January 2020

Daytime 9am-3pm Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Caturday		
3	Monday	Tuesday	vveuriesuay	i i	,	Saturday		
			Happy New Year		3	4		
			Closed	Closed	Closed			
5	Welcome Back! 6	7	8	9	10	11		
	Abode's New Years Eve Party 2.0!	DIY Muffins	Abode's 2020 Bucket List	Lunch Date (T1/\$)	*Community Class* Ability Dance Fit 10:30-11:30am			
	Community Service (T1)	Movment/Gym (T1)	Bowling (T1/\$)	Foot Spa	DIY Bagpipes			
12	13	14	15	16	Happy Birthday Claire! 17	18		
	DIY Muffins Pamper Yourself	Coffee Date (T1/\$)	Instruments from Around the World	Movie at Southpoint	Claire's Birthday Celebrations			
	•	gt.		(T1/\$)	Lunch Date (T1/\$)			
	Community Service (T1)	Creativity: Nail Art	Vitals with Nurse Jess 1pm	Foot Spa	Creativity: Nail Art			
19	20	21	22	23	24	25		
	DIY Muffins Pay-it-Forward	Valentines Day Cards Prep	Coffee Date (T1/\$)	Group Games	*Community Class* Ability Dance Fit 10:30-11:30am			
	Community Service (T1)	Movement/Gym (T1)	Foot Spa	Sensory Hour	Claire's Kitchen: French Toast & Fruit (L)			
26	27	28	Bell Let's Talk 29	30	31			
	AquaFit (T1/\$) DIY Muffins	Valentines Day Cards Prep	PJ & Comfy Clothes Day	Wii Games	Let's Brunch !(L)			
	Community Service (T1)	Bowling (T1/\$)	Blanket Fort & Movie with Snacks!	Coffee Date (T1/\$)	Gym (T1)			
		Notes						
		Previous month's payment is due on the 15th of every month. **Calendars are subject to change						

January 2020

Evening (3pm-8pm) Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Happy New Year			
				Closed	Closed	
5	6	*PICK UP* 7	8	9	10	11
		Menu: Dinner Date (\$)		Menu: Wraps (D)	Menu: Chick Fingers & Veggies (D)	
		Let's Hit the Gym: Yoga		Let's Hit the Gym!(T1)	Valentines Day Cards	
		& Essex County Heroes Basketball (T1)		Grocery Shop & Meal Prep	Meal Prep Let's Hit the Gym! (T1)	
12	13	*PICK UP* 14			Happy Birthday Claire! 17	18
		Menu: Dinner Date (\$)		Menu: Meatballs & Rice (D)	Menu: Dinner Date (\$)	
		Let's Hit the Gym: Pilates & Essex County Heroes Basketball (T1)		Let's Hit the Gym!(T1) Grocery Shop & Meal Prep	Coffe Date @ Charles Clarke Square Ice Rink (T2/\$)	
19	20	*PICK UP* 21	22	23	24	25
	<u>[20</u>	Menu: Dinner Date (\$)	<u> </u>	Menu: Dinner Date (\$)	Menu: Dinner Date (\$)	<u></u>
		Let's Hit the Gym: Mobility & Essex County Heroes Basketball (T1)		Let's Hit the Gym!(T1)	Spectate a Sport (T1)	
				Community Class Soups ON! Class 1	Let's Hit the Gym! (T1)	
26	27	*PICK UP* 28	29	30	31	
		Menu: Dinner Date (\$)		Menu: Dinner Date (\$)	Menu: Pizza	
		Let's Hit the Gym: Pilates & Essex County		Let's Hit the Gym!(T1)	Let's Hit the Gym! (T1) *Membership Event*	
		Heroes Basketball (T1)		*Community Class*	Pizza and Paint Night	
		, ,		Soups ON! Class 2	(\$)	
	<u> </u>	Notes: Pervious month's payment due *Alternate Pick-Up Loc Tuesday night pick up is	ations*			Abode respite 'Calendars are subject to change