







# MAY DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
			12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal		1 12:00 – 12:30 Check-in 12:30 – 1:00 Scattergories/Bingo 1:00-2:00 Virtual Escape Room	 <p><b>Brain Injury Support Group 6:30-8pm</b></p> <p><b>Social Drop In 6:30-8pm</b></p> <p><b>LGBTQ2S Wrap 12-2pm</b></p> <p><b>PIA Webinar 6:30-8pm</b></p>   <p>59 Beaver Bend Crescent Etobicoke, Ontario M9B 5R2</p> <p>T 416.231.4358 1.800.561.9158 F 416.231.9982 E info@nrrio.ca</p>
3 <b>Life Skills Week</b> 	4 12:00 – 12:30 Check-in 12:30 – 1:45 We're not really strangers game 1:45-2:00 reflection	5	6 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	7	8 12:00 – 12:30 Check-in 12:30 – 1:00 Intro to beginner coding 1:00-2:00 Coding	
10 <b>Wellness Week</b> 	11 12:00 – 12:30 Check-in 12:30 – 12:45 Guided Meditation 12:45-1:45 Wellness Rituals & Routines 1:45-2:00 Bingo	12	13 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	14	15 12:00 – 12:30 Check-in 12:30 – 12:45 Guided Meditation 12:45-1:45 Outdoor Yoga	
17 <b>Creative Week</b> 	18 12:00 – 12:30 Check-in 12:30 – 2:00: Cognitive Brain Teasers, Riddles, puzzles	19	20 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	21	22 12:00 – 12:30 Check-in 12:30 – 1:00 Create your own trivia 1:00-2:00 Play each other's trivia	
23 <b>Games Week</b>	24 12:00 – 12:30 Check-in 12:30 – 1:00: Family Feud 1:00-2:00 Virtual Escape Room	25	26 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	27	28 12:00 – 12:30 Check-in 12:30 – 2:00 NRIO Game show	
30 <b>Games Week</b>	31 12:00 – 12:30 Check-in 12:30 – 1:00: Jeopardy 1:00-2:00 Jackbox Games					