



DAY PROGRAM APRIL 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
	<p>*MyBooklet BC is a FREE online tool that families & people with disabilities can use to create a beautiful & personalized information booklet for a loved one or themselves. >>>></p>	<p>We would like to create one with each of the Individuals at Day Program</p>		<p>1 Welcoming Wellness *Health Activity Baking!!/Nature walk</p> <p>Guest Speaker: The O'Hearn Family Pacific Crest Trail ☺ Refreshments ☺</p>	<p>WELCOME TO DAY PROGRAM!!</p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS: 8am-9am ARRIVALS & DAY PREP</p>
<p>4 Welcoming Wellness *Health Activity Personal Development - Problem Solving Community Resources Library Book Buzz</p>	<p>5 Welcoming Wellness *Health Activity Games Group @ Youth Centre/ Shopping for supplies Music Group: Different Genres ; what is your preference</p>	<p>6 Welcoming Wellness *Health Activity Cooking Group: Tuna Melt & spinach Salad \$5 Guest Speaker: MANDY Dental Hygeine Workshop</p>	<p>7 Welcoming Wellness *Health Activity Recycling Workshop: Amish Lifestyle</p> <p>Easter craft-Decorating Eggs!! Movie & popcorn</p>	<p>8 Welcoming Wellness *Health Activity BOWLING! \$4.50</p> 	<p>9am-11:30am LET THE DAY BEGIN: Health Activities ,Games, Workshops...ETC</p> <p>--12pm - 1pm-- LUNCH & CLEAN UP</p>
<p>11 Welcoming Wellness *Health Activity Safety training -violence Book Buzz Socialization skill Building : -Compliments</p>	<p>12 Welcoming Wellness *Health Activity Games Group @ TAAC/ shopping for supplies Music Group: Musical chairs</p> 	<p>13 Welcoming Wellness *Health Activity Cooking Group: Quesadillas w/rice & beans \$5 Armchair Travel: CUBA Craft to follow</p>	<p>14 Welcoming Wellness *Health Activity Recycling Workshop: Kootenay Ghost towns Easter Party! Music, Games, Snacks, Prizes</p>	<p>15</p> <p>TAAC CLOSED GOOD FRIDAY</p>	<p>1:00-3:30 Activity ,Craft ,Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie & discussions.</p>
<p>18</p> <p>TAAC CLOSED EASTER MONDAY</p>	<p>19 Welcoming Wellness *Health Activity Games Group @ Youth Centre/ shopping for supplies Music Group: Karaoke Country style</p>	<p>20 Welcoming Wellness *Health Activity Cooking Group: chicken wrap / veggies & dip Workshop: Budgeting</p> 	<p>21 Welcoming Wellness *Health Activity Recycling Workshop: Earth Day Personal Development: Self confidence</p>	<p>22 Welcoming Wellness *Health Activity COLUMBIA GARDENS WINERY TOUR \$7</p> 	<p>3:30-4pm TAAC MAINTENANCE & CLEAN UP.</p> <p>*RECYCLING IS A WEEKLY JOB PRESELECTED</p>
<p>25 Welcoming Wellness *Health Activity Team Planning Meeting Book Buzz Home Management: -Chores/Home safety</p>	<p>26 Welcoming Wellness *Health Activity Games Group @ Youth Centre/shopping for supplies Music Group: Karaoke 90's</p> 	<p>27 Welcoming Wellness *Health Activity Cooking Group: Pasta salad & fruit Workshop: Healthy Eating & Canada Food Guide</p>	<p>28 Welcoming Wellness *Health Activity Recycling Workshop: Healthy Sleeping Habits Personal Development: Problem Solving</p>	<p>29 Welcoming Wellness Health Activity (Bring Picnic Lunch) HARDING RANCH PETTING ZOO \$20</p> 	<p>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness</p>