

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
				1	2	  59 Beaver Bend Crescent Etobicoke, Ontario M9B 5R2 T 416.231.4358 1.800.561.9158 F 416.231.9982 E info@nrrio.ca www.bayshore.ca
4	5	6	7	8	9	
Life Skills Week 	12:00 – 12:30 Check-in 12:30 – 2:30 Cause & effect activity & reflection		IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal		12:00 – 12:30 Check-in 12:30 – 2:00 Virtual JackBox Games	
11	12	13	14	15	16	
Wellness Week 	12:00 – 12:30 Check-in 12:30 – 2:00 Healthy Eating and Healthy food preparation		IRONCHEF 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal		12:00 – 12:30 Check-in 12:30 – 2:00 Meditation & Wellness Bingo	
18	19	20	21	22	23	
Creative Week 	12:00 – 12:30 Check-in 12:30 – 2:00 Express yourself! Show off your talents		IRONCHEF 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal		12:00 – 12:30 Check-in 12:30 – 2:00 Create a Mosaic	
25	26	27	28	29	30	
Games Week 	12:00 – 12:30 Check-in 12:30 – 2:00 NRIO Game Show		IRONCHEF 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal		12:00 – 12:30 Check-in 12:30 – 2:00 “The Voting Game”	

January Day Program Calendar

