


# January 2025

**CONTACT INFORMATION:**

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✉ [Groupprogram@Bayshore.ca](mailto:Groupprogram@Bayshore.ca)

CLIENT INFORMATION		
FIRST NAME:	LAST NAME:	
PHONE NUMBER:	EMAIL:	
<i>(Please email form to <a href="mailto:Groupprogram@Bayshore.ca">Groupprogram@Bayshore.ca</a> OR hand into Program Manager)</i>		
Please indicate which days you will be attending NRIO's Day Program by placing a check mark in the box. Confirmation is required to ensure sufficient supplies. <i>Chargeable late cancellations (less than 24 hours) apply.</i>		
Tuesday (12-3)	Thursday (12-3)	Saturday (12-3)
	January 2 <input type="checkbox"/>	January 4 <input type="checkbox"/>
January 7 <input type="checkbox"/>	January 9 <input type="checkbox"/>	January 11 <input type="checkbox"/>
January 14 <input type="checkbox"/>	January 16 <input type="checkbox"/>	January 18 <input type="checkbox"/>
January 21 <input type="checkbox"/>	January 23 <input type="checkbox"/>	January 25 <input type="checkbox"/>
January 28 <input type="checkbox"/>	January 30 <input type="checkbox"/>	
<b>IRON CHEF *Registration Required*</b> Learn basic kitchen skills inclusive of safety tips, and meal preparation ideas, and experiment with new recipes. Max 4 participants.  <b>Thursdays, January 2,9,16,23 &amp;30: 12:00 pm-3:00 pm</b>		
<b>Outings</b> January 4 (Saturday): All Fired up (Ceramic paintings) January 11 (Saturday): Spadina Museum January 28 (Tuesday): Bowling		
<b>On-Site Programs</b> January 7 (Tuesday): Christmas Clean-up January 14 (Tuesday): Stretching Exercises & Chair Yoga January 18 (Saturday): Playing Board games & Making warm drinks January 21 (Tuesday): Recycling – Making Garbage Bins January 25 (Saturday): Clients Choice		