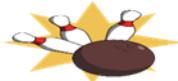




DAY PROGRAM February 2022 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
 JANUARY	1 WELCOMING WELLNESS 9:15-10:00 Health Activity: Tai Chi/Meditation -Games Group @ youth centre -Music Group: KARAOKE	2 WELCOMING WELLNESS 9:15-10:00 Health Activity Library- Book Buzz -Workshop :Internet & phone safety *Beverage &snack	3 WELCOMING WELLNESS 9:15-10:00 Health Activity: *Recycling -Art Therapy - Book Buzz	4 WELCOMING WELLNESS 9:15-10:00 Health Activity: WALKING FITNESS BOWLING!! 	<p>WELCOME TO DAY PROGRAM!!</p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS:</p> <p>8AM-9AM ARRIVALS & DAY PREP</p> <p>9AM-11:30AM Let the day begin with Health activity ,games, workshops..</p> <p>--12PM-1PM LUNCH & CLEAN UP-----</p> <p>1:00-3:30 Activity, craft, workshop, Community Outing (perhaps continuance from the morning) Peer to Peer social time, movie, discussions.</p> <p>3:30-4PM TAAC maintenance & clean up</p> <p>*Recycling is a weekly job pre-selected</p> <p>* Health Activity may include : gentle stretching, Tai Chi, sit & be fit, walking for fitness, Zumba , Just Dance & meditation</p>
7 Welcoming Wellness 9:15-10 :00 Health activity Book Buzz - Safety Meeting: Covid safe practices; - Group circuit learning: Friendship	8 Welcoming Wellness 9:15-10 :00 Health activity -Games Group @ youth Centre: cards/shopping for supplies -Music Group : Karaoke FAVORITES 	9 Welcoming Wellness :15-10 :00 Health activity -Book Buzz -Cooking Group: Grilled cheese & soup \$5 Armchair Travel: EGYPT Craft to follow & snack 	10 Welcoming Wellness 9:15-10 :00 Health activity - *Recycling - Book buzz; - Craft: Valentines cards - Valentine crosswords/activity sheets	11 Welcoming Wellness 9:15-10 :00 Health activity SUPERBOWL PARTY! Wear your favorite Jersey Appies & Games \$5 	
14 Welcoming Wellness 9:15-10 :00 Health activity -Wear RED/PINK - Baking: Cupcakes and decorate -Workshop: what is Valentines  Day about	15 Welcoming Wellness 9:15-10 :00 Health activity - Games Group @ youth Centre : Board Games - Music Group: Disco music! - Learn some disco dancing and karaoke	16 Welcoming Wellness 9:15-10 :00 Health activity -Workshop:Food safe -Armchair Travel :Hawaii Craft to follow & snacks 	17 Welcoming Wellness 9:15-10 :00 Health activity - * Recycling - Workshop: Self esteem Looking inward;; - Random acts of Kindness Day	18 Welcoming Wellness 9:15-10 :00 Health activity- SIT & BE FIT Bus to Rossland for coffee Movie @ TAAC	
21 FAMILY DAY!! ☺ TAAC CLOSED	22 Welcoming Wellness 9:15-10 :00 Health activity -Games Group @ youth centre: pool/shuffleboard - Shopping for supplies - Music group: Music from the 80's Karaoke	23 Welcoming Wellness 9:15-10 :00 Health activity - Cooking Group: BLT Bagel & fruit \$5 - Guest speaker for Community Safety	24 Welcoming Wellness 9:15-10 :00 Health activity - * Recycling Armchair travel: Disneyland - Book Buzz	25 Welcoming Wellness Leave by 9:30 RENT VAN- Castlegar/Nelson Out for lunch: Individuals choice; Scavenger hunt/Art Walk	
28 Welcoming Wellness 9:15-10 :00 Health activity - Safety Meeting: Covid safe practices; - Group circuit learning: Birds of B.C.	HEART HEALTH MONTH <ul style="list-style-type: none"> • EXERCISE • NUTRITION • MANAGE STRESS 				

