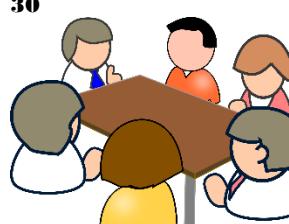


# Community Support January 2026 Calendar

MONDAY	TUESDAY Cooking Group 12:30 – 4:45 pm	THURSDAY Social/Recreation 12:30 – 5:15 pm	FRIDAY	Program Info
		1 <i>New Years Day Closed – No group</i>	2 	Tuesday Cooking Group 12:30-4:45pm Meet at CIC
5 	6 <b>Vegetable Soup</b>	7	8 <b>Bowling &amp; Hotdog</b> \$20	Thursday Social & Rec 12:30-5:15pm Meet at CIC Unless otherwise stated
12 	13 <b>Peer led Cooking – Steph's Porridge</b>	14	15 <b>Swimming</b> <i>Bring your snack</i> \$10	RSVP Deadline for next weeks' events Every Friday
19 	20 <b>Meals on a budget \$10 challenge</b> <i>*make a meal for 2 under \$10*</i>	21	22 <b>Rossland Winter Carnival</b> <i>Bus to Rossland and Back (we might grab a hot chocolate) p/u @ library \$15</i>	16 
26 	27 <b>Baking for Self-Advocacy Cinnamon Muffin</b>	28	29 <b>Self Advocacy – Safety for the Seasons</b> 1:30 – 3:30 <b>TAAC Gym</b> <i>Light refreshments to follow</i>	30 

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