

June Day Program Calendar

Tuesday	Wednesday	Thursday	Friday	Saturday	Monday	Community Events
<p>2</p> <p>12:00 – 12:30 Check-in & Book Club</p> <p>12:30 – 2:00 Karaoke & Charades</p> <p>2:00 – 3:00 Art Group with Saba</p>	<p>3</p>	<p>4</p> <p>IRONCHEF</p> <p>12-12:30: Prep</p> <p>12:30-2: Cook</p> <p>2-2:30: Clean-Up</p> <p>2:30-3: Plan next meal</p>	<p>5</p>	<p>6</p> <p>12:00 – 12:30 Check-in and current events</p> <p>12:30 – 3:00 NRIO Jeopardy & the Price is Right</p>	<p>8</p> <p>BIST Mindfulness Journey Online Program</p>	 <p>We hope everyone is keeping safe and well during this time. In an effort to provide ongoing support, please note that the following Programs are being offered online by BIST. Please contact 647-990-1485 or info@bist.ca if further information or assistance registering is needed. Our info line is also acting as a warm line, if you need assistance with anything, or just want to have a chat, call us at 416-830-1485.</p>
<p>9</p> <p>12:00 – 12:30 Check-in & Book Club</p> <p>12:30 – 2:00 Nick's Birthday Party & Rap Cipher</p> <p>2:00 – 3:00 Art Group with Saba</p>	<p>10</p>	<p>11</p> <p>IRONCHEF</p> <p>12-12:30: Prep</p> <p>12:30-2: Cook</p> <p>2-2:30: Clean-Up</p> <p>2:30-3: Plan next meal</p>	<p>12</p>	<p>13</p> <p>12:00 – 12:30 Check-in and current events</p> <p>12:30 – 3:00 Community Walk on the Toronto Boardwalk - Lakeshore</p>	<p>15</p> <p>BIST Mindfulness Journey Online Program</p>	
<p>16</p> <p>12:00 – 12:30 Check-in & Book Club</p> <p>12:30 – 2:00 Riddle Scavenger Hunt</p> <p>2:00 – 3:00 Art Group with Saba</p>	<p>17</p>	<p>18</p> <p>IRONCHEF</p> <p>12-12:30: Prep</p> <p>12:30-2: Cook</p> <p>2-2:30: Clean-Up</p> <p>2:30-3: Plan next meal</p>	<p>19</p>	<p>20</p> <p>12:00 – 12:30 Check-in and current events</p> <p>12:30 – 3:00 Sport Relay Race (Basketball, Soccer, & Volleyball)</p>	<p>22</p> <p>BIST Mindfulness Journey Online Program</p>	
<p>23</p> <p>12:00 – 12:15 Check-in & Book Club</p> <p>12:30 – 2:00 Make your own Puzzle</p> <p>2:00 – 3:00 Art Therapy with Saba</p>	<p>24</p>	<p>25</p> <p>IRONCHEF</p> <p>12-12:30: Prep</p> <p>12:30-2: Cook</p> <p>2-2:30: Clean-Up</p> <p>2:30-3: Plan next meal</p>	<p>26</p>	<p>27</p> <p>12:00 – 12:30 Check-in and current events</p> <p>12:30 – 3:00 Outdoor Yoga & Mindfulness Walk</p>	<p>29</p> <p>BIST Mindfulness Journey Online Program</p>	
<p>30</p> <p>12:00 – 12:30 Check-in & Book Club</p> <p>12:30 – 2:00 Bird Feeder Painting & Time Capsule</p> <p>2:00 – 3:00 Art Group with Saba</p>						

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