

AUGUST 2020 DAY PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>HAPPY B.C. DAY! CLOSED</p> 	<p>3 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity – Beginners yoga and mindfulness activities (outdoors); Current events Peer to Peer socializing coffee outing; Community Scavenger Hunt 	<p>4 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Cooking Group: Taco Salad \$5 p/p; Armchair Travel: Mexico; Mexican Craft 	<p>5 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Book Buzz; Workshop: Communication: What is it? Learn about different types of communication; What if game 	<p>6 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Bus to Fruitvale; Fitness and fun at Creekside Park; Subway sandwich picnic \$15 p/p 
<p>9 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity - Walk for Fitness; Book Buzz; Covid Safety Meeting; Group Circuit Learning: Mind Body Connection; Art therapy project 	<p>10 Welcoming Wellness -</p> <p>Health Activity;</p> <ul style="list-style-type: none"> Current events Discussion; Postcards and passports; Music Group: Karaoke and music trivia. 	<p>11 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity -Beginners yoga and mindfulness (outdoors); Book Buzz; Global Kinetic Sand Day-Let's Play! Games Afternoon 	<p>12 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity - Stretch and balance (outdoors); Current events Discussion Workshop: Farms and Animals- Songs and Crafts to follow. 	<p>13 Welcoming Wellness</p> <ul style="list-style-type: none"> Leaving TAAC at 9:30 am ***ALL DAY*** Day camping at GYRO PARK; Hot Dogs and Snacks \$5 p/p 
<p>16 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity - Stretch and balance (outdoors); Book Buzz; Group Circuit learning: Robots, what are they, and what do they do? Activity: Build your own robot. 	<p>17 Welcoming Wellness</p> <ul style="list-style-type: none"> Health activity ; Frozen Hands (outdoors); Hand fun facts, trivia, and games (outdoors); Activity: Trace and decorate our hands, make hand bunting to hang-up 	<p>18 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity - Beginners yoga and mindfulness activities (outdoors); Postcards and passports; Goal Building sessions; Bingo! Prizes! 	<p>19 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Book Buzz; Workshop: Horoscopes – Fortune Teller and Craft; Matinee @ TAAC -popcorn and a drink \$2.50 p/p 	<p>20 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Current Events Discussion; Postcards and Passports; Bowling! \$ 4.25 per game 
<p>23 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity - Walk for fitness; Book Buzz; Group Circuit learning: Flying Adventures – Make our own paper airplanes and kites Flying our Creations (outside) 	<p>24 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Walk and scavenger hunt, using our senses (outdoors) Improv games (outdoors); Music Group :Learn about unusual instruments; Let's play the Theremin; Music games. 	<p>25 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Beginners yoga and mindfulness activities (outdoors) Cooking group: Strawberry waffles and Whip Cream; Armchair Travel: Brussels – Craft to follow 	<p>26 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity Stretch and balance (outdoors); Book Buzz; Workshop: Healthy Boundaries and Friendship; Friendship Craft 	<p>27 Welcoming Wellness</p> <ul style="list-style-type: none"> Leaving TAAC at 9:30 am ***ALL DAY*** Summer Fun at Champion Lake; Picnic lunch, snack and beverage provided. \$7 p/p 
<p>30 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity - Stretch and balance (outdoors); Covid Safety Meeting; Book Buzz; Group Circuit learning: Self Advocacy 	<p>31 Welcoming Wellness</p> <ul style="list-style-type: none"> Health Activity; Current Events Discussion; Scavenger Hunt (outside); Bug Bingo (outside); Matinee @ TAAC 	<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, and TAAC maintenance.</p>		



