

March 2020

Daytime 9am-3pm Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	DIY Muffin Monday Community Service (T1)	Gym & Coffee Date (T1/\$) Foot Spa Guitar and Bass	Let's Brunch! (L) Group Development: Healthy Choices	Pay-it-Forward & Walking Track (T1)	*Community Class* Ability Dance Fit(T1) 10:30-11:30am Group Games	
8	9	10	11	12	13	14
	DIY Muffin Monday Community Service (T1)	Coffee Date (T1/\$) St. Patty's Day Creativity Guitar and Bass	Creativity Gym (T1)	Movie at Southpoint (T1/\$) Foot Spa	DIY Apple Pie (and taste testing) Coffee Date (T1)	Happy PI (3.14) day!
15	16	17	18	19	20	21
	All things Green Brunch (L) DIY Muffins Community Service (T1)	St. Patrick's Day! DIY Lucky Charms Bark Walking Track (T1) Guitar and Bass	Music Circle Group Games	First Day of Spring Explore your Community (T1) Creativity	Rock Your Socks! *Community Class* Ability Dance Fit (T1) 10:30-11:30am World Down Syndrome Day Activity	World Down Syndrome Day
22	23	24	25	26	27	28
	DIY Muffin Monday Community Service (T1)	Gym (T1) Let's Get Packin'! Guitar and Bass	Movie Morning Lunch Date (T1/\$)	Bowling (T1/\$) Foot Spa	Evening Membership Event Let's Get Packin'! Afternoon Apps & Program Errands (T1)	
29	30	31				
	AquaFit (T1/\$) Let's Get Packin'! Community Service (T1)	Gym (T1) Foot Spa DIY Muffins Guitar and Bass Notes				
<p>Previous month's payment is due on the 15th of every month.</p> <p>Membership Event: Trip to Adventure Bay Friday March 27. Prompt departure from Abode at 5pm, pick up at Adventure Bay for 8pm. Please RSVP to Heather if you wish to attend.</p>						



**Calendars are subject to change

March 2020

Evening (3pm-8pm) Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1		2 *PICK UP* Menu: Dinner Date (\$) Guitar and Bass Let's Hit the Gym & Essex County Heroes Basketball (T1)		4	5 Menu: Perogies (D) Let's Hit the Gym!(T1) Grocery Shop & Meal Prep	6 Menu: BLT & Garden Salad (D) Live music @ Carrots n Dates (T2)	7
8		9 *PICK UP* Menu: Dinner Date (\$) Guitar and Bass Let's Hit the Gym & Essex County Heroes Basketball (T1)		11	12 Menu: Wraps (D) Let's Hit the Gym!(T1) Grocery Shop & Meal Prep	13 *PICK UP* Menu: Dinner Date DSSA Pasta Dinner (T2/\$)	14
15		16 *PICK UP* Menu: Dinner Date (\$) Guitar and Bass Let's Hit the Gym & Essex County Heroes Basketball (T1)		18	19 Menu: Meatballs & Rice (D) Let's Hit the Gym!(T1) Grocery Shop & Meal Prep	20 Menu: Hot Dogs & Veggies Live music @ Carrots n Dates (T2)	21
22		23 *PICK UP* Menu: Dinner Date (\$) Guitar and Bass Let's Hit the Gym & Essex County Heroes Basketball (T1)		25	26 Menu: Nacho Night (D) Let's Hit the Gym!(T1) Grocery Shop & Meal Prep	27 *PICK UP* Menu: Dinner Date (\$) Membership Event: Adventure Bay (T2/\$)	28
29		30 *PICK UP* Menu: Dinner Date (\$) Guitar and Bass Let's Hit the Gym & Essex County Heroes Basketball (T1)					
		Notes: Pervious month's payment due on the 15th of every month *Alternate Pick-Up Locations* Tuesday night pick up is at Essex High School Friday March 13 pick up is at St. Angela Centre & Hall: 750 Erie St. E, Windsor ON Friday March 27 pick up is at Adventure Bay: 401 Pitt St. W, Windsor ON					



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