

AUGUST 2020 DAY PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HAPPY B.C. DAY! CLOSED	4 - Gyro Park; - Frozen Hands (outdoors); - Hand fun facts, trivia, and games (outdoors); - Activity: Trace and decorate our hands, make hand bunting to hang-up.	5 Morning check-in; - Welcoming Wellness: Beginners yoga and mindfulness activities (outdoors); - Pen Pal Program - Armchair Travel: Let's explore Holland; - Make crepe paper Tulips	6 Morning check-in; - Workshop: Communication: What is it? - Scavenger hunt walk, how do I get there (outdoors); - Learn about different types of communication; - What if game	7 Morning check-in; - Bus to Fruitvale - Fitness and fun at Creekside Park; - Subway sandwich picnic \$12 p/p - Current Events discussion.
10 Morning check-in; - Scavenger Hunt walk; Bug Bingo (outdoors); - Show and Tell: What comes from my garden - Learn: Self image, who am I? - Paper Mache mask (part one)	11 Morning check-in; - Stretch and balance (outdoors) - Balloon Volleyball (outdoors); - NEW! Music group. - Discussion: how does music make you feel; - Karaoke and music trivia.	12 Morning check-in; - Welcoming Wellness: Tai Chi and mindfulness activities (outdoors); - Pen pal Program - Armchair Travel: Vacation to Hawaii; - Make mini volcanoes	13 Morning check-in; - Recycling Day (SG); - Morning stretch and balance (outdoors) - Pool Noodle Hockey (outdoors); - Current events Discussion - Workshop: Active Listening. - Activity: make puppets and puppet show.	14 Morning check-in; - Gyro Park; - water games (outdoors); - Lawn Bowling and Bocce (outdoors); - Pizza in the park \$12 p/p - Dance off and YouTube tag
17 Morning check-in; - Stretch and balance (outdoors); - Improv theater games (outdoors); - Current Events discussion - Goal Building workshop: What are goals? Let's make some. - Paper Mache mask (part two)	18 Morning check-in; - Grief and Loss session 10 -11:30 - Discussion: Robots, what are they, and what do they do? - Activity: Build your own robot.	19 Morning check-in; - Welcoming Wellness: Beginners yoga and mindfulness activities; - Pen Pal Program - Goal Building sessions; - Bingo	20 Morning check-in; - Scavenger hunt walk, where are boundaries around us? (outdoors) Discussion and activities; Healthy Boundaries (outdoors) - Lets go to the movies at TAAC; - Movie, popcorn and a drink \$2 p/p	21 Morning check-in; ***ALL DAY*** - Depart TAAC 9:30am - Summer Fun at Champion Lake; - Picnic lunch, snacks and beverages provided. \$5 p/p - Return to TAAC 2:30pm
24 Morning check-in; - Stretch and balance (outdoors); - Pool noodle freeze tag (outdoors); - Show and Tell: What did I do this weekend? - Goal Building; - Bingo.	25 Morning check-in; - Walk and scavenger hunt, using our senses (outdoors) - Improv games (outdoors); - Music Group :Learn about unusual instruments; - Let's play the Theremin; - Music games.	26 Morning check-in; - Welcoming Wellness: Tai Chi and mindfulness activities (outdoors) - Team Calendar Planning; - Armchair Travel: Going to Graceland, Memphis, Tennessee; - Activity: Decorate an Elvis outfit.	27 Morning check-in; - Stretch and balance (outdoors); - Calisthenics (outdoors); - Improv theater games; - Workshop: Self-care; - Activity: Caring for myself Vision Board	28 Morning check-in; - Leaving TAAC at 9:30 am ***ALL DAY*** - Day camping at Beaver Creek; - Hot Dog and Marshmallow roast \$5 p/p - Hiking and games
30 Morning check-in; - Gyro Park water games; - Parachute Fun (outdoors) - Capture the flag (outdoors) - Dance off and YouTube tag	31 Morning check-in; - Stretch & balance (outdoors); - Brain games (outdoors) - Goal building; - Craft: Make your own slime	<p>Welcome to Day Program</p> <p><i>We try our best to stick to the following routine daily, unless otherwise stated:</i></p> <p>8:30am – 9:00am: arrival (line up in parking lot to enter).</p> <p>9:00am – 9:30am: morning check-in, discuss current events.</p> <p>9:30am: let the day begin with games, workshops, activities...</p> <p>Noon – 1:00pm: Lunch & clean-up (on-site at TAAC or off site).</p> <p>1:00pm – 3:00pm: fun activities, games, workshops and peer to peer relationship building.</p> <p>3:00 – 3:30pm: winding the day down, clean-up, health & safety drills, TAAC maintenance.</p> <p>* Pre-Selected Groups "SG": are not open to everyone individuals are pre-selected based on varied requirements.</p> <p>All activities are accessible to everyone unless this symbol is found beside the activity:</p>		

