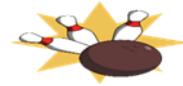




DAY PROGRAM February 2023 Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
 JANUARY	HEART HEALTH MONTH! <ul style="list-style-type: none"> • EXERCISE • NUTRITION • MANAGING STRESS 	1 WELCOMING WELLNESS Sit & Be Fit 9:15-10:00 Cooking Group: Tuna Casserole \$6 Workshop: Personal Care- Managing Stress Armchair Travel: Yemen	2 WELCOMING WELLNESS 9-9:45 Gentle Stretches *Recycling My Booklet Workshop: Ground-hog Day How did it start	3 WELCOMING WELLNESS 9:15-10:00 Dance/Zumba 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
6 Welcoming Wellness 9:15-10 :00 Walking indoors/Arena Book Buzz Workshop: Life skills – Table Manners & etiquette TAAC Closed at 2Pm for Staff Meeting	7 Welcoming Wellness 9:15-10 :00 Tai Chi/Meditation Games Group @ youth Centre: Shopping for supplies Music Group: Karaoke FAVORITES 	8 Welcoming Wellness Sit & Be Fit 9:15-10 :00 Cooking Group: Chicken Caesar Wrap \$6 Workshop: Nutrition- Eating Healthy Armchair Travel: Kuwait	9 Welcoming Wellness 9:15-10 :00 Gentle Stretches *Recycling My Booklet Cultural Diversity: Religions of the Middle East Art Therapy: Watercolor art	10 Welcoming Wellness 9:15-10 :00 Dance/Zumba SUPERBOWL PARTY! Wear your favorite Jersey Hamburgers \$5 	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
13 Welcoming Wellness 9:15-10 :00 Walking Arena Bake Cookies Workshop: Valentines Day origins and traditions Swimming @ Aquatic Centre 1pm-3:00	14 Welcoming Wellness 9:15-10 :00 Tai Chi/Meditation WEAR RED! 😊 Games Group @ youth Centre: Shopping for supplies Craft: Valentines cards crosswords/activity sheets	15 Welcoming Wellness Sit & Be Fit 9:15-10 :00 Cooking Group: Meatloaf Muffins & coleslaw\$6 Workshop: Exercise- Making it fun! Armchair Travel: Lebanon	16 Welcoming Wellness 9:15-10 :00 Gentle Stretches * Recycling Community Resources: Transit safety Team Planning Meeting: MARCH	17 Welcoming Wellness 9:15-10 :00 Dance/Zumba Transit to Mall for Shopping/lunch \$15	
20 FAMILY DAY!! 😊 TAAC CLOSED	21 Welcoming Wellness 9:15-10 :00 Tai Chi/Meditation -Games Group @ youth centre/ Shopping for supplies Music group: Fun with Instruments!	22 Welcoming Wellness Sit & Be Fit 9:15-10 :00 PINK SHIRT DAY!! ANTI-BULLYING Cooking Group: Chicken fajitas \$6 Workshop: When did Pink Shirt day begin & why	23 Welcoming Wellness 9:15-10 :00 Gentle Stretches * *Recycling My Booklet Workshop: Money \$\$ How to count	24 Welcoming Wellness 9:15-10 Dance/Zumba “Coldest Night of the Year” Fundraiser walk!! Hot Chocolate & popcorn Movie @ TAAC	
27 Welcoming Wellness 9:15-10 :00 Walking indoors/Arena Safety Training: Environmental Disaster Swimming @ Aquatic Centre 1pm-3:00	28 Welcoming Wellness 9:15-10 :00 Tai Chi/Meditation Games Group @ youth centre/Shopping for supplies Music Group: Country Favorites		*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness		** February 25th 2023 “Coldest night of the year” Is a winterrific family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness.
					cnoy.org