









February 2025 - TACL DAY PROGRAM ACTIVITY CALENDAR

3rd	Monday	4th	Tuesday	5th	Wednesday	6th	Thursday	7th	Friday
8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in
9:00	Walk/Mindfulness	9:00	Current Events 	9:00	Walk	9:00	Just dance/Mindfulness	9:00	Yoga in Gym
10:00	Let's Learn about organization Skills	10:00	Games Group/Shopping 	10:00	Cook - Mini Meatloaf 	10:00	Workshop - Understanding Yourself and Questions to Learn about your Wants & Needs	10:00	Curling Lessons @ 10:30am (Be at Day Program for 10am)
11:00		11:00	"All About me" Games	11:00	Safety - Safe or Not Game	11:00		11:00	
12:00	Lunch & Tidy up	12:00	Lunch & Tidy	12:00	Lunch & Tidy up	12:00	Lunch & Tidy up / Swimming Prep	12:00	Lunch & Tidy up
1:00	Book Buzz - Read & make	1:00	Peer Ran Art Workshop	1:00	Arm Chair Travel Central America and Craft	1:00	Valentines Crafts and Decorate	1:00	Fish Tank Diorama
2:00	Poems about Friendships	2:00	Karaoke Hour	2:00	Headz Up Game	2:00		2:00	Name that Tune
3:00	Activity Sheet - Cupid	3:00	Pic Bingo	3:00		3:00	5 Second Rule Game	3:00	
10th	Monday	11th	Tuesday	12th	Wednesday	13th	Thursday	14th	Friday
8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in
9:00	Walk/Mindfulness	9:00	Current Events	9:00	Walk	9:00	Just dance/Mindfulness 	9:00	Make Chocolate Covered Strawberries and Heart Cookies Play
10:00	Our Community Inclusion -	10:00	10:30 - Ukulele Lesson with Jason	10:00	Goal Activity	10:00	Learn about Skin & Hair Care	10:00	Valentine's Bingo
11:00	Circle Chat @ Tim Hortons	11:00	Games Group	11:00	Job Skills - Working Independently	11:00	Valentine's Lunch & Dance At the Arlington Bar and Grill	11:00	Lunch & Tidy up
12:00	Lunch & Tidy up	12:00	Lunch & Tidy up	12:00	Lunch & Tidy up	12:00		12:00	
1:00	Life Skills - Empathy	1:00	Japanese Music	1:00	Team Meeting and Homemade Mocha's	1:00		1:00	Movie & enjoy our homemade treats
2:00	Columbia View Lodge	2:00	Karaoke Hour	2:00	Headz Up Game	2:00	Dice Game	2:00	Name the Price Game
3:00	Activity Sheet - Inclusion	3:00	Pic Bingo	3:00		3:00		3:00	
17th	Monday	18th	Tuesday	19th	Wednesday	20th	Thursday	21st	Friday
Family Day STAT		8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in
		9:00	Current Events	9:00	Walk/Goal Activity	9:00	Just dance/Mindfulness	9:00	Yoga in Gym
		10:00	Games Group/Shopping	10:00	Cook - Tapas 	10:00	Self Image Watercolour Art	10:00	Curling Lessons @ 10:30am (Be at Day Program for 10am)
		11:00	All About me Games	11:00	Let's Learn about The Canadian Food Guide	11:00	Lunch & Tidy up / Swimming Prep	11:00	Lunch & Tidy up
		12:00	Lunch & Tidy up	12:00	Lunch & Tidy up	12:00	Deep Dive: Local Hero's	12:00	Cozy Cabin Canvas Painting
		1:00	Who was Elvis?	1:00	Who was Elvis?	1:00	Arm Chair Travel Texas and Craft/Snow cones	1:00	Would You Rather
2:00	Karaoke Hour	2:00	Karaoke Hour	2:00	Headz Up Game	3:00		3:00	
3:00	Pic Bingo	3:00	Pic Bingo	3:00					
24th	Monday	25th	Tuesday	26th	Wednesday	27th	Thursday	28th	Friday
8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in	8:00	Morning Greetings & Sign-in
9:00	Walk/Mindfulness	9:00	Current Events 	9:00	Workshop: Money management Skills/Mock Grocery Shopping	9:00	Just dance/Mindfulness 	9:00	Yoga in Gym
10:00	Heart Health - Heart Month	10:00	Games Group/Shopping	10:00		10:00	Co-operative Games and Crafts	10:00	<i>Build our own Map Of Trail</i>
11:00	Taste Test - Unique Heart Healthy Foods	11:00	Goal Activity	11:00	Lunch & Tidy up	11:00	Lunch & Tidy up / Swimming Prep	11:00	Lunch & Tidy up
12:00	Lunch & Tidy up	12:00	Lunch & Tidy up	12:00	Lunch & Tidy up	12:00	Melting Snowmen Craft	12:00	
1:00	Book Buzz - Dolphins	1:00	History of Rock N Roll 	1:00	Job Skills - Math for Cashier Work	1:00		1:00	Bowling: 12:45p to 2:30p
2:00	Columbia View Lodge	2:00	Karaoke Hour	2:00	Your Rights Activity	2:00	Fish Bowl Game	2:00	Card Games
3:00	Activity Sheets - Animals	3:00	Pic Bingo	3:00	Headz Up Game	3:00		3:00	

Valentine's Day is February 14th



DAY PROGRAM IS OPEN FROM 8:00 AM & END OF THE DAY IS AT 4:00 PM. PLEASE KEEP IN MIND THAT IF YOU ARE SICK. PLEASE STAY AT HOME. THANK YOU FOR YOUR UNDERSTANDING.

Cost Break Down

Feb 5th - \$6 Feb 7th \$5 - \$10 Feb 13th - \$30 Feb 14 - \$3 Feb 19th - \$6
Feb 28th - \$7 Curling \$10. each Lesson

Recycling/Employment/Skill Building every Thursday morning

REMEMBER TO DRESS FOR THE WEATHER!