


# April 2026 – Midland Adult Day Services

**See back for all program details including time & location.**

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	
	*This month we will be participating in the “Love Your Brain “Mindset Program.”	1	2 Love Your Brain #1: Resilience Phase 10 Easter Trivia	3 GOOD FRIDAY	 <p><b>Midland program runs Tuesdays and Thursdays 9:30 - 3:30</b></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><b>Staff Contact Info:</b> <b>Jordan</b> 705 – 734 – 2178 ext. 233 <a href="mailto:jcameron@braininjuryservices.ca">jcameron@braininjuryservices.ca</a></p> <p><b>Jeremy</b> 705 – 734 – 2178 ext. 243 <a href="mailto:jvos@braininjuryservices.ca">jvos@braininjuryservices.ca</a></p> <p>*Please contact BIS staff for any questions or to report an absence* <a href="http://www.braininjuryservices.ca">www.braininjuryservices.ca</a></p>
6 EASTER MONDAY	7 Love Your Brain #2: Mindfulness Taboo Sequence	8	9 Same Brain Play Nine Pass the Ace	10	
13	14 Love Your Brain #3: Intention Rebus Puzzles Five Crowns	15	16 Cup Pong Rack-O Diner’s Club: Snack Mix	17	
20	21 Love Your Brain #4: Realistic Optimism Wizard 10,000 Dice	22	23 Love Your Brain #5: Positive Thinking Chair Stretches Chromino	24	
27	28 Love Your Brain #6: Gratitude 10,000 Dice Imaginiff	29	30 Word Association Karma Bird Seed Ornaments		

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Program Descriptions:	
<b>April 2, 7, 14, 21, 23, 28</b>	<p>The “<b>Mindset Program</b>” is designed to help us learn how to “cultivate a <i>growth mindset</i>, transforming challenges into opportunities for growth.”</p> <p>Each day we will focus on a different topic. We will watch a short video, have a discussion, and wrap up by participating in a brief meditation that relates to the day’s topic.</p> <p>This program is in alignment with Brain Injury Service’s “Health &amp; Wellness” pillar of health.</p>
<b>Thurs. 16<sup>th</sup></b>	<p>Today we’re keeping it simple and creative by making our own “<b>snack mixes</b>” – sweet &amp; salty, savoury, plain, the choice is yours!</p>
<b>Thurs. 30<sup>th</sup></b>	<p>We’ll get crafty while we use our creativity and fine motor skills to create our very own <b>Bird Seed Ornaments</b>.</p>