


JANUARY 2026 - TACL DAY PROGRAM ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rise & Shine time is our time to settle in, discuss current events, be active with am wellness and work on personal goals!!</p> <p>Note: Art class will resume January 7th for Pottery (8 spots available)</p> <p>Cost Break Down: January 9th & 30th Bowling \$7.00 / January 26th Cooking Program \$6.00</p> <p>Every Thursday afternoon we have swimming at the Trail Aquatic</p> <p>PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY AT HOME / DAY PROGRAM # 250-368-3504</p> <p>REMEMBER TO DRESS FOR THE WEATHER</p>			<p>1st</p> 	<p>2nd</p> <p>Rise & Shine Time</p> <p>Music with Todd 🎵</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Take down Christmas Décor</p> <p>Water the plants</p>
<p>5th</p> <p>Rise & Shine Time</p> <p>Safety Chat: Traffic Safety Games</p> <p>ART - VISION BOARDS WITH KELSEY</p> <p>Lunch & Tidy up</p> <p>Goal Activity - Building our goals</p> <p>Book Buzz - Bugs and world beneath our feet</p> <p>Lego Building Crew</p>	<p>6th</p> <p>Rise & Shine Time</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>TEAM MEETING WITH TEA AND TEAM BUILDING GAMES</p> <p>Pic Bingo</p>	<p>7th</p> <p>Rise & Shine Time</p> <p>🎵 Music with Todd</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Art Classes at VISAC GALLERY</p> <p>1:30PM TO 2:30PM</p>	<p>8th</p> <p>♻️</p> <p>Rise & Shine Time</p> <p>Life Skills - Strong & Kind: Building Healthy Boundaries</p> <p>Lunch & Tidy up</p> <p><i>Spa time - Learning about everyday self care and more</i></p> <p><i>Circle of Stories</i></p>	<p>9th</p> <p>🎵 Music with Todd</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Bowling & Treat</p>
<p>12th</p> <p>Rise & Shine Time</p> <p>Safety Chat:</p> <p>Inclusive Sports Event with Justin</p> <p>Lunch & Tidy up</p> <p>Book Buzz - Russian Storytelling & Short Stories</p> <p>Lego Building Crew</p>	<p>13th</p> <p>Rise & Shine Time</p> <p>Goal Activity</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>Crafts / Art - Watercolour painting</p> <p>Pic Bingo</p>	<p>14th</p> <p>Rise & Shine Time</p> <p>Music with Todd 🎵</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Art Classes at VISAC GALLERY</p> <p>1:30PM TO 2:30PM</p>	<p>15th</p> <p>♻️</p> <p>Rise & Shine Time</p> <p>Life Skills:</p> <p>Life Skills - We Have Human Rights: Revisiting the handbook</p> <p>Lunch & Tidy up</p> <p>Arm Chair Travel: <i>Russia and Paper Nesting Dolls craft</i></p> <p>Mix & Mingle Madness</p>	<p>16th</p> <p>Rise & Shine Time</p> <p>Music with Todd 🎵</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Life Skills: Health & Wellness</p> <p>Apples to Apples</p> <p>Water the plants</p>
<p>19th</p> <p>🛒</p> <p>Rise & Shine Time</p> <p>Life Skills - Shopping and Budget</p> <p>Menu building, budget and grocery store visit</p> <p>Lunch & Tidy up</p> <p>Book Buzz - Fast Friends</p> <p>Lego Building Crew</p>	<p>20th</p> <p>Rise & Shine Time</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>Beaded Sensory Bracelets</p> <p>Pic Bingo</p>	<p>21st</p> <p>🎵</p> <p>Rise & Shine Time</p> <p>Music with Todd</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Art Classes at VISAC GALLERY</p> <p>1:30PM TO 2:30PM</p>	<p>22nd</p> <p>♻️</p> <p>Rise & Shine Time</p> <p>WORKSHOP: POWER OF THE POLITE "NO" AND CONFIDENCE BUILDING ROLEPLAY</p> <p>Goal Activity</p> <p>Lunch & Tidy up</p> <p>Photography Challenge</p> <p>Group Mural Project</p>	<p>23rd</p> <p>🎵 Music with Todd</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Lights, Games, Action Theatre</p> <p>Games with Rhonda</p>
<p>26th</p> <p>Rise & Shine Time</p> <p>Life Skills - Shopping and Budget</p> <p>COOKING - TUNA MELTS</p> <p><i>Apples to Apples Card Game</i></p> <p>Lunch & Tidy up</p> <p>Book Buzz - Limericks and writing our own</p> <p>Lego Building Crew</p>	<p>27th</p> <p>Rise & Shine Time</p> <p>Goal Activity</p> <p>Games Group</p> <p>Lunch & Tidy up</p> <p>Fizz, Pop, Science Workshop with Jess</p> <p>Pic Bingo</p>	<p>28th</p> <p>Rise & Shine Time</p> <p>Music with Todd</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Art Classes at VISAC GALLERY 1:30PM TO 2:30PM</p>	<p>29th</p> <p>♻️</p> <p>Rise & Shine Time</p> <p>Goal Reflection</p> <p><i>Life Skills Stations - Hands on Learning</i></p> <p>Lunch & Tidy up</p> <p>Arm Chair Travel: Dollywood</p> <p>Rossland Museum Discovery Kit Activity</p>	<p>30th</p> <p>Rise & Shine Time</p> <p>Music with Todd 🎵</p> <p>9:30am to 11am</p> <p>Lunch & Tidy up</p> <p>Bowling & Treat</p>