November 2026 – Midland Adult Day Services

See back for all program details including time & location.

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
2	3 *National Sandwich Day* Jeopardy Phase 10 Diners Club: Sub Sandwiches	4	5 Imaginiff Slingers Quiddler	6
9	10 Tower Building Competition Water Colour Poppy Painting Five Crowns	11 Remembrance Day 	12 Apples to Apples Monopoly Deal Hitster	13
16	17 Armchair Travel: South Africa Mexican Train Word Association	18	19 Wizard 10, 000 Dice Sequence	20
23	24 TV & Movie Trivia The Envelope Game Flip 7	25	26 Just One The Benefits of Humour Spotlight Series	27
30				



Midland program runs
Tuesdays and Thursdays
9:30 - 3:30

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:

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Please contact BIS staff for any questions or to report an absence
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Program Descriptions:	
Tuesday 3rd	Celebrate "National Sandwich Day" with us by making your own sub sandwich for lunch!
Tuesday 10th	Work on planning, fine motor skills, problem solving and more while competing in a friendly and fun challenge to see who can build the tallest and strongest tower using some *unusual* materials.

Flu season is here! Please wash your hands regularly and practice good hygiene. If you have any symptoms of illness, please stay home and let us know. Thank you for helping keep everyone healthy!

FLU SHOTS:

Free flu shots are available at participating pharmacies across Midland and area.

It is recommended to call ahead of time to confirm availability and/or book an appointment.

You can also call your doctor's office to book an appointment.

Local Immunization Clinic:

Simcoe Muskoka District Health Unit (Clinical & Immunization Clinic)

- **Address:** 925 Hugel Ave, Midland, ON
- **Phone:** 705-526-9324

You can use the link below to find the closest clinic to you by providing your postal code:

https://www.nsmhealthline.ca/listServicesDetailed.aspx?id=11347&region=MidlandArea