

Marvelous MONDAY Mind, Body & Soul	Terrific TUESDAY Absorb & Learn	Whacky WEDNESDAY Healthy Living	Trendy THURSDAY Community Connections	Fun FRIDAY Fun Day	Schedule/Day Program Routine
			1 - Recycling "SG"; - Out for Coffee & Chat; - Movie at TAAC;	2 Christina Lake Lunch included 9:00am Departure	Welcome to Day Program <i>We try our best to stick to the following routine daily, unless otherwise stated:</i> 8:00am – 9:00am: arrivals & hellos;
5 	6 - Recycling "SG"; - Bottle Recycling & Depot; - Show & Tell! - Fashion Show Rehearsal; - Workshop: Healthy Sleeping Habits; <i>[TAAC Maintenance]</i>	7 - FIT, FAMILY & FRIENDS; - Swimming 1pm; - Active Group: Learn how to walk on a runway!! <i>[TAAC Maintenance]</i>	8 - Recycling "SG"; WildSafe BC Presentation 10am meet at GYRO Park;  <i>[TAAC Maintenance]</i>	9 Fire Station Visit 10am at Fire Hall 	9:00am – 9:30am: Coffee/Tea & peer to peer social time; 9:30am – 10:00am: Clean-up & TAAC Maintenance; 10:00am – Noon: activity/craft/workshop/ community outing;
12 - Recycling "SG"; - CVL Visit "SG"; - Cultural Workshop Series: Around the World; <i>[TAAC Maintenance and Health & Safety]</i>	13 - Recycling "SG"; - Bottle Recycling & Depot; - Show & Tell! - Fashion Show Rehearsal; - Workshop: How to deal with food cravings; <i>[TAAC Maintenance and Health & Safety]</i>	14 - FIT, FAMILY & FRIENDS; - Swimming 1pm; - Craft: Make a picture frame! <i>[TAAC Maintenance and Health & Safety]</i>	15 - Recycling "SG"; - Out for coffee & Chat; - Calendar Team Planning Meeting 1pm-3pm; <i>[TAAC Maintenance and Health & Safety]</i>	16 Harding Heights Ranch (\$20 p/p) (RSVP required by Aug 12)  May be some mobility issues! 	Noon – 1:00pm: Lunch & clean-up; 1:00pm – 2:00pm: activity/craft/workshop/ community outing (may be continuance from the morning); 2:00 – 3:00pm: winding the day down, peer to peer social time, movie, discussions, health & safety drills, TAAC maintenance.....
19 - Recycling "SG"; - CVL Visit "SG"; - Cultural Workshop Series: Around the World; - Learn to Paint (\$40 p/p) 1-3pm in TAAC Gym; <i>[TAAC Maintenance]</i>	20 - Recycling "SG"; - Bottle Recycling & Depot; - Show & Tell! - Fashion Show Rehearsal; - Workshop: Learn some sign language; <i>[TAAC Maintenance]</i>	21 - FIT, FAMILY & FRIENDS; - GYRO Water Park & Bocce Game BYOL; <i>[TAAC Maintenance]</i>	22 - Recycling "SG"; Guest Speaker 10am: Dental Program at TAAC; - Movie at TAAC: who is Bigfoot? <i>[TAAC Maintenance]</i>	23 SELF-ADVOCATE Presentation 1-3pm (Good-Bye to Bella)	3:00 – 4:00pm: good-byes, clean-up & farewell for the day! * <i>Pre-Selected Groups "SG":</i> are not open to everyone individuals are pre-selected based on varied requirements.
26 - Recycling "SG"; - CVL Visit "SG"; - Cultural Workshop Series: Around the World; <i>[TAAC Maintenance]</i>	27 - Recycling "SG"; - Bottle Recycling & Depot; - Show & Tell! - Fashion Show Rehearsal; - Workshop: Why do we Snore? <i>[TAAC Maintenance]</i>	28 - FIT, FAMILY & FRIENDS; - Swimming 1pm; - Outdoor Safety: talk & walk; <i>[TAAC Maintenance]</i>	29 - Recycling "SG"; - Prepare Art Show Box; - Make sock puppets in preparation for art show; <i>[TAAC Maintenance]</i>	30  Sock Puppet Art Show	 All activities are accessible to everyone unless this symbol is beside the activity.

DAY PROGRAM NEWS

Welcome our new Day Program Participant - Jordan McPhee!

We had Communities in Bloom stop by to help us weed and they gave us some nice flowers for our front entrance!

In July we had a fun game of baseball.



AUGUST HIGHLIGHTS....

- **Show & Tell:** all Day Program participants are encouraged to bring something from home to show the group and talk about it for a few minutes!
- **Harding Heights Ranch:** (\$20 fee) everyone will enjoy the petting zoo and have the opportunity to get on a horse if they want!
- **Learn to Paint:** (\$40 fee) those who participate will bring home an Owl picture!
- **Self Advocate:** this is a talk put on by a peer who will explain to the Day Program participants how they can have a voice!