


June 2025 – Midland Adult Day Program

See back for all program details including time & location.

| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY | Brain Injury Awareness Month  Midland program runs Tuesdays and Thursdays 9:30 to 3:30 Midland Royal Canadian Legion Branch 80 198 Queen St. Midland ON L4R 0C8 You must be eligible for services and a registered client to participate 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 |
|--|---|---|--|---|---|
| 2  | 3 Five Crowns Fact or Crap Calendar Quest Challenge | 4 | 5 Wizard Skip-Bo Chair Yoga | 6 Deadline to register for Survivor Conference | |
| 9  | 10 Chair Exercises Play Nine Program Planning & Goal Setting | 11 | 12 Cornhole Skip-Bo 10, 000 Dice | 13  | |
| 16  | 17 Diners Club: Pancakes! Stretch and Exercise Quiddler | 18 | 19 Jok-R-ummy Karma Gentle Exercise | 20  | |
| 23  | 24 Little Lake Park (offsite) Tomato Planting | 25 Brain Injury Survivors Conference | 26 Lawn Bowling! (offsite) Phase 10 Golf | 27  | |
| 30 | June is Brain Injury Awareness Month The 22 nd annual Brain Injury Survivors Conference is: June 25! Let us know if you are interested in attending! |  | With June being Brain Injury Awareness month, BIS has created a Calendar Quest Challenge full of resources that complement the four pillars of health. The more you participate the more times your name will be entered to win the prize! We will provide you with more details in program. | | |

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| Program Descriptions: | |
|-----------------------|---|
| June 17 | No need to bring a lunch today, just bring your appetites! Today we will be working on cooking skills by making pancakes and sausage for lunch. |
| June 24 | <p>*Weather Permitting*</p> <p>Today we will be spending the day at Little Lake Park! We will gather at the park at 9:30 AM. Pack your lunch and arrange your transportation to drop you off and pick you up from Little Lake Park (606 Little Lake Park Rd.). This day is weather permitting, if the weather is expected to be poor, we will contact you with the rain plan.</p> |
| June 25 | <p>*Not a program day*</p> <p>Today is the 22nd annual Brain Injury Survivors conference. This event will feature speakers who have survived brain injuries and worked with individuals following brain injuries. The registration fee is \$25 and includes lunch. If you are interested in attending or need assistance arranging transportation to this event, please let staff know.</p> |
| June 26 | <p>Lawn bowling is back again this summer!</p> <p>We will gather at 9:30 AM to begin our morning of fun competition. We will return to the legion for lunch and afternoon games. Please arrange your transportation to drop you off at Midland Lawn Bowling Club (664 King St.) and pick you up from the Legion (198 Queen St.)</p> |