


# DAY PROGRAM JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
<p><b>2</b></p> <p><b>HAPPY NEW YEAR!!</b> <b><u>TAAC CLOSED</u></b></p>	<p><b>3 Welcoming Wellness</b> *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Taac/ Shopping for supplies <b>TAAC Christmas Clean Up!</b></p>	<p><b>4 Welcoming Wellness</b> *Health Activity: Sit &amp; be fit 9-9:45am Cooking Group: Stir-fry</p> <p>Current Events Discussion: Our Community and Our Province</p>	<p><b>5 Welcoming Wellness</b> *Health Activity: Gentle stretches 9-9:45 Recycling My Booklet Workshop: Era of 1920's</p>	<p><b>6 Welcoming Wellness</b> *Health Activity Zumba 9am</p> <p>Elvis Birthday! Elvis Music &amp; Trivia &amp; Elvis Movies</p>	<p><b>WELCOME TO DAY PROGRAM!!</b></p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS:</p> <p><b>8am-9am</b> ARRIVALS &amp; DAY PREP</p> <p><b>9am-11:30am</b> LET THE DAY BEGIN: Health Activities, Games, Workshops...ETC</p> <p>--12pm - 1pm-- LUNCH &amp; CLEAN UP</p> <p><b>1:00-3:30</b> Activity, Craft, Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie &amp; discussions.</p> <p><b>3:30-4pm</b> TAAC MAINTENANCE &amp; CLEAN UP.</p> <p>*RECYCLING IS A WEEKLY JOB PRESELECTED</p> <p>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit &amp; be Fit, Walking Wellness</p>
<p><b>9 Welcoming Wellness</b> *Health Activity: Walking 9am Book Buzz Swimming @ Aquatic Centre 10-12 Workshop: Self Advocacy- Understanding yourself, your Values &amp; your needs</p>	<p><b>10 Welcoming Wellness</b> *Health Activity: Tai Chi/Meditation 9-10am <b>Games Group @ Taac/ Shopping for supplies</b> <b>Music Group: Fun with instruments</b></p>	<p><b>11 Welcoming Wellness</b> *Health Activity: Sit &amp; be fit 9-9:45am <b>Cooking Group: Spagetti &amp; garlic toast</b> Armchair Travel: Italy</p>	<p><b>12 Welcoming Wellness</b> *Health Activity: Gentle stretches 9-9:45 Recycling My Booklet Workshop: Era of the 1930's</p>	<p><b>13 Welcoming Wellness</b> *Health Activity Zumba 9am Coffee &amp; Peer Socialization <b>BOWLING \$5</b></p> 	
<p><b>16 Welcoming Wellness</b> *Health Activity: Walking 9am Book Buzz Swimming @ Aquatic Centre 10-12 Workshop: Life skills: Positive Self Talk</p>	<p><b>17 Welcoming Wellness</b> * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/ shopping for supplies Music Group: Karoke</p>	<p><b>18 Welcoming Wellness</b> * Health Activity: Sit &amp; be fit 9-9:45am <b>Cooking Group: Tacos</b> <b>Cultural Diversity: Spanish Traditions</b></p>	<p><b>19 Welcoming Wellness</b> *Health Activity: Gentle stretches 9-9:45 Recycling/My Booklet Art Therapy Workshop: Era of the 1940s</p>	<p><b>20 Welcoming Wellness</b> *Health Activity Zumba 9am</p> <p>LUNCH OUT SUBWAY/A&amp;W Afternoon BINGO!</p>	
<p><b>23 Welcoming Wellness</b> *Health Activity: Walking 9am Swimming 10-12 Safety training: Fire Drill Team Planning Meeting: February</p>	<p><b>24 Welcoming Wellness</b> * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/ shopping for supplies Music Group: Fun with Instruments!</p>	<p><b>25 Welcoming Wellness</b> * Health Activity: Sit &amp; be fit 9-9:45 Cooking Group: Clubhouse Sandwich Group Circuit Learning: Positive Self Talk</p>	<p><b>26 Welcoming Wellness</b> *Health Activity: Gentle stretches 9-9:45 Recycling My Booklet Science Experiment Preparation</p>	<p><b>27 Welcoming Wellness</b> *Health Activity Zumba 9am</p> <p>SCIENCE DAY! SCIENCE EXPERIMENTS</p>	
<p><b>30 Welcoming Wellness</b> *Health Activity: Walking 9am Book Buzz Swimming @ Aquatic Centre 10-12 Community Connections: Nature Walk</p>	<p><b>31 Welcoming Wellness</b> * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/shopping for supplies Music Group: Favorite song requests and dancing</p>				