


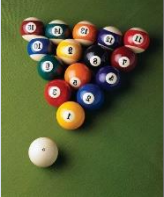








August Senior's Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Community Events
				<p>2</p> <p>12:00-12:30 Check-in 12:30-2:30 Marie Curtis beach! 2:30-3:00 Depart and arrive back at E-House</p>	<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>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>5</p> <p>12:00-12:30 Check-in 12:30-1:30 Get to know me 1:30-2:00 Ice break card games 2:00-2:45 BINGO 2:30-3:00 Clean -Up</p>		<p>7</p> <p>IRONCHEF 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>9</p> <p>12:00-12:30 Check-in 12:30-2:30 Billiards 2:30-3:00 Depart and arrive back at E-house!</p>	
<p>12</p> <p>12:00-12:30 Check-in 12:30-1:00 Sit & Fit 1:00-1:45 Jeopardy! 1:45- 2:30 Bean Bag Toss 2:30- 3:00 Clean-Up</p>		<p>14</p> <p>IRONCHEF 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>16</p> <p>12:00 – 12:30 Check-in and Depart 12:30-2:30 Dixie Mall (client's choice) 2:30-3:00 Depart and arrive back at E-house</p>	
<p>19</p> <p>12:00-12:30 Check-in 12:30-1:00 Chair Exercises 1:00-1:45 Fun Facts and Trivia activities 1:45-2:30 Memory Themed activities 2:30-3:00 Clean-Up</p>		<p>21</p> <p>IRONCHEF 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>23</p> <p>12:00-12:30 Check-in and Depart 12:30- 2:30 Ceramic paintings at 'All Fired Up' 2:30-3:00 Depart and back at E-house</p>	
<p>26</p> <p>12:00-12:30 Check-in 12:30-1:00 Meditation & Balance 1:00-2:30 Jewellery making (Beads) 2:30-3:00 Clean-up</p>		<p>28</p> <p>IRONCHEF 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>30</p> <p>12:00-12:30 Check-in 12:30-1:15 Memory Themed activities 1:15-2:30 September Calendar 2:30-3:00 Community walk</p>	