

August 2026 – Midland Adult Day Services

8See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	 Midland program runs Tuesdays and Thursdays 9:30 am - 3:30 pm 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: Mat 705-734-2178 ext. 236 mmaclarencoombe@braininjuryservices.ca Jeremy 705 – 734 – 2178 ext. 243 jvos@braininjuryservices.ca Jordan 705 – 734 – 2178 ext. 233 jcameron@braininjuryservices.ca *Please contact BIS staff for any questions or to report an absence* www.braininjuryservices.ca
3 Civic Holiday BIS Closed	4 <i>Chigamik: Meal Prep & Budgeting Via Zoom @ 10:30 – 11:30</i> 10, 000 Dice Your Choice Games	5	6 Karma Five Crowns Play Nine	7	
10	11 Phase 10 Chromino Chair Stretches	12	13 Games on the Patio Reading Exercise Euchre Tournament	14	
17	18 DIY: Wood Projects Flip 7 with A Vengeance Junk Drawer Detective	19	20 BINGO Wizard Quiddler	21	
24	25 Taste Test: Homemade Veggie & Fruit Dip Monopoly Deal Jeopardy	26	27 Outdoor Activities: Group Choice	28	
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Program Descriptions:	
Tuesday 4th	We have registered for Chigamik's Zoom (virtual) presentation on Meal Prep & Budgeting. This runs from 10:30 – 11:30. We will set up a laptop/screen for those interested in attending the presentation. “Learn practical tips for meal planning, stretching your grocery budget, reducing food waste, and preparing healthy, nourishing meals that support your overall well-being.”