

# December 2024 – Midland Adult Day Services

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
2 <i>Movement &amp; Mindfulness will be included each day!</i>	3 Holiday Wreath Craft *Program Planning for Feb* 	4	5 Holiday Pictionary Quiddler	6	 <p><b>DECEMBER</b></p> <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>Kylie</b> 705-734-2178 ext 233 <a href="mailto:kmccomish@braininjuryservices.ca">kmccomish@braininjuryservices.ca</a></p> <p><b>Jeremy</b> 705-734-2178 ext. 243 <a href="mailto:ivos@braininjuryservices.ca">ivos@braininjuryservices.ca</a></p> <p><b>*Please contact BIS staff for any questions or to report an absence*</b></p>
9	10 TEDx Video: <i>Sleep is Your Superpower</i> Holiday Ornament Decorating Wizard	11	12 Play Nine Holiday Charades	13	
16	17 Gingerbread Cookie Decorating SkipBo	18	19  Games, snacks, holiday lunch on us!	20	
23	24 Holiday Movie Game(s) of your choice!	25 <i>Merry Christmas!</i> 	26 <b>BIS CLOSED</b> <b>Dec 25 – Jan 1</b>	27	
30	31 <b>BIS CLOSED</b> <b>Dec 25 – Jan 1</b>				

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Program Descriptions:	
<b>** Gentle movement and mindfulness exercises will be incorporated into every day **</b>	
<b>December 3<sup>rd</sup> – Holiday Wreath Craft</b>	Join us as we make beautiful holiday wreaths! Bring your ideas as we program plan for February.
<b>December 5<sup>th</sup> – Holiday Pictionary &amp; Quiddler</b>	Work together and solve our Holiday Pictionary game! In the afternoon, test your spelling with a game of Quiddler.
<b>December 10<sup>th</sup> – TEDx Video &amp; Holiday Ornament Decorating</b>	Join us for an educational TEDx video about the importance of sleep and then try your hand at ornament decorating!
<b>December 12<sup>th</sup> – Play Nine &amp; Holiday Charades</b>	Let's Play Nine and then act out some holiday-themed Charades!
<b>December 17<sup>th</sup> – Gingerbread Cookie Decorating &amp; SkipBo</b>	It's time to decorate some delicious gingerbread cookies (and eat them too, of course)! In the afternoon, we're playing SkipBo.
<b>December 19<sup>th</sup> – Holiday Party</b>	Today we are celebrating the holiday season with a holiday party! Games, snacks, and a yummy lunch on us!
<b>December 24<sup>th</sup> – Holiday Movie &amp; Game(s) of your choice</b>	Join us for a festive holiday movie! Later in the day, we will decide on some games together.
<b>December 25<sup>th</sup> – January 1<sup>st</sup> – BIS is closed</b>	<b>BIS will be closed December 25<sup>th</sup> – January 1<sup>st</sup>. Enjoy your holidays and we will see you on January 2<sup>nd</sup>!</b>