









April 2024 - TACL DAY PROGRAM ACTIVITY CALENDAR

<p>1st Monday</p>  <p style="text-align: center;">EASTER MONDAY STAT</p>  	<p>2nd Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk Outside or Arena 10:00 Games Group 11:00 Name that Tune 12:00 Lunch & Tidy up 1:00 Classic Rock-Rock Out  1:50 Karaoke Fun 3:00 Pic Bingo</p>	<p>3rd Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance/Mindfulness 10:00 Goal Activity/Talent Show Practice 11:00 Decision Making-Helpful Ideas & Tips 12:00 Lunch & Tidy up 1:00 Current Events/Positive Stories 1:50 Art Class at VISAC - 2pm - 3pm  3:00 Mind Games</p>	<p>4th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch/Mindfulness 10:00 Cultural - Who were the Mayans? 11:00 Virtual Tour of a Ancient Mayan Civilization 12:00 Lunch & Tidy up / Swimming Prep 1:00 Walk /Swimming 1:50 Theatre Games/Sing along Songs 3:00 Find the Difference</p>	<p>5th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Just Dance / Mindfulness 10:00 Light & Crosswalk Safety-in town walk 11:00 Walk to Coffee Shop & Social 12:00 Lunch & Tidy up 1:00 Glenmerry Bowl & Treat 1:50 Bowling Est return 2:30 pm 3:00 Crossword</p>
<p>Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Digital Learning 10:00 Goal Activity/Talent Show Practice 11:00 Employment-Appearance/Hygiene 12:00 Lunch & Tidy up 1:00 Arm Chair Travel-Las Vegas 1:50 Walk the Loop 3:00 Word Search</p>	<p>9th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move 10:00 Games Group/Shopping 11:00 Walk Outside or Arena 12:00 Lunch & Tidy up 1:00 Guess the TV Themes & Jingle 1:50 Music Games 3:00 Pic Bingo</p>	<p>10th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch/Mindfulness  10:00 Cook-Breakfast Bagel with side of fruit  11:00 Kitchen Safety-How to Clean  12:00 Lunch & Tidy up 1:00 Current Events/Positive Stories 1:50 Art Class at VISAC - 2pm - 3pm  3:00 Name that Tune</p>	<p>11th Thursday</p> <p>8:00 Morning Greetings & Sign-in  9:00 Body Balance / Recycle Prep  10:00 How to Prioritize Your Activities 11:00 Workshop - History of Trail & Rosland 12:00 Lunch & Tidy up / Swimming Prep 1:00 Walk / Swimming 1:50 Theatre Games/Sing along Songs 3:00 Crossword</p>	<p>12th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Just Dance/Digital Learning 10:00 Safety-How to stay safe -Violence 11:00 Walk Bridges 12:00 Lunch & Tidy up 1:00 Movie & Popcorn 1:50 "The Greatest Showman" 3:00 Mind Games</p>
<p>15th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move/Digital Learning 10:00 Counting Pop Bottles 11:00 Cultural-B.C. Indigenous People 12:00 Lunch & Tidy up 1:00 Book Buzz - Peer Read Along 1:50 at the library 3:00 Find the Difference</p>	<p>16th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk Outside or Arena  10:00 Games Group/Shopping 11:00 Name that Tune 12:00 Lunch & Tidy up 1:00 Disney Hits 1:50 Sing & Dance 3:00 Name that Tune</p>	<p>17th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance/Mindfulness 10:00 Goal Activity/Talent Show Practice 11:00 Workshop-Understanding my Anger 12:00 Lunch & Tidy up 1:00 Chill Vibes - Learn Calming Techniques 1:50 Walk 3:00 Crossword</p>	<p>18th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness/Recycle Prep 10:00 Cultural - Languages around the World 11:00 Cultural-Book "This is How We Do It" 12:00 Lunch & Tidy up / Swimming Prep 1:00 Walk/Swimming 1:50 Theatre Games/Sing along Songs 3:00 Word Scramble</p>	<p>19th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch / Digital Learning 10:00 Homemade Sun Catchers and 11:00 Jewel Decorations 12:00 Lunch & Tidy up 1:00 Bingo And Prizes 1:50 Brain Games 3:00 Pic Bingo</p>
<p>22nd Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Digital Learning  10:00 Earth Day 11:00 Workshop-Why do we Recycle? 12:00 Lunch & Tidy up 1:00 Employment-Working with the Public 1:50 Titanic - History of the Unsinkable Boat  3:00 Card Games</p>	<p>23rd Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance/Mindfulness 10:00 Games Group/Shopping 11:00 Team Meeting & Fruit Smoothie 12:00 Lunch & Tidy up 1:00 Top 100 Songs Ever-Do you Agree? 1:50 Sing your Favorites 3:00 Word Search</p>	<p>24th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Chair Exercises / Mindfulness  10:00 Cook-Beef Dip with sweet potato fries 11:00 Kitchen Safety-Best Before dates 12:00 Lunch & Tidy up 1:00 Pool and Beverage 1:50 at the Arlington 3:00 Pic Bingo</p>	<p>25th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move/Recycle Prep  10:00 Goal Activity/Journal  11:00 Talent Show Practice 12:00 Lunch & Tidy up / Swimming Prep 1:00 Walk/Swimming 1:50 Theatre Games/Sing along Songs 3:00 Find the Difference</p>	<p>26th Friday</p> <p>8:00 Morning Greetings & Sign-in  9:00 Am Stretch/Digital Learning  10:00 Goal Activity/Prep for outing 11:00 Walk to Bus stop/Bus to Rosland 11:12am 12:00 Lunch at Subway 1:00 Buy Local - Sweet Treat 1:50 Bus leaves at 2:18pm 3:00 Word Scramble</p>
<p>29th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Digital Learning 10:00 Counting Pop Bottles 11:00 Goal Activity/Talent Show Practice 12:00 Lunch & Tidy up 1:00 Mothers Day Craft/Gift 1:50 Cont... Craft 3:00 Name that Tune</p>	<p>30th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move 10:00 Games Group/Shopping 11:00 Goal Activity 12:00 Lunch & Tidy up  1:00 Jazz-History & Listening 1:50 What is emotions in music?? 3:00 Find the Difference</p>	<p> APRIL COST BREAK DOWN </p> <p style="text-align: center;">3rd-\$10. VISAC</p> <p style="text-align: center;">5th-\$5. Drink & Aprox \$8. Bowling</p> <p style="text-align: center;">10th-\$6. Breakfast Bagel & \$10. VISAC</p> <p style="text-align: center;">23rd-\$2. Smoothies</p> <p style="text-align: center;">24th-\$6. Beef Dip & \$5.-\$10. Pool/Arlington</p> <p style="text-align: center;">26th-\$4.50 Buse Fare & \$20. Lunch</p> <p style="text-align: center;">29th-\$5. Mothers Day Craft/Gift</p> 	<p style="text-align: center;">WELCOME!!! DAY PROGRAM IS OPEN FROM 8:00 AM AND STARTS WITH WELCOMES, CHECK INS AND CHIT CHATS. END OF THE DAY IS AT 4:00 PM. PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY AT HOME. THANK YOU FOR YOUR UNDERSTANDING.</p> <p style="text-align: center;">***REMEMBER TO DRESS AND PREPARE FOR THE WEATHER***</p>  	