

February 2026 – Midland Adult Day Program

See back for all program details including time & location.

| MONDAY | TUESDAY | WED | THURSDAY | FRIDAY |  <p>FEBRUARY</p> <p>Midland program runs Tuesdays and Thursdays 9:30 - 3:30</p> <p>Midland Royal Canadian Legion Branch 80 196 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: Jordan 705 – 734 – 2178 ext. 233 jcameron@braininjuryservices.ca</p> <p>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> |
|--------|---|-----|--|--------|---|
| 1 | 2 Taboo Wizard Skip-Bo! | 3 | 4 Five Crowns Chromino Rack - O | 5 | |
| 9 | 10 Chromino Reading Exercises Chair Exercise | 11 | 12 Same Brain Memory Tray Things! | 13 | |
| 16 | 17 Quiddler Play Nine Sequence | 18 | 19 Monopoly Deal Name Game Karma | 20 | |
| 23 | 24 Phase 10 Who Am I? <i>Diner's Club: Bacon & Eggs!</i> | 25 | 26 Pool Golf <i>Tai Chi @ Chigamik</i> <i>(12:00 pm – 1:00 pm – Optional)</i> | 27 | |
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| Program Descriptions: | |
|---------------------------------|---|
| Tuesday 10th | Reading Skills Exercise – These exercises can help improve your speech, reading skills, and your ability to remember what you have read. |
| Tuesday 24th | No need to bring a lunch! We will make and enjoy all the classics together – bacon, eggs, sausage etc.! |
| Thursday 26th | 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! |