

December 2019

Daytime 9am-3pm Group Respite Calendar


S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	DIY Muffin Mondays Aquafit (T1/\$) Community Service (T1)	Group Games Movement/ Gym (T1)	Bowling (T1/\$) Creativity with Jamie	Popcorn Garland Foot Spa	Claire's Kitchen: Chicken Fingers and Fries Lunch (L) Movement/ Gym (T1)	Essex Santa Claus Parade Sat Dec 14 @ 6:30! Join us as we celebrate people of all abilities and spread our ABILITYFIRST message to the community. RSVP to Heather
8	9	10	11	12	13	14
	DIY Muffin Mondays Community Service (T1)	Coffee Date (T1/\$) Foot Spa WII Games	Christmas Movie Day In DIY Hot Chocolate	Program Errands & Afternoon Apps. (T1) DIY Ornaments	Movement/ Gym (T1) Christmas Bingo!	Essex Santa Claus Parade @6:30!
15	16	17	18	19	20	21
	Membership Event Sloan's Christmas Tree Village! (T2/\$) Meet at Abode 9am	Christmas Baking Movement/ Gym (T1)	Ugly Christmas Sock Day & Wii Games Vitals with Nurse Jess @ 1:30pm *Community Event* Karaoke Night 6:30pm-7:45pm	Movie at Southpoint (T1/\$) Foot Spa	Christmas Baking Ugly Christmas Sweater Day & Pizza Lunch (Provided by Abode)	
22	23	24	25	26	27	28
Closed						
29	30	31	1	2	3	4
Closed						
Notes						
<p>See you back Monday January 6th, 2020</p> <p>From all of us at Abode, MERRY CHRISTMAS & HAPPY NEW YEAR!</p>						



**Calendars are subject to change

December 2019

Evening (3pm-8pm) Group Respite Calendar

S	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	*PICK UP* 3 Menu: Dinner Date (\$) Let's Hit the Gym: Mobility & Essex County Heroes Basketball (T1)	4	5 Menu: Nacho Night (D) Grocery Shop & Meal Prep Let's Hit the Gym! (T1)	6 Menu: Dinner Date (\$) Coffee Date & Jackson Park Lights (T2/\$)	7 Join us as we walk in the Essex Santa Claus Parade Celebrating People of all Abilites! Please RSVP to Heather	
8	9	*PICK UP* 10 Menu: Dinner Date (\$) Let's Hit the Gym: Yoga & Essex County Heroes Basketball (T1)	11	12 Menu: Wraps (D) Grocery Shop & Meal Prep Let's Hit the Gym! (T1)	13 Menu: Dinner Date (\$) Let's Hit the Gym! (T1) & Christmas Cards	14 Essex Santa Claus Parade @ 6:30pm	
15	16 *Members Event* Sloan's Christmas Tree Village	*PICK UP* 17 Menu: Dinner Date (\$) Let's Hit the Gym: Pilates & Essex County Heroes Basketball (T1)	18 *Community Event* Karaoke Night 6:30pm-8:30pm	19 Menu: Meatballs & Rice (D) Grocery Shop & Meal Prep Let's Hit the Gym! (T1)	20 Menu: Dinner Date (\$) Celebrate Michael's Birthday! McGregor Dance (T2)	21	
22	23	24	25	26	27	28	
29	30	31					
HBD Michael							
5	6	Notes: Alternate Pick-Up Locations Tuesday night pick up is at Essex High School See you back Monday January 6th, 2020! From all of us at Abode, MERRY CHRISTMAS & HAPPY NEW YEAR!				 *Calendars are subject to change	