








ABI April Day Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
	1 12:00-12:30 Check-in 12:30-2:30 3D Wooden Puzzle (Break time included) 2:30-3:00 Clean-Up!		3 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 the next meal		5 12:00-12:30 Check-in and Depart 12:30-2:30 Mini Golf 2:30-3:00 Depart and arrive back at E-house	BIST Not so blue Mondays Every Monday @ 1-2:30pm Bist Office- 40 St Clair Avenue E Social Drop In for Men living with Brain Injury (In Person) Thursday, September 19 @6:30pm Bist office – 40 St Clair Avenue E
	8 12:00-12:30 Check-in and 12:30- 1:00 Seated Yoga Stretches 1:30-2:30 BIST Art Show Painting brainstorming 2:30-3:00 Clean up!		10 IRONCHEF 12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:00-2:30 Clean-up & plan the next meal		12 12:00 -12:30 Check-in and Depart 12:30-2:30 Scarborough Bluffs!! 2:30-3:00 Depart and arrive back at E-house	
	15 12:00-12:30 Check-in 12:30- 1:15 Painting Birdhouses 1:15- 2:15 2:30-3:00 Clean up!		17 IRONCHEF 12:00-12:0 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! (BBQ) 2:30-3:00 Clean up & plan the next meal		19 12:00-12:30 Check-in and Depart 12:30-2:30 High Park – Cherry Blossoms 2:30-3:00 Depart and arrive back at E-house	
	22 12:00-12:30 Check-in 12:30-1:30- Lets get Creative with Shrink cards! 1:30-2:15 Board Games! 2:15-2:30 Next Month Calendar discussion 2:30-3:00- Clean-Up!		24 IRONCHEF 12:00-12:0 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean up & plan the next meal		26 12:00-12:30 Check-in and Depart 12:30-2:30 Crock A Doodle Etobicoke 2:30-3:00 Depart and arrive back at E-house	
	29 12:00- 12:30 Check-in 12:30- 3:00 MOVIE DAY!! (off-site)					