





# June 2019

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>R. O. M.</b> <b>1</b> 12-1230: Lunch&Travel 1245-2:30: ROM 230-3: Travel Cost: Free	<b>2</b> NIX Toronto Tattoo Show \$25 Admission Fee @ Metro Toronto Convention Center
<b>4</b> 12-1230: Lunch & Social 1230-1: Gardening 1-2: Music Group 2-3: Leadership <i>BIST Adult Support Group</i> 6:30-8	<b>5</b>  7:30-9:30 <i>Post-Concussion drop in BIST (1-2:30)</i>	<b>6</b> <b>IRONCHEF</b> 12-1230: Prep 1230-2: Cook 2-230: Clean-Up 230-3: Plan next meal (Matt)	<b>7</b> House of Mirrors Harbourfront Center  \$10 Admission Fee	<b>8</b> Free Yoga Class @Trillium Park, Ontario Place 10 - 11AM <i>**Day Program rescheduled for Sunday June 9<sup>th</sup> **</i>	<b>9</b> <b>BIST: Music on the Brain Concert</b> @The Rockpile West 2-5 PM Cost: \$10.00
<b>11</b> 12-1230: Travel & Lunch 1230-230: Tour of Don Jon Jail and Discussion on Accountability 230-3: Travel	<b>12</b>  7:30-9:30	<b>13</b> <b>IRONCHEF</b> 12-1230: Prep 1230-2: Cook 2-230: Clean-Up 230-3: Plan next meal(Tony)	<b>14</b> Taco Fest @ Ontario Place  Foodalicious Toronto	<b>15</b> <b>Toronto Zoo</b> 12-1245: Lunch&Travel 1245-2:30: Zoo 2:30-3: Travel Cost: \$15.00	<b>16</b> <b>Father's Day</b> Exotic Car Show @ Yorkville for Father's Day Cost: Free
<b>18</b> 12-1230: Lunch & Social 1230-1: Gardening 1-2: Music Group 2-3: Talk on Nutrition <i>International Picnic Day</i>	<b>19</b>  7:30-9:30	<b>20</b> <b>IRONCHEF</b> 12-1230: Prep 1230-2: Cook 2-230: Clean-Up 230-3: Plan next meal (Pat)	<b>21</b> Take Your Dog to Work Day  <i>**National Selfie Day</i>	<b>22</b> <b>Flower Market</b> 12-1245: Lunch&Travel 1245-2:30: Pick Flowers 230-3: Travel Cost: Free	<b>23</b> Last Day to visit House of Mirrors at Harbourfront Center
<b>25</b> 12-1230: Lunch & Social 1230-1: Gardening 1-2: Music Group 2-3: Motivation	<b>26</b>  7:30-9:30 <i>BIST: Making Essential oil with</i>	<b>27</b> <b>IRONCHEF</b> 12-1230: Prep 1230-2: Cook 2-230: Clean-Up 230-3: Plan next meal (Matt) <i>**National Sunglasses Day</i>	<b>28</b> Yuk Yuk's Comedy Show @ 224 Richmond Street West \$20.00 O-11PM	<b>29</b> <b>Escape Room</b> 12-1245: Lunch&Travel 1245-2:30: Escape 230-3: Travel Cost: \$25.00	<b>30</b> Lion King Toronto @ Princess of Wales Theatre 6:30 PM

**NRIO'S DAY PROGRAM RUNS TUESDAY, THURSDAY, AND SATURDAY.**  
FOR EVENTS OUTSIDE OF THOSE DAYS, PLEASE GOOGLE OR CONTACT THE COMPANY FOR INFORMATION. FOR BIST EVENTS CALL 647-990-1485