

May 2025 – Midland Adult Day Program

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 Tuesdays and Thursdays 9:30 am - 3:30 pm Midland Royal Canadian Legion Branch 80 198 Queen St. Midland ON L4R 0C8 Staff Contact Info: Lucy 705 – 734 – 2178 ext. 233 lhadderton@braininjuryservices.ca Jeremy 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca *Please contact BIS staff for any questions or to report an absence* www.braininjuryservices.ca
			1 Quiddler Chair Yoga Mexican Train	2 	
5 	6 Program Planning Gentle Exercise 10, 000 Dice	7 	8 Goal Setting Jok-R-ummy Chair Exercises	9 	
12 	13 Mountain Painting Video Stretch and Exercise Yahtzee	14 	15 Play Nine Chair Yoga Quiddler	16 	
19 	20 Wizard Skip-Bo Stretch and Exercise	21 	22 Corn Hole 10, 000 Dice Karma	23 	
26 	27 Sequence Diner's Club: Chicken Caesar Wraps Chair Yoga	28 	29 Five Crowns Gentle Exercise Skip-Bo	30 	

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Program Descriptions:	
May 6	Today we will talk about what you would like to see on the calendar for the month of June!
May 8	Today we'll be looking at setting goals to work on areas we'd like to improve.
May 13	This week we'll be getting our fine motor skills working with a beautiful mountain painting!
May 27	Bring your appetites for Diners Club this week, we will be making chicken Caesar salad wraps together for lunch. No need to pack a lunch this week!