

AbodeMay2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
-DanceFit (starting at 1:30pm from now on) -National	-Abode Bingo Hall -DrumFit	-History of Disability -Karaoke -May the 4 th be with you	-Cinco De Mayo history and celebration	-Abode Cinemas -Prep for Mother's Day	
9	10	11	12	13	14
-DanceFit -PenPal Project	-Karaoke -Abode Salon	-Jazzercise -National eat what you want day	-Abode Cinemas -Abode Garden	GOING OUT Colasantis Lunch and Golf \$30.00 cash day of. T1	- Cooking Club - Abode Cinemas -Walk N Explore
16	17	18	19	20	21
-Dance Fit - Abode Bingo Hall	- Abode Cinemas - DrumFit	-Celebrate Luke -Abode Non Alc. Brewery -History of Disability	- Karaoke -Homemade Dog treats	- Yonanas - Circuit Workout	
23	24	25	26	27	28
- May Photo Booth -Dance Fit GOING OUT Dairy Freez (Ice cream only/ \$10) T1	- Abode Garden - Yonanas	-Jazzercise - Abode Cinemas	-Karaoke -PenPal Project	-DrumFit -Abode Salon -Cold Drink Bar	-Karaoke - Weekend Workout -Drink Bar
30	31				
-Dance Fit -Baking Club -Abode Cinemas	- Subway Lunch & Conservation (\$5) - Yoga & Meditation				

Important Notes

Communication

Please use the following contact information to speak with the Mentors about dropoff/pick up information and any other program related questions

aboderespitementors@gmail.com

519-961-9092 (Fergie/ 140)

519-961-9077 (Earl/ 144)

*April invoice due May 15

**All invoices can be paid online via QuickBooks or e-transfer to aboderespite.invoice@outlook.com

GOING OUT

Abode has loved being able to go out again! Our members would like to start doing this more often. Here is the list dates and important info.

May 13: Colasanti's (Lunch and Golf \$30.00/cash only) T1 FEE

May 23: Dairy Freez (Ice cream Only \$10/cash only) T1 FEE

May 31: Subway Lunch and Conservation Walk (\$5.00/cash only) T1 FEE

Any members are able to reserve a spot and join for any day outside of their spot reservation. Email Heather to reserve a random day.

Send in Abode bathing suits and towel labelled (to keep at Abode) and bottle of sunscreen by May 31.

The programming on this calendar was decided upon by the membership of Abode Respite House.