

# MAY DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
<p><b>Hello</b></p> 	<p><b>3</b></p> <p>12:00 – 12:30 Check-in 12:30-2:30 Brain Injury and Areas of Life- a day to open the floor on romance, emotional regulation, work, self-esteem, acceptance &amp; more 2:30-3 Brain Games</p>	<p><b>4</b></p>	<p><b>5</b></p> <p><b>IRONCHEF</b></p> <p>12-12:30: Prep Cinco de Mayo Meal 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal</p>	<p><b>6</b></p>	<p><b>7</b></p> <p>12:00-12:30 Check-in &amp; Depart 12:30-2:00 GlowZone Arcade 2:00 Depart</p>	<p><b>BIST</b>  Brain Injury Society of Toronto</p> <p><b>Not So Blue Mondays 1-2:30</b> May 9, 16,30</p>
<p><b>9</b></p> <p><b>Archery Week</b></p>	<p><b>10</b></p> <p>12:00-12:30 Check-in 12:30-3pm: depart BIAJR Springtime fun + Archery Phyllis Rawlinson Park 3:00 Depart</p>	<p><b>11</b></p>	<p><b>12</b></p> <p><b>IRONCHEF</b></p> <p>12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>12:00-12:30 Check-in 12:30-2 Club house games and crafts 2-2:30 Walk in Community 2:30-3 Clean up</p>	<p><b>ABI Support Group 6-8:30</b> May 3 &amp; 17th</p> <p><b>Freaky Fridays 3-4pm</b> May 6, 13, 20, 27</p>
<p><b>16</b></p> <p><b>Happiness &amp; Art</b></p> 	<p><b>17</b></p> <p>12-12:30: Check-in 12:30-2:00 Summer Vision Board /Arts and Crafts 2-2:30 Walk in Community 2:30-3 Clean up</p>	<p><b>18</b></p>	<p><b>19</b></p> <p><b>IRONCHEF</b></p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up &amp; plan meal</p>	<p><b>20</b></p>	<p><b>21</b></p> <p>12:00-12:30 Check-in &amp; Depart 12:30-2:30 High Park walk and coffee shop 2:30 Depart</p>	<p><b>May Community Meeting-Virtual Art Therapy 6:30-8pm</b> May 25</p>
<p><b>23</b></p> <p><b>Outdoor Week</b></p>	<p><b>24</b></p> <p>12:00 – 12:30 Check-in 12:30-2:30 Gardening at E-house, planting vegetables 2:30-3 Brain Games</p>	<p><b>25</b></p>	<p><b>26</b></p> <p><b>IRONCHEF</b></p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up &amp; plan meal</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>12:00-12:30 Check-in &amp; depart 12:30-2:30 Mini Golf @ Centennial Park 2:30 Depart</p>	<p><b>Gentle Hatha Yoga 5-5:45</b> May 5 &amp; 12</p> <p><b>WRAP Group 10-12pm</b> May 4, 11, 18, 25</p>
<p><b>30</b></p> <p><b>Tie Dye Week</b></p>	<p><b>31</b></p> <p>12:00 – 12:30 Check-in 12:30-2:30 Tie Dye T-shirts and personalization 2:30-3 Clean up</p>					<p><b>Bayshore</b>® HealthCare</p> <p><b>Integrated</b> Care Solutions </p>