

# April 2019

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b> 12-1230: Lunch & Social 1230-1: Walk outside 1-2 :Music Group 2-3: Sleep themed activities and talk 	<b>3</b> <u>Don't forget:</u> • BIST Not So Blue Creative Mondays 1-3pm • BIST Adult ABI Support Group (1 <sup>st</sup> Tuesday of the month 630-8pm)	<b>4</b> <b>IRONCHEF</b> 12-1230: Prep 1230-2: Cook 2-230: Clean-Up 230-3: Plan next meal	<b>5</b> Earl Sweatshirt Concert 8pm – Midnight 	<b>6</b> <b>Bowling @ Planet Bowl</b> Lunch then Travel: 12-1245 Bowling: 1245-245 Travel: 245- 3 Cost: \$4/game 
<b>9</b> 12-1230: Lunch & Social 1230-1: Walk outside 1-2 :Music Group 2-3: Trust themed activities and talk 	<b>10</b> BIST Post-concussion drop in 1-230pm <u>Don't forget:</u> • BIST Men's Social drop in (2 <sup>nd</sup> Tuesday of the month 1- 3pm)	<b>11</b> <b>IRONCHEF</b> 12-1230: Prep 1230-2: Cook 2-230: Clean-Up 230-3: Plan next meal	<b>12</b> Buy good Feel good Expo 5 – 930 PM Enercare Centre \$25.00 	<b>13</b> <b>Toronto Reference Library</b> Lunch and Travel: 12-1245 Scavenger Hunt: 1230-2 Travel: 2-3 Cost: Free 
<b>16</b> 12-1230: Lunch & Social 1230 -1: Walk outside 1-2: Music Group 2-3: Memory themed activities and talk BIAPH support group 7-9pm	<b>17</b> BIST community outing 1-3pm BIST Young Adult Support Group 630-8pm <u>Don't forget:</u> BIST Women's Support Group (3 <sup>rd</sup> Thursday of the month 630-8pm)	<b>18</b> <b>IRONCHEF</b> 12-1230 – Prep 1230-2 – Cook 2-230 – Clean - Up 230-3 – Plan next meal	<b>19</b> GOOD Friday!! 12-2: Easter Lunch and Activities 2-3: Clean up 	<b>20</b> <b>Escape Room</b> Lunch and travel: 12-1245 Escape Room: 1245-2:30 Travel: 230-3 Cost: ??? 
<b>23</b> 12-1: Lunch & social 1-2: Music Group 2-3: Emotions-themed activities and talk 	<b>24</b> BIST Social Learning Meetup 6-8pm	<b>25</b> <b>IRONCHEF</b> 12-12:30 – Prep 12:30-2 – Cook 2-2:30 – Clean - Up 2:30-3 – Plan next meal	<b>26</b> Spin 2 Conquer Cancer Queen Richmond Centre Time: 6:30 -8:30 PM 	<b>27</b> <b>Scarborough Bluffs</b> Travel: 12-12:45 Relax/hike: 12:45-2 Travel: 2- 3 Cost: free 
<b>30</b> 12-1230: Lunch & Social 1230-1pm: Walk outside 1-2: Music Group 2-3: Time-management themed activities and talk	<b>NRIO'S DAY PROGRAM RUNS TUESDAY, THURSDAY, AND SATURDAY.</b> <b>FOR EVENTS OUTSIDE OF THOSE DAYS, PLEASE GOOGLE OR CONTACT THE COMPANY FOR INFORMATION.</b> <b>FOR BIST EVENTS CALL 647-990-1485</b>			  <small>2017 WINNER NEUROLOGIC REHABILITATION CENTRE OF YONGA 2015 REHABILITATION COMPANY OF THE YEAR TOP 100 IN CANADA</small>