

# Day Program April 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
<p><b>3</b> Welcoming Wellness Walking /outdoors/arena Transit Book Buzz/My Booklet Group Circuit Learning Project: Gardening- What to plant in our planters and vegetables for new planters</p>	<p><b>4</b> Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre/ Shopping for Supplies Digital Literacy Music Group: Fun with instruments</p>	<p><b>5</b> Welcoming Wellness 9-10 am Sit &amp; Be fit Current Events/Easter Crafts Cooking Group: Chef's Salad \$6 Workshop: Giving back to Community and Giving Organizations</p>	<p><b>6</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: The meaning of Easter &amp; Where traditions came from/Easter Crafts Swimming @ Aquatic Centre Side By Side Modules</p>	<p><b>7</b>  <b>Good Friday Stat TAAC Closed</b></p>	<p><b>WELCOME TO DAY PROGRAM!!</b></p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS:</p> <p><b>8am-9am</b> ARRIVALS &amp; DAY PREP</p> <p><b>9am-11:30am</b> LET THE DAY BEGIN: Health Activities Games, Workshops...ETC</p> <p><b>--12pm - 1pm--</b> LUNCH &amp; CLEAN UP</p> <p><b>1:00-3:30</b> Activity, Craft, Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie &amp; discussions.</p> <p><b>3:30-4pm</b> TAAC MAINTENANCE &amp; CLEAN UP.</p> <p>*RECYCLING IS A WEEKLY JOB PRESELECTED</p> <p>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit &amp; be Fit, Walking Wellness</p>
<p><b>10 Easter Monday Stat TAAC Closed</b></p> 	<p><b>11</b> Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre/ Shopping for Supplies Digital Literacy Music Group: Karaoke &amp; musical games</p>	<p><b>12</b> Welcoming Wellness 9-10 am Sit &amp; Be fit Cooking Group: Lasagna \$6 Work Shop: Special Guest, Anti Bullying</p>	<p><b>13</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: Learn about sharks Swimming @ Aquatic Centre Side By Side Modules</p>	<p><b>14</b> Welcoming Wellness 9:15-10am Dance/Zumba <b>3</b> Welcoming Wellness 9:15-10am Dance/Zumba</p>  <p><b>BOWLING \$5</b></p>	
<p><b>17</b> Welcoming Wellness Walking /outdoors/arena Transit Book Buzz/My Booklet Safety Drills for April: Violence Group Circuit Learning: Bus Safety</p>	<p><b>18</b> Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre/ Shopping for Supplies Digital Literacy Music Group: Name that tune</p>	<p><b>19</b> Welcoming Wellness 9-10 am Sit &amp; Be fit Cooking Group: Wings, Hot, Teriyaki (assorted) with Potato Salad \$6 Work Shop: Homelessness and Stigma</p>	<p><b>20</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Wood Round stepping stones/painted (names) Swimming @ Aquatic Centre Side By Side Modules</p>	<p><b>21</b> Welcoming Wellness 9:15-10am Dance/Zumba</p> <p><b>Art Attack!!</b> -----</p> <p>Complete Murals, work on Stepping Stones, Parade Entry</p>	
<p><b>24</b> Welcoming Wellness Walking /outdoors/arena Transit/ Coffee social outing Book Buzz/ My Booklet Gardening Project: starters</p>	<p><b>25</b> Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre/ Shopping for Supplies Digital Literacy Music Group: History of instruments</p>	<p><b>26</b> Welcoming Wellness 9-10 am Sit &amp; Be fit Cooking Group: Grilled Ham &amp; Cheese with Tomato Soup \$6 Work Shop: How to make new friends and keep them</p>	<p><b>27</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: Personal Hygiene, Why it is important. Why see Doctor/Dentist/Optometrlist regularly Swimming @ Aquatic Centre Side By Side Modules</p>	<p><b>28</b> Welcoming Wellness 9:15-10am Dance/Zumba</p> <p><b>Ainsworth Hot Springs</b></p>	