









June Senior's Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Community Events
3	5	7			<p>About the Calendar:</p> <p>Mondays Recreational, cognitive and Physical activities and games</p> <p>Wednesdays Iron chef cooking program</p> <p>Fridays Community outings</p> <p style="text-align: right;">59 Beaver Bend Crescent Etobicoke, Ontario M9B 5R2 416-231-4358 x37126 F 416.231.9982 E groupprogram@bayshore.ca Website: bayshore.ca</p>
<p>12:00-12:30 Check-in</p> <p>12:30-1:30 Get to know me</p> <p>1:30-2:00 Ice break card games</p> <p>2:00-2:45 BINGO</p> <p>2:30-3:00 Clean -Up</p>	<p>BINGO</p> 	<p>IRONCHEF</p> <p>12:00-12:30 Check-in</p> <p>12:30-2:00 Prep & Cook</p> <p>2:00-2:30 Eat!</p> <p>2:30-3:00 Clean-Up & plan next meal</p>	 <p>IRON CHEF</p>	<p>12:00-12:30 Check-in</p> <p>12:30-2:30 Marie Curtis beach!</p> <p>2:30-3:00 Depart and arrive back at E-House</p>	
10	12	14			
<p>12:00-12:30 Check-in</p> <p>12:30-1:00 Sit & Fit</p> <p>1:00-1:45 Jeopardy!</p> <p>1:45- 2:30 Bean Bag Toss</p> <p>2:30- 3:00 Clean-Up</p>	 <p>IRON CHEF</p>	<p>IRONCHEF</p> <p>12:00-12:30 Check-in</p> <p>12:30-2:00 Prep & Cook</p> <p>2:00-2:30 Eat!</p> <p>2:30-3:00 Clean-Up & plan next meal</p>		<p>12:00-12:30 Check-in</p> <p>12:30-2:30 Billiards</p> <p>2:30-3:00 Depart and arrive back at E-house!</p>	
17	19	21			
<p>12:00-12:30 Check-in</p> <p>12:30-1:00 Chair Exercises</p> <p>1:00-1:45 Fun Facts and Trivia activities</p> <p>1:45-2:30 Memory Themed activities</p> <p>2:30-3:00 Clean-Up</p>		<p>IRONCHEF</p> <p>12:00-12:30 Check-in</p> <p>12:30-2:00 Prep & Cook</p> <p>2:00-2:30 Eat!</p> <p>2:30-3:00 Clean-Up & plan next meal</p>	 <p>IRON CHEF</p>	<p>12:00 – 12:30 Check-in and Depart</p> <p>12:30-2:30 Dixie Mall (client's choice)</p> <p>2:30-3:00 Depart and arrive back at E-house</p>	
24	26	28			
<p>12:00-12:30 Check-in</p> <p>12:30-1:00 Meditation & Balance</p> <p>1:00-1:45 Community Walk (Beads)</p> <p>1:45-2:30 Jewellery making (Beads)</p> <p>2:30-3:00 Clean-Up</p>	 <p>IRON CHEF</p>	<p>IRONCHEF</p> <p>12:00-12:30 Check-in</p> <p>12:30-2:00 Prep & Cook</p> <p>2:00-2:30 Eat!</p> <p>2:30-3:00 Clean-Up & plan next meal</p>		<p>12:00-12:30 Check-in and Depart</p> <p>12:30- 2:30 Ceramic paintings at 'All Fired Up'</p> <p>2:30-3:00 Depart and back at E-house</p>	