

JANUARY DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
2022!					NEW YEARS DAY No Day Program	 ABI Support Group 6:30-8pm - January 4 th - January 18 th Gentle Hatha Yoga 5-5:45pm -January 5, 12, 19, 26 Women and Brain Injury Support Group 6:30-8pm - January 6 th -January 20 th Social Drop in for Men with Brain Injury 6:30-8pm -January 13 th
Year in Review  3	4 12:00-12:30 Check-in 12:30-1:30 2021 Timeline & highlights 1:30-2:30 Goals for the New year & 2022 wish box 2:30-3:00 Clean up	5	6 IRONCHEF 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 & Depart 12:30-2:30- Library cards and Visit @Elmbrook Crescent 2:30- Depart	
10 Self Esteem Week 	11 12-12:30: Check-in 12:30-1:00 Self-Esteem Candy Game 1:00-2:00 Black Magic Guessing Game 2-2:30 Brain storming February Calendar	12	13 IRONCHEF 12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal	14	15 12:00-12:30 Check-in & Depart 12:30-2:30 Billiards 2:30 Depart	
17 Movie Week 	18 12:00 – 12:30 Check-in & Depart 12:30-2:30: Off to the Movies 2:30-3:00 Depart	19	20 IRONCHEF 12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal	21	22 12:00-12:30 Check-in 12:30-2:00 Club House Café, board games & Trivia 2-2:30 Walk in community 2:30-3:00 Clean up	
24 Memory Week 	25 12:00 – 12:30 Check-in 12:30-1:00- Hoy Card Game 1:00-2:00 Stories in the Hat Game 2:00-2:30 Slogan Trivia	26	27 IRONCHEF 12-12:30: Prep 12:30-2: Cook 2-2:30: Clean-Up 2:30-3: Plan next meal	28	12:00-12:30 Check-in & depart 12:30-2:30 Visit to the ROM 2:30 Depart 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  