








# 2021 TAAC DAY PROGRAM JANUARY CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Day Program Routine
<b>4 Welcoming Wellness</b> 9:15-10 Health activity - Safety Meeting: Covid safe practices; - National Trivia Day! Games and trivia, test your knowledge; - Group circuit learning	<b>5 Welcoming Wellness</b> 9:15-10 :00 Health activity - Put away decorations; - Current events roundtable; - Book Club: our favorite stories - Winter craft	<b>6 Welcoming Wellness</b> 9:15-10 :00 Health activity - Improv games; - Pen Pal Program; - Armchair Travel: Greece; - Activity: Music, food and Greek dancing	<b>7 Welcoming Wellness</b> 9:15-10 :00 Health activity What is self advocacy? - Workshop: How we can advocate for ourselves; - Resources in our community	<b>8 Welcoming Wellness</b> 9:15-10 :00 Health activity - Bowling & Pizza Party! \$15 - movie afternoon at TAAC 	<b>Welcome to Day Program</b> <i>We try our best to stick to the following routine daily, unless otherwise stated:</i>  8:30am – 9:00am: arrivals & day prep;  9:00am – 9:30am: Morning check-in;  9:30am – 10:30am: Let the day begin with games, activities, workshops...  Noon – 1:00pm: Lunch & clean-up;  1:00pm – 3:00 pm activity/craft/workshop/ community outing (may be continuance from the morning); peer to peer social time, movie, discussions  3:00– 3:30pm: winding the day down, clean-up, health & safety drills, TAAC maintenance  <i>* Pre-Selected Groups "SG": are not open to everyone individuals are pre-selected based on varied requirements.</i>
<b>11 Welcoming Wellness</b> 9:15-10 :00 Health activity - Safety Meeting: Covid safe practices; - Current events discussion; - Goal building; - Group circuit learning	<b>12 Welcoming Wellness</b> 9:15-10 :00 Health activity - Music Group: How does music make us feel? - Karaoke afternoon 	<b>13 Welcoming Wellness</b> 9:15-10 :00 Health activity - Pen Pal Program; - Cooking group: Irish Stew - Armchair travel: Ireland	<b>14 Welcoming Wellness</b> 9:15-10 :00 Health activity - Workshop: What is a team leader and how can I be one? - Team building activities; - Electing a team leader	<b>15 Welcoming Wellness</b> 9:15-10 :00 Health activity National Hat Day, wear your favorite hat! Games and prizes! - Coffee and peer socializing; - Afternoon Bingo 	
<b>18 Welcoming Wellness</b> 9:15-10 :00 Health activity - Safety Meeting: Covid safe practices; - Goal building; - Team Meeting; - Group circuit learning	<b>19 Welcoming Wellness</b> 9:15-10 :00 Health activity - Super hero day, what is a hero and who are mine? - Book club: Reading about real life heroes	<b>20 Welcoming Wellness</b> 9:15-10 :00 Health activity - Pen Pal Program; - Arm chair travel: Spain - Spanish music and dancing	<b>21 Welcoming Wellness</b> 9:15-10 :00 Health activity - Workshop: Getting to know myself; - Self portrait canvas art	<b>22 Welcoming Wellness</b> 9:15-10 :00 Health activity - Crazy hair day! Dress up; - Bingo and games; - Subway lunch \$15 - Afternoon movie at TAAC	
<b>25 Welcoming Wellness</b> 9:15-10 :00 Health activity - Safety Meeting: Covid safe practices; - Goal Building; - Group circuit learning	<b>26 Welcoming Wellness</b> 9:15-10 :00 Health activity - Cooking club: Rice crispy squares and coffee; - Music group: our favorite songs karaoke. Play along with instruments	<b>27 Welcoming Wellness</b> 9:15-10 :00 Health activity - Pen pal program; - Current events discussion; - Armchair Travel: African Safari. Animal craft to follow	<b>28 Welcoming Wellness</b> 9:15-10 :00 Health activity Group choice day! We all decide what to do 	<b>29 Welcoming Wellness</b> 9:15-10 :00 Health activity <b>Science Day! Let's make experiments</b>	
<b>We are closed January 1st</b>				<b>See you next month!!!!</b>	



All activities are accessible to everyone unless this symbol is beside the activity.

