

August 2025 – Midland Adult Day Program

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	MONTH
				1	<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 </p> <p>*Please contact BIS staff for any questions or to report an absence* www.braininjuryservices.ca </p>
4	5 Wizard Chair Exercises Program Planning & Goal Setting	6	7 Play Nine Skip-Bo Chair Exercises	8	
11	12 Lawn Bowling (offsite) Karma Gentle Stretching	13	14 Jok-R-ummy Chair Yoga 10, 000 Dice	15	
18	19 Wye Marsh (offsite)	20	21 Quiddler Five Crowns Chair Exercises	22	
25	26 Little Lake Park (offsite) Diners Club: Take Out!!	27	28 Skip-Bo Wizard Play Nine	29	

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Program Descriptions:	
August 12	<p>*Weather Permitting*</p> <p>Offsite lawn bowling day! Meet us at the Midland Lawn Bowling Club (664 King St.) for 9:30 AM for some exercise and fun competition! After lawn bowling BIS staff will cab you back to the Legion for an afternoon of card games. Please arrange transportation to drop you off at 664 King St. for 9:30 AM and pick you up from the legion (196 Queen St.).</p>
August 19	<p>*Weather Permitting*</p> <p>Offsite - Wye Marsh Day (16160 Hwy 12). Please meet us at the Wye Marsh for 9:30 AM. BIS staff will cover the cost of admission. Pack a lunch and bring a mobility aid if needed for a fun day of adventuring in the outdoors. Please arrange your transportation to drop you off at 16160 Highway 12 E for 9:30 AM and pick up for 3:00 PM.</p>
August 26	<p>*Weather Permitting*</p> <p>Offsite little lake park day! We will spend the day outdoors at Little Lake Park enjoying the fresh air! Don't worry about packing a lunch today, we'll order take-out on us! Please arrange your transportation to drop you off and pick you up at 606 Little Lake Park Rd.</p>