

# January



Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Community Events
	1	2 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	3	4 12-12:30: Travel 12:30-2:30: <b>A-Game Cafe</b> 2:30-3: Travel	5	<p>The following events are not Day Program organized events. If interested, please coordinate your participation with staff or family.</p> <p><b>BIST (Toronto)</b>  <b>Jan 6, 13, 20, 27:</b> Not So Blue Mondays Weekly Drop-In  <i>1:00 pm</i>  <b>Jan 7, 21:</b> ABI Support Group  <i>6:30 pm</i>  <b>Jan 14:</b> Men's Group <i>1:00 pm</i>  <b>Jan 9, 23:</b> Women's Support Group <i>6:30 pm</i>  <b>Jan 28:</b> BIST Goes to the Movies <i>12:45 pm</i></p>
7 12-12:30: Current Events / Weekly Review 12:30-1:30: Ping Pong Tournament/interactive games 1:30-2: Goal Planning for New Year 2-3: Vision Boards	8	9 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	10	11 12-12:45: Travel 1-2:30: <b>Reptillia</b> 2:30-3: Travel Cost: <i>\$17 each</i>	12	
14 12-12:30: Travel 12:30-2:30: Group Movie Outing 2:30-3:00: Travel	15	16 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	17	18 12-12:30: Travel 12:30-2:30: <b>Billiards</b> 2:30-3: Travel Cost: <i>\$10 each</i>	19	
21 12-12:30: Current Events / Weekly Review 12:30-1: Charades / Drama Games 1-2: Book Club <b>2-3: Art Group Intro Session</b>	22	23 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	24	25 12-12:30: Travel 12:30-2:30: <b>Art Gallery of Ontario</b> 2:30-3:00: Travel Cost: <i>\$25 each</i>	26	
28 12-12:30: Current Events / Weekly Review 12:30-1: Charades / Drama Games 1-2: Book Club <b>2-3: Art Group</b>	29	30 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	31			

59 Beaver Bend Crescent  
Etobicoke, Ontario M9B 5R2

T 416.231.4358

1.800.561.9158

F 416.231.9982

E info@nrio.ca

www.bayshore.ca