Info:</b></p> <p><b>Jeremy</b> 705-734-2178 ext. 243 <a href="mailto:jvos@braininjuryservices.ca">jvos@braininjuryservices.ca</a></p> <p><b>Kylie</b> 705-734-2178 ext. 233 <a href="mailto:kmccomish@braininjuryservices.ca">kmccomish@braininjuryservices.ca</a></p> <p><b>*Please contact BIS staff for any questions or to report an absence*</b></p>
	1 Online Brain Games Chair Yoga	2	3 Play Nine Phase 10	4	
7	8 Pole Walking Sequence  *Program Planning for November*	9	10 Brain Waves Friendsgiving	11	
14	15 Bean Bag Toss  Wizard	16	17 Octoberfest Feast! 	18	
21	22 Pool Golf  Read & Reflect Baseball's Don't Bounce	23	24 Outing Bayshore Lanes Quiddler	25	
28	29 Pumpkin Craft 	30	31 Halloween Trivia Halloween Movie & Treats		

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Program Descriptions:	
<b>Oct 1<sup>st</sup> Online Brain Game &amp; Chair Yoga</b>	Join us this morning to exercise your brain and body!
<b>Oct 3<sup>rd</sup> Play Nine</b>	Join us to play a new Play Nine Golf game! The golfer with the lowest strokes wins the game!
<b>Oct 8<sup>th</sup> Pole Walking</b>	Today you can try this fun and unique type of exercise, great for core and working on balance
<b>Oct 10<sup>th</sup> Friends Giving</b>	Join us at the legion and enjoy some pumpkin pie to celebrate the coming weekend festivities, Thanksgiving!
<b>Oct 15<sup>th</sup> Bean Bag Toss</b>	Join us this morning at the Legion and challenge your peers in a highly competitive game!
<b>Oct 17<sup>th</sup> Oktoberfest Lunch!</b>	Join us to celebrate Oktoberfest with a feast! No need for a lunch! Staff will be making Sausage on a bun with sauerkraut and a side of your choosing
<b>Oct 22<sup>nd</sup> Pool Golf &amp; Reading Skills Exercise</b>	Come to the Legion and work on our accuracy skills with Pool Golf. In the afternoon we will be working on some reading skill exercises with a book called Baseball's Don't Bounce
<b>Oct 24<sup>th</sup> Bowling at Bayshore Lanes</b>	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 Quiddler
<b>Oct 29<sup>th</sup> Pumpkin Craft</b>	Let's get into the holiday spirit and create some spooky crafts! Come and create your own unique Jack-o-Lantern
<b>Oct 31<sup>st</sup> Halloween Movie &amp; Treats</b>	Get into the spirit of Halloween by enjoying some Halloween trivia, treats and a movie!