

# NOVEMBER DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
<b>Happy Fall!</b> 	<b>2</b> 12:00-12:30 Check-in 12:30-1:30 Goal Setting and Reflecting on the Year 1:30-2:30 Vision Board Making +games 2:30-3:00 Clean up	<b>3</b>	<b>4</b> <b>IRONCHEF</b> 12-12:30: Check-in 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	<b>5</b>	<b>6</b> 12:00-12:30 Check in & Depart 12:30 – 2:30- Billiards 2:30-3:00- Depart	 Concussion Series: Mondays 6-7:30 pm  Gentle Hatha Yoga Series: Thursdays 5-5:45
<b>8</b> <b>Goals Week</b> 	<b>9</b> 12:00-12:30 Check-in 12:30-2:00 Filming Goals- Real NRIO Rehab 2:00-2:30 Walk in Community 2:30-3:00 Clean up	<b>10</b>	<b>11</b> <b>IRONCHEF</b> 12:00-12:30 Check-in 12:30-1:00 Prep Snacks/drinks 1:00-3:00 <b>Real NRIO Rehab Viewing!!</b>	<b>12</b>	<b>13</b> 12:00 Depart 12:30-2:30 Science Centre 2:30 Depart	
<b>15</b> <b>Movie Week</b> 	<b>16</b> 12:00 – 12:30 Check-in & Depart 12:30-2:30- Off to the Movies!! 2:30- Depart	<b>17</b>	<b>18</b> <b>IRONCHEF</b> 12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & Saturday Day Program game prep	<b>19</b>	<b>20</b> 12:00-12:30 Check-in 12:30- 2:00 @ E-House: NRIO Guess Who Party Game 2:00-3:00 Who in the Room? Card Game	
<b>22</b> <b>Community Week</b> 	<b>23</b> 12-12:30: Check-in 12:30-1:30 Volunteering and Community Outreach Research 1:30-2:30 Plan December Calendar ideas together	<b>24</b>	<b>25</b> <b>IRONCHEF</b> 12-12:30: Check-in 12:30-2: Cook 2-2:30: Clean-Up 2:30-3:00 Plan next meal	<b>26</b>	<b>27</b> 12:00 – 12:30: Check-in 12:30 – 2:00- Group Lunch at Mandarin (Oct car wash treat) 2:30 Depart	
<b>29</b> <b>Holiday Season Week</b> 	<b>30</b> 12:00 – 12:30 Check-in 12:30-2:30 Christmas movie & hot chocolate 2:30-3:00 Clean up					

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