

Community Support February 2023 Calendar _



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Group Info |
|------------------------|---|---|---|--|--|
| Hello February | | 1 Cooking Group 3-6pm Chicken Quesadillas Workshop: Making invitations for a dinner party | 2 Social Rec. 12:30-5:30 Peer Craft Day! Bring your own Project Snack Provided | TAAC Self Advocacy Group 4-7pm @ TAAC Hosted by Crystal B. orientation, discussion & planning. Join our new group! Snacks & refreshments provided. | Wednesday Cooking Group 3-6pm Meet at TAAC Thursday Social & Rec 12:30-5:30pm Meet at TAAC |
| 6 | 7 Games Group 9am-12pm @ TAAC | 8 Cooking Group 3-6pm Prep. for Alpha House dinner. Make and freeze Bolognaise Sauce Workshop: Serving Guests & Table Maintenance | 9 Social Rec. moved to SATURDAY 11 th 3 pm Body Positive Bollywood Charles Bailey Theater Tickets \$15 p/p Meet at Library 2:30pm Dinner out to follow \$10-15 | 10 1-4pm @ TAAC Workshop: Importance of Self Care Activity: Make bath bombs & peppermint foot scrub. Snack provided | Unless otherwise stated Friday Life Skills and Culture Group 1-4pm meet upstairs at |
| 13 | Games Group 9am-12pm @ TAAC happy Valentine's day | 3-6pm Alpha House Dinner Party food and table prep. Spaghetti bolognaise, garlic toast & salad Guests arrive @ 4:45pm | 16 Social Rec. 12:30-5:30 Swimming and Fitness Room at Aquatic Center \$7 | 17 1-4pm @ TAAC Cultural Diversity: History and Culture of the people of Portugal Activity: Rooster Craft Snack provided. | TAAC RSVP Deadline for next weeks' events Every Friday RSVP |
| FAMILY DAY TACL CLOSED | Games Group 9am-12pm @ TAAC | 22 Cooking Group 3-6pm Cream of broccoli & cheese soup with bannock Workshop: Food Safe Quiz | 23 Social Rec. 12:30-5:30 Bowling and Snack \$20 | 24 1-4pm @ TAAC Workshop: Community Resources Activity: Build a community resource sheet | 250 368 3503 Ext. 8 Community |
| 27 | Games Group 9am-12pm @ TAAC | | | goodby FEBRUARY hdlo MARCH | Support |