

February 2024 - TACL DAY PROGRAM ACTIVITY CALENDAR

 <p>**REMEMBER TO DRESS FOR THE WEATHER**</p>	<p align="center">WELCOME!!! DAY PROGRAM IS OPEN FROM 8:00 AM AND STARTS WITH WELCOMES, CHECK INS AND CHIT CHATS. END OF THE DAY IS AT 4:00 PM. PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY HOME. THANK YOU FOR YOUR UNDERSTANDING.</p> 		<p align="center">1st Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch/Mindfulness/Recycle Prep 10:00 What is personal Hygiene? 11:00 Card Games 12:00 Lunch & Tidy up 1:00 Parachute Games / Swimming 1:50 Talent Show - Practice 3:00 Find the Difference</p>	<p align="center">2nd Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Just Dance / Mindfulness 10:00 Winter Carnival In Quebec 11:00 Who is Bonhomme? 12:00 Lunch & Tidy up 1:00 Bonhomme Craft & Maple Taffy 1:50 Learn some Simple French Words 3:00 Crossword</p>
<p align="center">5th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness 10:00 Counting Pop Bottles 11:00 Safety Tips You Should Know 12:00 Lunch & Tidy up 1:00 What are Stereotypes? 1:50 Brain Games 3:00 Word Search</p> 	<p align="center">6th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move 10:00 Games Group/Shopping 11:00 Safety: Floods - Stay Safe 12:00 Lunch & Tidy up 1:00 Music-Canadian Hits & Karaoke 3:00 Pic Bingo</p> 	<p align="center">7th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch / Digital Learning 10:00 Arm Chair Travel - Victorian Era 11:00 Victorian Era Inspired Art 12:00 Lunch & Tidy up 1:00 Valentines Cards 1:50 Talent Show & Goal Activity 3:00 Find the Difference</p>  	<p align="center">8th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance / Recycle Prep 10:00 Make your Valentines Box 11:00 Name that Love Song 12:00 Lunch & Tidy up 1:00 Just Dance & Beat Saber/Swimming 1:50 Sponge Painting 3:00 Crossword</p>  	<p align="center">9th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Just Dance / Mindfulness 10:00 Super Bowl Deep Dive 11:00 Football & Helmet Craft 12:00 Lunch & Tidy up 1:00 Bowling & Treat 1:50 Cont.. Bowling. Est Return 2:30pm 3:00 Mind Games</p>
<p align="center">12th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move 10:00 Counting Pop Bottles 11:00 Name that Tune 12:00 Lunch & Tidy up 1:00 History of Valentine's Day 1:50 Heart Craft 3:00 Find the Difference</p> 	<p align="center">13th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk Outside or Arena 10:00 Games Group/Shopping 11:00 Paper Spinner Crafts 12:00 Lunch & Tidy up 1:00 Valentines Movie & Popcorn 3:00 Name that Tune</p>  	<p align="center">14th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance/Digital Learning 10:00 Cook Vegetarian Chili & Bun 11:00 Goal Activity 12:00 Lunch & Tidy up 1:00 Valentines Bingo-In Gym With Special Treats 3:00 Crossword</p>  	<p align="center">15th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness/Recycle Prep 10:00 Theatre Games 11:00 Talent show Practice 12:00 Lunch & Tidy up 1:00 Parachute Games / Swimming 1:50 Bubble Wrap Painting 3:00 Word Scramble</p>	<p align="center">16th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch / Digital Learning 10:00 Would You Rather? 11:00 Morning Walk 12:00 Lunch & Tidy up 1:00 Book Buzz - Peer Read 1:50 Along at the Library 3:00 Pic Bingo</p>
<p align="center">19th Monday</p> <p align="center">British Columbia Family Day</p> <p align="center">STAT</p>	<p align="center">20th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance/Digital Learning 10:00 Games Group/Shopping 11:00 Scratchy Art 12:00 Lunch & Tidy up 1:00 Music Group-Folk Music 1:50 Let's sing some Folk Songs 3:00 Word Search</p> 	<p align="center">21st Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch / Digital Learning 10:00 Arm Chair Travel - London 11:00 Goal Activity 12:00 Lunch & Tidy up 1:00 "London Fog" Specialty Tea & Team meeting 3:00 Pic Bingo</p> 	<p align="center">22nd Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move/Recycle Prep 10:00 Talent Show - Practice 11:00 Theatre Games 12:00 Lunch & Tidy up 1:00 Just Dance & Beat Saber/Swimming 1:50 Mandela Colouring 3:00 Find the Difference</p>  	<p align="center">23rd Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Gallery by Donation / Van leaves at 9:30 am 10:00 Off to Castlegar/Visit Kootenay Gallery 11:00 Off to Chances for Lunch 12:00 Lunch Approx. \$25 - \$30 1:00 Gamble or Scenic Drive to Brilliant Bridge 1:50 Return to Day Program for 2:50 pm 3:00 Word Scramble</p> 
<p align="center">26th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness 10:00 Let's Learn About Black History Month 12:00 Lunch & Tidy up 1:00 Computer Games - Math 1:50 Afternoon Walk 3:00 Name that Tune</p>	<p align="center">27th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Roll the Dice & Move 10:00 Games Group/Shopping 11:00 Goal Activity 12:00 Lunch & Tidy up 1:00 Music Group-Reggae 1:50 Drum Play 3:00 Find the Difference</p> 	<p align="center">28th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch / Digital Learning 10:00 Cook Greek Salad in Pita 11:00 Pink Shirt Day-Make a Poster 12:00 Lunch & Tidy up 1:00 Talent Show - Practice 1:50 Scratchy Art 3:00 Card Games</p> 	<p align="center">29th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Body Balance / Recycle Prep 10:00 Workshop - Self-Esteem 11:00 Self Esteem Games 12:00 Lunch & Tidy up 1:00 Parachute Games / Swimming 1:50 Art - Self Portrait 3:00 Crossword</p>	<p align="center">***Cost Break Down***</p> <p align="center">Treats this month \$5 - \$10</p> <p align="center">Crafts \$5 - \$10 for the month</p> <p align="center">Feb 9th - Bowling \$7.00/Shoes</p> <p align="center">Feb 23rd - Lunch at Chances \$25-\$30</p> <p align="center">Cooking Days</p> <p align="center">Feb 14th - Vegetarian Chili/Bun \$6.00</p> <p align="center">Feb 28th - Greek Salad Pita \$6.00</p>