


November 2025 – Midland Adult Day Program

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 Midland program runs Tuesdays and Thursdays 9:30 - 3:30 Midland Royal Canadian Legion Branch 80 196 Queen St. Midland ON L4R 0C8 You must be eligible for services and a registered client to participate. Staff Contact Info: Jordan 705 – 734 – 2178 ext. 233 jcameron@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
3	4 Five Crowns Pass the Ace Chair Exercise	5	6 Follow Along Painting: Poppies Karma Wizard	7	
10	11 REMEMBRANCE DAY* *5 Pin Bowling @ 10 am (Offsite) *Lunch at Phil's Pub & Eatery @ 12:15 pm	12	13 Sequence Phase 10 Play Nine	14	
17	18 Bingo Skip-Bo! Quiddler	19	20 Jok-R-Uummy Cornhole Karma	21	
24	25 Wizard 10,000 Your Choice Games	26	27 Online Brain Games Tai Chi @ Chigamik (12 – 1 pm - Optional) Chair Yoga	28	

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Program Descriptions:	
November 11 th (Tuesday)	<p>*Please note that we will <u>not</u> be at the Legion today.</p> <p>* Please arrange for your transportation <u>to drop you off at Bayshore Lanes (205 King St.) at 10:00 AM</u> for a morning of Bowling. Following this we will make our way over to Phil's Pub & Eatery (519 Hugel Avenue) for 12:15 PM for lunch and a few games. Please have your transportation <u>pick you up from Phil's at 2:00 PM</u>. Hope to see you there!</p>
Nov. 27 th (Thursday)	<p>Optional Program: Chigamik Community Health Centre (287 Bayshore Drive) is hosting FREE Tai Chi classes on Tuesdays from 12-1 pm. Meet us at the Legion as usual and, if interested, we will arrange to travel to Chigamik together to partake in some gentle movement and exercise!</p>