



# Trail Association for Community Living CYC Program

## Youth Program (Mondays & Wednesdays) January 2021



<p><b>Monday</b>  <b>Cooking Group</b>          3:00pm-6:00pm          Pick up at TAAC</p>		<p><b>Wednesday</b>  <b>Recreation Group</b>          3:00pm-5:00pm          Pick up at TAAC</p>	
<p><b>January 11<sup>th</sup></b>          Canada food guide          &amp;          Make your own          pizza</p>		<p><b>January 13<sup>th</sup></b>          Line dancing          &amp;          Handball</p>	
<p><b>January 18<sup>th</sup></b>          Food science          experiment          &amp;          Homemade chili with          garlic bread</p>		<p><b>January 20<sup>th</sup></b>          Science experiment,          Goal planning          &amp;          Yoga</p>	
<p><b>January 25<sup>th</sup></b>          Learn to do grocery          list from a flyer          &amp;          Stir fry</p>		<p><b>January 27<sup>th</sup></b>          Health and Safety,          Workshop on Riding in          a car.          &amp;          Minute to Win It          game.</p>	

**NOTE: \* Social Distancing is Always Practiced**

