










Community Support January 2026 Calendar

MONDAY	TUESDAY Cooking Group 12:30 - 4:45 pm	THURSDAY Social/Recreation 12:30 - 5:15 pm	FRIDAY	Program Info
		1 New Years Day Closed – No group	2 	Tuesday Cooking Group 12:30-4:45pm Meet at CIC
5 	6 Vegetable Soup	8 Bowling & Hotdog \$20	9 	Thursday Social & Rec 12:30-5:15pm Meet at CIC Unless otherwise stated
12 	13 Peer led Cooking – Steph's Porridge	15 Swimming Bring your snack \$10	16 	RSVP Deadline for next weeks' events Every Friday
19 	20 Meals on a budget \$10 challenge *make a meal for 2 under \$10*	22 Rossland Winter Carnival Bus to Rossland and Back (we might grab a hot chocolate) p/u @ library \$15	23 	RSVP 250-512-9224
26 	27 Baking for Self-Advocacy Cinnamon Muffin	29 Self Advocacy – Safety for the Seasons 1:30 – 3:30 TAAC Gym Light refreshments to follow	30 	Community Support

- This month focuses are: meals for 2 under \$10, peer led cooking, carbon monoxide detectors – how they work, first aid – back aches.