

SEPTEMBER DAY PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events	
			IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal		12:00 – 12:30 Check-in 12:30-1:30: Work on Creative Spotlight Showcase 1:30 – 2:30 A walk in nature 2:30-3:00 Clean up	 BIST Heroes 5k Sunday, September 25th 10:00am	
5 	6 12:00-12:30 Check-in & 12:30-1:00 Making movie snacks 1:00-2:30 Clubhouse Movie Day! 2:30-3:00 Debrief & Clean up	7	IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	8	9	10 12:00-12:30 Check-in & Depart from E-house 12:30-2:30 Apple Picking! (Carl Laidlaw Orchards) 2:30-3:00 Depart & arrive back at E-house	BIST Free Community Outing – Harbourfront Centre Friday, Sept. 2nd 3:00pm-5:00pm
12 	13 12:00-12:30 Check-in & Depart from E-house 12:30-2:30 Bowling! 2:30-3:00 Depart & arrive back at E-house	14	IRONCHEF 12-12:30: Check-in 12:30-2: Cook 2-3:00: Clean-up & plan next meal	15	16	17 12:00-12:30 Check-in 12:30-1:00 Sandwich Making 1:00-1:30 Depart to Marie Curtis Park 1:30-2:30 Picnic in the Park! 2:30-3:00 Depart and arrive back at E-house	BIAYR Online Social Drop-ins Every Thursday 6:30pm-8:00pm
19 	20 12:00 – 12:30 Check-in 12:30-1:00 Make Coffee and Tea 1:00-2:30 Clubhouse Board Game Café! 2:30 – 3:00 Clean up	21	IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	22	23	24 12:00-12:30: Check-in and Depart from E-house 1:00-2:30 GlowZone Arcade 2:30-3:00 Depart & arrive back at E-house	ABI Online Support Group (BIST) September 6th 6:30 – 8:00pm
26 	27 12:00 – 12:30 Check-in 12:30-2:00 Making fall-themed décor 2:00-2:30 Decorating the Clubhouse 2:30 – 3:00 Clean up	28	IRONCHEF 12-12:30: Prep 12:30-2: Cook 2:00-2:30: Clean Up 2:30-3:00 Plan next meal	29	30 October 1	 	