

JULY DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
	<p style="text-align: right;">June 28</p> <p>12:00-12:30 Check-in 12:30-1:00 Making coffee and popsicles 1-2:30 Club House Games & Café 2:30-3 Clean-up</p>	<p style="text-align: center;">June 29</p>	<p style="text-align: right;">June 30</p> <p>IRONCHEF</p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal</p>	<p style="text-align: center;">1</p>	<p style="text-align: right;">2</p> <p>12:00-12:30 Check-in & Depart 12:30-2:30 High Park Nature Photography Walk 2:30-3:00 Depart & Arrive back at E-house</p>	<p>BIST  Brain Injury Society of Toronto</p> <p>BIAYR Yoga Therapy Every Thursday 6:00-7:00pm</p>
<p style="text-align: right;">4</p> <p>Archery</p> 	<p style="text-align: right;">5</p> <p>12:00-12:30 Check-in & Depart 1-3:00pm BIAYR Archery in Richmond Hill 3-4pm Depart & Arrive back at E-house</p>	<p style="text-align: center;">6</p>	<p style="text-align: right;">7</p> <p>IRONCHEF</p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal</p>	<p style="text-align: center;">8</p>	<p style="text-align: right;">9</p> <p>12:00-12:30 Check-in 12:30-1:30 Intentional Journaling 1:30-2:30 Day Program Scrapbook 2:30-3 Clean-up</p>	<p>Freaky Fridays - Online Social Drop-In 3:00-4:00pm July 15, 22, 29</p>
<p style="text-align: right;">11</p> <p>Car Wash</p> 	<p style="text-align: right;">12</p> <p>12-12:30: Check-in 12:30-1:00 Set up for Car Wash 2:30 Car Wash! 2:30-3 Clean-up</p>	<p style="text-align: center;">13</p>	<p style="text-align: right;">14</p> <p>IRONCHEF</p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal</p>	<p style="text-align: center;">15</p>	<p style="text-align: right;">16</p> <p>12:00-12:30 Check-in & Depart 12:30-2:30 Billiards 1:30-2:30 Depart & arrive back at E-house</p>	<p>ABI Online Support Group (BIST) July 5, 19 6:30 – 8:00pm</p>
<p style="text-align: right;">18</p> <p>Animals</p> 	<p style="text-align: right;">19</p> <p>12-12:30: Check-in 12:30-1:30 Personal Playlists 1:30-2:30 Making Wall Art on Vinyl Records 2:30-3 Clean-up</p>	<p style="text-align: center;">20</p>	<p style="text-align: right;">21</p> <p>IRONCHEF</p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal</p>	<p style="text-align: center;">22</p>	<p style="text-align: right;">23</p> <p>12:00-12:30 Check-in 12:30-1:30 Group Mindfulness 1:30-2:30 Therapy Animal Visit! 2:30-3 Clean-up and Debrief</p>	<p>BIST Summer Picnic in High Park Wednesday, July 27 6:00 – 8:00pm</p>
<p style="text-align: right;">25</p> <p>Climbing</p> 	<p style="text-align: right;">26</p> <p>12:00-12:30 Check-in 12:30-1:00 Gratitude Stroll 1-2:30 Gratitude Challenge! 2:30-3 Clean-up an Debrief</p>	<p style="text-align: center;">27</p>	<p style="text-align: right;">28</p> <p>IRONCHEF</p> <p>12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan meal</p>	<p style="text-align: center;">29</p>	<p style="text-align: right;">30</p> <p>12:00-12:30 Check-in & Departure 1:00-3:00 Boulderz Climbing Session! 3:00-3:30 Depart & Arrive back at E-house</p>	<p>Bayshore[®] HealthCare</p> <p> Integrated Care Solutions</p>