

DAY PROGRAM DECEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
			1 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Book Buzz Christmas Decorating Party! Hot cocoa & popcorn!	2 Welcoming Wellness *Health Activity Zumba 9am <u>SILLY SANTA HAT DAY!!</u>  BOWLING \$5	WELCOME TO DAY PROGRAM!! OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS: 8am-9am ARRIVALS & DAY PREP 9am-11:30am LET THE DAY BEGIN: Health Activities ,Games, Workshops...ETC --12pm - 1pm-- LUNCH & CLEAN UP 1:00-3:30 Activity ,Craft ,Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie & discussions. 3:30-4pm TAAC MAINTENANCE & CLEAN UP. *RECYCLING IS A WEEKLY JOB PRESELECTED *Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness
5 Welcoming Wellness *Health Activity: Walking workout 9am My Booklet Swimming @ Aquatic Centre 10-12 Workshop: Boundaries & Communication	6 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/ Shopping for supplies Music Group: SPECIAL GUEST & sing along	7 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Green Bean casserole & sausages Workshop: Yule log	8 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Book Buzz Royal Theatre: ELF \$10 1PM-3PM	9 Welcoming Wellness *Health Activity Zumba 9AM PAJAMA DAY! Bake cookies SPECIAL GUEST ARTIST: CANVAS ART \$5 1-3PM	
12 Welcoming Wellness *Health Activity: Walking workout 9am My Booklet Swimming @ Aquatic Centre 10-12 Community Connections: Where can we go for support	13 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/ shopping for supplies Music Group: Karoke & dancing	14 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Chili & bun Armchair Travel: North Pole & Santa's Workshop	15 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling/Book Buzz Christmas craft: Greenery centrepiece/ Wreath	16 Welcoming Wellness *Health Activity Zumba 9am Bus to Mall Christmas shopping & lunch out	
19 Welcoming Wellness *Health Activity: Walking workout 9am Swimming 10-12 Safety training: December drills Year end Team Planning Meeting: Goal Building JANUARY	20 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/ shopping for supplies Music Group: Fun with Instruments!	21 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group: Broccoli Casserole Crafts: Decorate Christmas Stockings	22 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Book Buzz Cultural Diversity: Christmas traditions & music from around the world	23 Welcoming Wellness *Health Activity Zumba 9am <u>CRAZY CHRISTMAS SWEATER!</u> TAAC CHRISTMAS CELEBRATION! GIFT EXCHANGE(\$10) PIZZA & POP	
26 HAPPY HOLIDAYS!!! TAAC CLOSED	27 HAPPY HOLIDAYS!!! TAAC CLOSED	28 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Pizza & Salad Current Events Discussion	29 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Vision Board: Looking ahead to 2023 Workshop: Traditions of New Year resolutions	30 Welcoming Wellness *Health Activity Zumba 9am CHEERS TO THE NEW YEAR!! Games & Music Armchair travel to Times Square and NYC	