


DAY PROGRAM AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
	1 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre /shopping for supplies Music Group: Name that tune!	2 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Kitchen Etiquette & Knife Safety Armchair Travel: Poland	3 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current events Discussion Recycling My Booklet Community Connections: Where to go for Support	4 Welcoming Wellness *Health Activity Zumba 9am-10am Gyro Bocce \$3 Cold drink	<p>WELCOME TO DAY PROGRAM!!</p> <p>HOURS OF OPERATION 8am – 4 pm</p> <p>~~12PM-1PM~~ Lunch & Clean up</p> 
7 <p style="text-align: center;"><u>STAT</u> <u>TAAC CLOSED</u></p>	8 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre /shopping for supplies Music Group: Fun with instruments	9 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Cob Salad \$6 Armchair Travel: Portugal	10 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current Events discussion Recycling/My Booklet Personal Development: Roots of Empathy	11 Welcoming Wellness *Health Activity Zumba 9am-10am Bowling \$5 + plus shoe rental	
14 Welcoming Wellness “Just Dance” 9-9:45 Current Events Discussion 10-11 Digital Literacy/Book Buzz Swimming – Warfield Pool 1-3 Armchair Travel: Tunisia	15 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC shopping for supplies Music Group: Karoke	16 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: FOODSAFE & HYGEINE Cultural Diversity: the importance of learning	17 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling/My Booklet Workshop: Why do we dream?	18 Welcoming Wellness *Health Activity Zumba 9am-10am Harding Heights Ranch Farm Tour \$25	
21 Welcoming Wellness “Just Dance” 9-9:45 Current Events Discussion 10-11 Digital Literacy Safety training: Bomb Threat Team Planning Meeting: September Swimming- Warfield Pool 1-3	22 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC/shopping for supplies Music Group: Fun with Instruments!	23 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 End of Summer BBQ & Games! GYRO 11-2	24 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current events Recycling My Booklet Guest Speaker: Employment	25 Welcoming Wellness *Health Activity Zumba 9am-10am Depart 10am/Arrival 3pm Nelson Trolley Ride \$3 Museum & Gift shop Lake side Park Picnic (bring lunch)	
28 Welcoming Wellness “Just Dance” 9-9:45 Current Events Discussion 10-11 Digital Literacy/Book Buzz Swimming- Warfield Pool 1-3 Socialization Skill Building: Conflict Resolution	29 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC/shopping for supplies Music Group: Fun with Instruments!	30 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group: Japanese cabbage Salad Workshop: Super hero! What makes one and who are yours?	31		