


July 2025 – Midland Adult Day Program

See back for all program details including time & location.

| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY |  <p>Midland program runs Tuesdays and Thursdays 9:30-3:30</p> <p>Midland Royal Canadian Legion Branch 80 198 Queen St. Midland ON L4R 0C8</p> <p>You must be eligible for services and a registered client to participate.</p> <p>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 </p> |
|--------|---|-----|---|--------|--|
| | 1 Program closed for Canada Day | 2 | 3 Play Nine Karma Chair Exercises | 4 | |
| 7 | 8 Skip-bo Chair Yoga Five Crowns | 9 | 10 Little Lake Park (offsite) | 11 | |
| 14 | 15 Quiddler Jok-R-ummy Stretch and Exercise | 16 | 17 Lawn Bowling (offsite) Wizard Gentle Stretching | 18 | |
| 21 | 22 Little Lake Park (offsite) Diners Club: Barbecue | 23 | 24 Phase 10 Fact or Crap Stretch and Exercise | 25 | |
| 28 | 29 Cornhole Sequence Gentle Stretching | 30 | 31 Play Nine Wizard Chair Exercises | | |

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| Program Descriptions: | |
|-----------------------|--|
| July 10 | <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> |
| July 17 | <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> |
| July 22 | <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. 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. No need to pack a lunch today! We'll be having barbecue in the park!</p> |