

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>2nd</i></p> <p>Rise & Shine Time</p> <p>Groundhog Day - History, News and Fun</p> <p>Lunch & Tidy up</p> <p>Book Buzz - Noteworthy Figures - Black History Month</p> <p>Lego Building Crew</p>	<p><i>3rd</i></p> <p>Rise & Shine Time</p> <p>FiZz for Funds - Counting Returnable</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>Music & Memory Match Guess that Sound Audio Game with Justin</p>	<p><i>4th</i></p> <p>Rise & Shine Time</p> <p> Music with Todd 9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Art Classes at VISAC GALLERY 1:30PM TO 2:30PM</p>	<p><i>5th</i></p> <p>Rise & Shine Time</p> <p>Workshop: Mock Workplace & Role Play</p> <p>Goal Activity</p> <p>Lunch & tidy</p> <p>Downtown Scavenger Hunt & Baking</p>	<p><i>6th</i></p> <p>Rise & Shine Time</p> <p>Music with Todd  9:30am to 11am</p> <p>Lunch & Tidy up</p> <p> Celebration of Life  TAAC GYM 1PM</p>
<p><i>9th</i></p> <p>Rise & Shine Time</p> <p>Safety Chat: Changes in the weather and things to watch out for</p> <p>ART - WITH JESS - MAKE VALENTINES</p> <p>Lunch & Tidy up</p> <p>Goal Activity - Check-in</p> <p>CVL / Book Buzz - Black History Month</p> <p>Lego Building Crew</p>	<p><i>10th</i></p> <p>Rise & Shine Time</p> <p>FiZz for Funds - Counting Returnable</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>TEAM MEETING WITH VALENTINES FLOAT AND TEAM BUILDING GAMES</p> <p>Pic Bingo</p>	<p><i>11th</i></p> <p>Rise & Shine Time</p> <p> Music with Todd 9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Art Classes at VISAC GALLERY 1:30PM TO 2:30PM</p>	<p><i>12th</i></p> <p>Rise & Shine Time</p> <p> Life Skills - Understanding Body Language with Role-Play</p> <p>Lunch & Tidy up</p> <p>Self Care - Walk at Arena</p> <p>Circle of Stories</p>	<p><i>13th</i></p> <p>Rise & Shine Time</p> <p> Music with Todd 9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Kickboxing leave TAAC @ 12:40PM</p>
<p><i>16th</i></p> <p>Family Day STAT</p>	<p><i>17th</i></p> <p>Rise & Shine Time</p> <p>Goal Activity</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>Crafts / Art - Build-A-Town</p> <p>Pic Bingo</p>	<p><i>18th</i></p> <p>Rise & Shine Time</p> <p>Music with Todd  9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>FiZz for Funds - Counting Returnable</p> <p>What's in the Bag? Mystery Game</p>	<p><i>19th</i></p> <p>Rise & Shine Time</p> <p> Self Care - Walk at Arena</p> <p>Life Skills - We Have Human Rights: Revisiting the handbook</p> <p>Lunch & Tidy up</p> <p>Arm Chair Travel: <i>Science World & fun with Kelsey</i></p> <p>Mix & Mingle Madness</p>	<p><i>20th</i></p> <p>Rise & Shine Time</p> <p>Music with Todd  9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Bowling & a treat</p>
<p><i>23rd</i></p> <p> Rise & Shine Time</p> <p>Life Skills - Shopping and Budget</p> <p>Menu building, budget and grocery store shopping</p> <p>Menu - "DYI Lunchables"</p> <p>Lunch & Tidy up</p> <p>CVL / Book Buzz - Black History Month</p> <p>Lego Building Crew</p>	<p><i>24th</i></p> <p>Rise & Shine Time</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>Indoor Carnival Stations with Jess</p> <p>Pic Bingo</p>	<p><i>25th</i></p> <p>Rise & Shine Time</p> <p> Music with Todd 9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>FiZz for Funds - Counting Returnable</p> <p>Large Jenga - upstairs</p>	<p><i>26th</i></p> <p>Rise & Shine Time</p> <p> WORKSHOP: CONFIDENCE BUILDING</p> <p>Goal Reflection</p> <p>Goal Activity</p> <p>Lunch & Tidy up</p> <p>Puppet Theatre Group & Mural Project</p>	<p><i>27th</i></p> <p>Rise & Shine Time</p> <p> Music with Todd 9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Lights, Games, Action Theatre</p> <p>Games with Rhonda</p>

Rise & Shine time is our time to settle in, discuss current events, be active with am wellness and work on personal goals!!

Cost Break Down: February 13th - Kickboxing Approx. \$10. / February 20th Bowling \$7.00 / February 23rd - Cooking group "DYI Lunchables" \$6.

Every Thursday afternoon we have swimming at the Trail Aquatic

PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY AT HOME / DAY PROGRAM # 250-368-3504

REMEMBER TO DRESS FOR THE WEATHER

FEBRUARY 2026 - TAFL DAY PROGRAM ACTIVITY CALENDAR