

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
Life Skills Week 	2 12:00 – 12:30 Check-in 12:30 – 1:30 “We’re not Really Strangers” 1:30-2:00 Reflection	3	4 IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	5	6 12:00 – 12:30 Check-in 12:30 – 1:30 Clear Communication Activity 1:30-2:00 Non Verbal Communication game	 Mar 1, 8, 15 ABI Info Series 6:30-8pm Mar 2, 3, 16 Brain Injury Support Group 6:30-8pm Mar 2, 3 WRAP Group 1-3pm Mar 11 Men Social Drop in 1-3pm Mar 12 Instructional Video Launch 11:30-12:30  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
8 Wellness Week 	9 12:00 – 12:30 Check-in 12:30 – 12:45 Guided Meditation 12:45-1:30 Cultivating Gratitude 1:30-2:00 Check Out	10	11 IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	12	13 12:00 – 12:30 Check-in 12:30 – 12:45 Guided Meditation 12:45-1:30 Community Safety Skills 1:30-2:00 Check Out	
15 Creative Week 	16 12:00 – 12:30 Check-in 12:30 – 1:00 History of St. Patrick’s Day 1:00-2:00 Create your own Lucky Charm	17 St. Patrick’s Day! 	18 IRONCHEF 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	19	20 12:00 – 12:30 Check-in 12:30 – 1:00 Building Planning 1:00-2:00 Build bridge to hold weight	
22 Games Week	23 12:00 – 12:30 Check-in 12:30 – 1:15: Detective Zoom 1:15-2:00 Mind Bender Puzzles	24	25 IRONCHEF 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	26	27 12:00 – 12:30 Check-in 12:30 – 2:00 Jeopardy, Wheel of Fortune, Family Feud	
29	30 12:00 – 12:30 Check-in 12:30 – 1:15: Yoga 1:15-2:00 Outdoor Walk	31				

MARCH DAY PROGRAM