

# JULY DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
 <b>Happy Canada Day!</b>			<b>1</b> 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal <b>Canada Day!</b>	<b>2</b>	<b>3</b> 12:00 Depart 12:30 – 2:30 Beach Day at Sunnyside Beach 2:30-3:00 Depart	 <b>July 6, 20 ABI Support Group 6:30-8pm</b>
<b>5</b> <b>Life Skills Week</b> 	<b>6</b> 12:00 – 12:30 Check-in 12:30 – 1:00 What are life skills? 1:00-1:45 Healthy Behaviours Dice Game 1:45-2:30 Assessing Personal Health activity 2:30-3:00 Clean Up	<b>7</b>	<b>8</b> 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	<b>9</b>	<b>10</b> 12:00 – 12:30 Check-in 12:30 – 2:30 Mini Putt at Centennial	<b>July 8, Social Drop In 6:30-8pm</b>  <b>July 15, Women and Brain Injury Support Group 6:30-8pm</b>
<b>12</b> <b>Wellness Week</b> 	<b>13</b> 12:00 – 12:15 Check-in 12:15 – 12:30 Prep 12:30-2:30 Cook and Eat 2:30-3:00 Clean Up	<b>14</b>	<b>15</b> 12-12:30: Check in & transport to Mississauga 12:30-2:30 Karaoke 2:30-3:00 Transport to Etobicoke	<b>16</b>	<b>17</b> 12:00 – 12:30 Check-in and depart 12:30 – 2:30 Edwards Gardens 2:30: Depart	<b>July 28 Virtual Simmer Picnic</b>  <b>July 28 Peer Led Support Group 6:30-8pm</b> 
<b>19</b> <b>Creative Week</b> 	<b>20</b> 12:00 – 12:30 Check-in 12:30 – 1:30: Make your own candles 1:3-2:30 Make your own soap 2:30-3:00 Clean Up	<b>21</b>	<b>22</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	<b>23</b>	<b>24</b> 12:00 – 12:30 Check-in 12:30 – 2:00 Outdoor Games (Volleyball, badminton, lawn darts) 2:00-2:30 Walk 2:30-3:00 Clean Up	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  
<b>26</b> <b>Games Week</b>	<b>27</b> 12:00 – 12:30 Check-in 12:30 – 2:30: NRIO Game Show-”2 minutes to win it” 2:30-3:00 Clean Up	<b>28</b>	<b>29</b> 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	<b>30</b>	<b>31</b> 12:00-12:30 Check In 12:30-2:30 West Deane Outdoor Pool 2:30-3:00 Depart	

