



















# ABI DAY PROGRAM CALENDAR JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
			<b>IRONCHEF<sup>2</sup></b> 12-12:30: Prep 12:30-2:00 Cook 2:00-2:30 Eat! 2:30-3:00 Clean Up & plan the next meal		4 12:00-12:30: Check-in and Depart from E-house <b>12:30-2:30 All Fired up (Ceramic Paintings)</b> 2:30-3:00 Depart & Arrive back at E-house	 Not so Blue Mondays Every Monday 1-2:30 pm
	7 12:00-12:30: Check-in 12:30-1:30 Christmas Clean-up 1:30-1:45 <b>Break time!</b> 1:45-2:30 Making posters for Club House 2:30-3:00 Clean up!		<b>IRONCHEF<sup>9</sup></b> 12-12:30: Prep 12:30-2:00 Cook 2:00-2:30 Eat! 2:30-3:00 Clean Up & plan the next meal		11 12:00-12:30: Check-in and Depart from E-house <b>12:30-2:30 Spadina Museum</b> 2:30-3:00 Depart & Arrive back at E-house	 
	14 12:00-12:30 Check-in 12:30-1:15 <b>Stretching Exercises</b> 1:15-1:30 <b>Break time!</b> 1:30-2:00 <b>Chair Yoga</b> 2:00-2:30 Discussing What's in news		16 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2:00: Cook 2:00-2:30: Eat! 2:30-3:00 Clean Up & plan the next meal		18 12:00-12:30: Check-in and Depart from E-house 12:30-1:30 <b>Playing Board games</b> 1:30- 2:30 <b>Making chocolate cookies and warm drinks (Club House)</b>	
	21 12:00-12:30 Check-in 12:30-1:45 <b>Recycling fun</b> (Making Garbage Bins) 2:00-2:30 Next Month's Calendar Discussion 2:30- 3:00 Clean up		23 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2:00: Cook 2:00-2:30: Eat! 2:30-3:00 Clean Up & plan the next meal		25 12:00-12:30 Check-in 12:30-2:30 <b>Client's Choice/ Movie @ E-house</b> 2:30-3:00 Clean-up	
	28 12:00-12:30 Check-In 12:30-2:30- <b>Bowling</b> 2:30- 3:00 Depart & arrive back at E-house		30 <b>IRONCHEF</b> 12-12:30: Prep 12:30-2:00: Cook 2:00-2:30: Eat! 2:30-3:00 Clean Up & plan next meal			