

February 2025 – Midland Adult Day Services

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
3 <i>Movement & Mindfulness will be included each day!</i>	4  Karma Yahtzee 	5	6  Pool Golf Sequence 	7	 <p style="font-size: 2em; font-weight: bold; color: white; background-color: black; padding: 5px;">FEBRUARY</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">Tuesdays and Thursdays 9:30am – 3:30pm</p> <p style="color: red; font-weight: bold; font-size: 0.8em;">** You must be eligible for services and a registered client to participate **</p> <p style="color: orange; font-weight: bold; font-size: 0.9em;">Midland Royal Canadian Legion Branch 80 196 Queen St. Midland ON L4R 0C8</p> <p style="color: green; font-weight: bold; font-size: 0.9em;">Staff Contact Info:</p> <p style="color: blue; font-weight: bold; font-size: 0.9em;">Jeremy 705-734-2178 ext. 243 ivos@braininjuryservices.ca</p> <p style="color: purple; font-weight: bold; font-size: 0.9em;">*Please contact BIS staff for any questions or to report an absence*</p>
10	11 Name That Love Song: Music Trivia 	12	13 TedX Video: Heart Health 	14 	
17 	18 Diner's Club: Vegetarian Chili 	19	20  Wizard Play Nine 	21	
24	25 Meet @ Grounded Coffee Co.  	26	27  Jok-R-Uummy Five Crowns 	28	

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Program Descriptions:	
** Gentle movement and mindfulness exercises will be incorporated into every day **	
February 4th – Karma & Yahtzee	Join us for a fun game of Karma! Be the first one to get rid of all your cards and you win! In the afternoon, let's play Yahtzee!
February 6th – Pool Golf & Sequence	This morning we will be downstairs playing some Pool Golf! In the afternoon, work together in teams to build your Sequence with this fun and cooperative game.
February 11th – Name That Love Song	As we approach Valentine's Day, let's test our knowledge of popular love songs.
February 13th – TedX Video: Heart Health	February is Heart Health Month, so we will be watching an educational TedX Video about ways to take care of your heart.
February 18th – Diner's Club: Vegetarian Chili	Bring your appetite as we prepare a delicious vegetarian chili for lunch!
February 20th – Wizard & Play Nine	We'll be playing the fan favourite, Wizard! In the afternoon, let's play golf!
February 25th – Meet @ Grounded Coffee Co.	Meet us at Grounded Coffee Co. (538 Bay Street, Midland) this morning at 9:30am. We will relax, grab a drink/snack and enjoy some tabletop games. We will take a taxi back to the Legion around 11am. Don't forget to bring some cash for a treat.
February 27th – Jok-R-Uummy & Five Crowns	It's a "sets" and "runs" kind of day! Join us for some Jok-R-Uummy in the morning, followed by Five Crowns.