

# January 2026 – Midland Adult Day Program

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
			1 New Year's Day <b>*NO PROGRAM*</b>	2	 <b>January</b>
5	6 Quiddler Karma Chair Exercise	7	8 Jok-R-Ummey Leisure Interest Activity Pass the Ace	9	<b>Midland program runs</b> <b>Tuesdays and Thursdays</b> <b>9:30 - 3:30</b>
12	13 Five Crowns Chair Exercise Scattergories	14	15 Wizard One Word Resolutions Skip-Bo	16	<b>Midland Royal Canadian Legion</b> <b>Branch 80</b> <b>196 Queen St. Midland ON L4R 0C8</b>
19	20 Rebus Puzzles Imaginiff Play Nine	21	22 Uno Your Choice Games Hitster	23	<b>You must be eligible for services</b> <b>and a registered client to</b> <b>participate.</b>
26	27 Phase 10 Chair Exercise 10,000 Dice	28	29 Sequence Name 5 Armchair Travel to Australia	30	<b>Staff Contact Info:</b> <b>Jordan</b> 705 – 734 – 2178 ext. 233 <a href="mailto:jcameron@braininjuryservices.ca">jcameron@braininjuryservices.ca</a> <b>Jeremy</b> 705 – 734 – 2178 ext. 243 <a href="mailto:jvos@braininjuryservices.ca">jvos@braininjuryservices.ca</a>

**\*Please contact BIS staff for any  
questions or to report an  
absence\***  
[www.braininjuryservices.ca](http://www.braininjuryservices.ca)

# January 2026 – Midland Adult Day Program

Program Descriptions:	
<b>Jan 8<sup>th</sup> (Thursday)</b>	Our <b>Leisure Interest</b> activity will help you identify activities that are meaningful to you, help to increase self-awareness and engagement, identify goals, and shape our programming!
<b>Jan 15<sup>th</sup> (Thursday)</b>	Not your typical New Year's Resolutions! This brief activity will help you identify and describe goals, intentions, and aspirations as we look toward the new year.
<b>Jan 29<sup>th</sup> (Thursday)</b>	Beat the winter by dreaming up a trip to Australia! Enjoy travel videos, Australian trivia, treats, and more!