




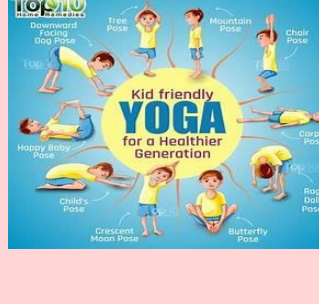






# Trail Association for Community Living CYC Program

## Youth Program (Mondays & Wednesdays) January 2021



<p><b>Monday</b> <b>Cooking Group</b> 3:00pm-6:00pm Pick up at TAAC</p>		<p><b>Wednesday</b> <b>Recreation Group</b> 3:00pm-5:00pm Pick up at TAAC</p>	
<p><b>January 11<sup>th</sup></b>  Canada food guide &amp; Make your own pizza</p>		<p><b>January 13<sup>th</sup></b>  Line dancing &amp; Handball</p>	
<p><b>January 18<sup>th</sup></b>  Food science experiment &amp; Homemade chili with garlic bread</p>		<p><b>January 20<sup>th</sup></b>  Science experiment, Goal planning &amp; Yoga</p>	
<p><b>January 25<sup>th</sup></b>  Learn to do grocery list from a flyer &amp; Stir fry</p>		<p><b>January 27<sup>th</sup></b>  Health and Safety, Workshop on Riding in a car. &amp; Minute to Win It game.</p>	

**NOTE: \* Social Distancing is Always Practiced**

