

ABI NOVEMBER DAY PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
					2 12:00-12:30: Check-in and Depart from E-house 12:30-2:30 Glow Zone Arcade! 2:30-3:00 Depart & arrive back at E-house	BISI Not so Blue Mondays Every Monday 1-2:30 pm
	5 12:00-12:30: Check-in 12:30-1:30 Canvas Art – Remembrance Day Special 1:30-1:45 Break time! 1:45-2:30 Walk Outside/Board game 2:30-3:00 Clean up		7 IRONCHEF 12-12:30: Prep 12:30-2:00 Cook 2:00-2:30 Eat! 2:30-3:00 Clean Up & plan next meal		9 12:00-12:30: Check-in and Depart from E-house 12:30-2:30 Fall Picnic at Marie Curtis Park 2:30-3:00 Depart & arrive back at E-house	BIAYR Exercise Body, Sense and Brain ONLINE November 1 st , Friday @11-12pm
	12 12:00-12:30 Check-in 12:30-1:15 Stretching Exercises 1:15-1:30 Break time! 1:30-2:00 Meditation /Yoga 2:00-2:30 Ping Pong 2:30-3:00 Clean up		14 IRONCHEF 12-12:30: Prep 12:30-2:00: Cook 2:00-2:30: Eat! 2:30-3:00 Clean Up & plan the next meal		16 12:00-12:30: Check-in and Depart from E-house 12:30-2:30 Etobicoke Civic Centre Art Gallery- FREE 2:30-3:00 Depart & arrive back at E-house	Bonfire November 5, Tuesday 1-3pm @ Phyllis Rawlinson Park
	19 12:00-12:30 Check-in 12:30-1:15 Karaoke 1:30- 2:00 Guess the tune 2:00-2:30 Next Month's Calendar Discussion 2:30- 3:00 Clean up		21 IRONCHEF 12-12:30: Prep 12:30-2:00: Cook 2:00-2:30: Eat! 2:30-3:00 Clean Up & plan next meal		23 12:00-12:30 Check-in 12:30-2:30 Bowling! 2:30-3:00 Clean-up	
	26 12:00-12:30 Check-In 12:30-1:15 Origami 1:15:1:30 Break time! 1:30- 2:30 Kaleidoscopes STEM PROJECT		28 IRONCHEF 12-12:30: Prep 12:30-2:00: Cook 2:00-2:30: Eat! 2:30-3:00 Clean Up & plan next meal		30 12:00-12:30 Check-in 12:30-2:30 Snakes and Lattes 2:30- 3:00 Clean-up	Bayshore® HealthCare Integrated Care Solutions