

March 2021

CONTACT INFORMATION:

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CLIENT INFORMATION

FIRST NAME:

LAST NAME:

PHONE NUMBER:

EMAIL:

(Please email form to nriogroups@nrio.ca OR hand into Program Manager)

Please indicate which days you will be attending NRIO's Day Program by placing a check mark in the box. Confirmation is required to ensure sufficient supplies. *Chargeable late cancellations (less than 24 hours) apply.*

Tuesday (12-3)March 2 March 9 March 16 March 23 March 30 **Thursday (12-3)**March 4 March 11 March 18 March 25 **Saturday (12-3)**March 6 March 13 March 20 March 27 **IRON CHEF *Registration Required***

Learn basic kitchen skills inclusive of safety tips, meal preparation ideas, and experiment with new recipes. Max 4 participants.

**Thursday: 12:00pm-3:00pm****Saturday Outings**

Due to covid 19 there will be no Saturday Outings until further notice. Program will be virtual 12-2.