

# August 2019

| Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday   |
|--|--|---|---|--|--|
|  |  | <b>IRONCHEF</b> 1<br>12-1230: Prep<br>1230-2: Cook<br>2-230: Clean-Up<br>230-3: Plan next meal  | 2<br>Thomson Memorial Park<br>Scarborough Ribfest<br>1:00 AM – 11:00 PM         | 3<br>12-1230: Travel<br>1230-2:30: Humber Bay Park (Physical Activity)<br>2:30-3: Travel<br>Cost: \$5 (Picnic)                     | 4<br>Yoga @ Trillium Park<br>FREE<br>11 – Noon<br><i>National Sister Day</i> |
| 6<br>12-1: Music/News<br>1-2:30: Stress Management Activity (Walking)<br>2:30-3: Discussion<br><i>BIST Support 6:30-8pm</i>                          | 7<br>Khalid Free Spirit World Tour<br>Time: 7:30 PM<br>Scotiabank Arena, Toronto, ON   | <b>IRONCHEF</b> 8<br>12-1230: Prep<br>1230-2: Cook<br>2-230: Clean-Up<br>230-3: Plan next meal<br><i>International Cat Day</i>                        | 9<br>Grace Jerk Fest<br>Centennial Park<br>5:00 PM – 10:00 PM                   | 10<br>12-1230: Travel<br>1245-2:30: Bricks in the Six (Exhibition)<br>2:30-3: Travel<br>Cost: \$20                                 | 11<br>Yoga @ Trillium Park<br>FREE<br>11 - Noon                              |
| 13<br>12-1: Music/News<br>1-2:30: Stress Management<br>Special Guest (Frank)<br>2:30-3: Discussion<br><i>International Left-Handers Day</i>          | 14<br>Kew Gardens<br>8:00 – 11:00 PM<br>Movie Nights in the Park: Pitch Perfect 3 (FREE)<br><i>Pakistan Independence Day</i> | <b>IRONCHEF</b> 15<br>12-1230: Prep<br>1230-2: Cook<br>2-230: Clean-Up<br>230-3: Plan next meal<br><i>India Independence &amp; National Relax Day</i> | 16<br>Yuk Yuk's Comedy Show @ 9 PM<br><br><i>National Tell a Joke Day</i>       | 17<br>115-12: Travel<br>12-230: Royal Canadian Family Circus<br>230-315: Travel<br>Cost: \$30<br><i>Black Cat Appreciation Day</i> | 18<br>Yoga @ Trillium Park<br>FREE<br>11 – Noon                              |
| 20<br>12-1: Music/News<br>1-2:30: Stress Management<br>Special Guest (Jini), Arts and Crafts<br>2:30-3: Discussion                                   | 21<br>Phin Park<br>6:30 PM – 8:00 PM<br>Tree Tour and Shrub Giveaway - The Pocket (FREE)                                     | <b>IRONCHEF</b> 22<br>12-1230: Prep<br>1230-2: Cook<br>2-230: Clean-Up<br>230-3: Plan next meal   | 23<br>Jonas Brothers Concert<br>Scotiabank Arena<br>7:30 - 10:30 PM             | 24<br>115-12: Travel<br>12-230: Canadian National Exhibition<br>230-315: Travel<br>Cost: \$20<br><i>National Waffle Day</i>        | 25<br>Yoga @ Trillium Park<br>FREE<br>11 - Noon                              |
| 27<br>12-1: Music/News<br>1-2:30: Stress Management<br>Physical Activity (Soccer)<br>2:30-3: Discussion<br><i>Yesterday was Women's Equality Day</i> | 28<br>Kew Gardens<br>8:00 – 11:00 PM<br>Movie Nights in the Park: Crazy Rich Asians (FREE)<br><i>National Bow Tie Day</i>    | <b>IRONCHEF</b> 29<br>12-1230: Prep<br>1230-2: Cook<br>2-230: Clean-Up<br>230-3: Plan next meal   | 30<br>Ca-Rib, Jerk and BBQ Fest/ Movie<br>Downs view Park<br>4:00 PM – 11:00 PM | 31<br>12-1230: Travel<br>1230-2:30: First Five Fest<br>230-3: Travel<br>Cost: \$20 (Food)<br>Admission is Free                     |  |

**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