

# February 2026 – Midland Adult Day Program

See back for all program details including time & location.

| MONDAY | TUESDAY   | WED | THURSDAY   | FRIDAY |  |
|--------|---|-----|--|--------|--|
| 1      | 2<br>Taboo<br>Wizard<br>Skip-Bo!                                      | 3   | 4<br>Five Crowns<br>Chromino<br>Rack - O   | 5      | <br><b>FEBRUARY</b>   |
| 9      | 10<br>Chromino<br>Reading Exercises<br>Chair Exercise                 | 11  | 12<br>Same Brain<br>Memory Tray<br>Things!   | 13     | <b>Midland program runs</b><br><b>Tuesdays and Thursdays</b><br><b>9:30 - 3:30</b>   |
| 16     | 17<br>Quiddler<br>Play Nine<br>Sequence                               | 18  | 19<br>Monopoly Deal<br>Name Game<br>Karma  | 20     | <b>Midland Royal Canadian Legion</b><br><b>Branch 80</b><br><b>196 Queen St. Midland ON L4R</b><br><b>0C8</b>  |
| 23     | 24<br>Phase 10<br>Who Am I?<br><i>Diner's Club: Bacon &amp; Eggs!</i> | 25  | 26<br>Pool Golf<br><i>Tai Chi @ Chigamik</i><br><i>(12:00 pm – 1:00 pm – Optional)</i> | 27     | <b>You must be eligible for services</b><br><b>and a registered client to</b><br><b>participate.</b>   |
|        |   |     |  |        | <b>Staff Contact Info:</b><br><b>Jordan</b><br>705 – 734 – 2178 ext. 233<br><a href="mailto:jcameron@braininjuryservices.ca">jcameron@braininjuryservices.ca</a><br><b>Jeremy</b><br>705 – 734 – 2178 ext. 243<br><a href="mailto:jvos@braininjuryservices.ca">jvos@braininjuryservices.ca</a> |
|        |   |     |  |        | <b>*Please contact BIS staff for any</b><br><b>questions or to report an</b><br><b>absence*</b><br><a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a>  |

## February 2026 – Midland Adult Day Program

### Program Descriptions:

|                                 |  |
|---------------------------------|--|
| <b>Tuesday 10<sup>th</sup></b>  | Reading Skills Exercise – These exercises can help improve your speech, reading skills, and your ability to remember what you have read.   |
| <b>Tuesday 24<sup>th</sup></b>  | No need to bring a lunch! We will make and enjoy all the classics together – bacon, eggs, sausage etc.!  |
| <b>Thursday 26<sup>th</sup></b> | <p>Optional Program:</p> <p>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> |