



MONDAY Mind, Body & Soul	TUESDAY Absorb & Learn	WEDNESDAY Healthy Living	THURSDAY Community Connections	FRIDAY Fun Day	Schedule/Day Program Routine
1 CLOSED 	2 - Recycling/Bottle Depot (DC / KS); - Workshop: Canada where we live! - Armchair Travel: Canada it is which birthday? What are the celebrations around the country; <i>[TAAC Maintenance]</i>	3 - FIT, FAMILY & FRIENDS: challenge every Wed with Special Olympics from 9:00am – 10:00am followed by a snack; - Active Group – swim/ walk; <i>[TAAC Maintenance]</i>	4 - Recycling (DC / KS / SL); - Today is the USA's birthday what's different between Canada and the USA; - Community Cruise: does Trail have Canada decorations around town? <i>[TAAC Maintenance]</i>	5 Chances Casino (\$\$\$ play slots optional) 11am – 2pm BYOL or Buy your lunch	Welcome to Day Program <i>We try our best to stick to this routine daily:</i> 8am – 9:30am: arrivals & peer to peer social time; 9:30am – 10:15am: activity/craft/workshop/ community outing 10:15am: Coffee/Tea 10:45 – Noon: activity/craft/workshop/ community outing Noon – 1:00pm: Lunch 1:00pm – 2:00pm: activity/craft/workshop/ community outing (may be continuance from the morning) 2:00 – 3:00pm: winding the day down, peer to peer social time, movie, discussions, health & safety drills, TAAC maintenance..... 2:30 – 3:30pm: farewell for the day! * <i>Selected Groups</i> (have initials or selected group beside the name): these are pre-selected based on special requirements. All activities are accessible to everyone unless this symbol is present beside the activity.
8 - Recycling (FC / KS); - CVL Volunteering (selected group); - Soul: explore your inner-self; - Craft: TAAC art project; <i>[TAAC Maintenance]</i>	9 - Recycling/Bottle Depot (DC / KS); - Workshop: Improv fun; - Craft: continue TAAC art project; <i>[TAAC Maintenance]</i>	10 - FIT, FAMILY & FRIENDS; - FFF booklets/learning; - Active Group – swim at Warfield Pool (\$Fee & BYOL) <i>[TAAC Maintenance]</i>	11 - Recycling (DC / KS / SL); - Get ready for baseball game tomorrow – water balloons!!! - Craft: finish art project <i>[TAAC Maintenance]</i>	12 Baseball Game 10:00am – 1:00pm BBQ \$5.00 	
15 - Recycling (FC / KS); - CVL Volunteering (selected group); - Cultures/Identity: how are we all different?! <i>[TAAC Maintenance and Health & Safety]</i>	16 - Recycling/Bottle Depot (DC / KS); - Mock Restaurant: menu, shop, prep and serve (everyone is doing something!!!) \$5.00; <i>[TAAC Maintenance and Health & Safety]</i>	17 - FIT, FAMILY & FRIENDS; - FFF booklets / learning; - Active Group: swim/ outdoors to hike; <i>[TAAC Maintenance and Health & Safety]</i>	18 Recycling (DC / KS / SL); Community Activity – - Team Planning Meeting for next month's calendar; <i>[TAAC Maintenance and Health & Safety]</i>	19 Scavenger Hunt Start 10:30am After Lunch Learn about Geo-Caching	
22 - Recycling (FC / KS); - CVL Volunteering (selected group); - Mind & Body Meet: Learn how the mind and body interact in negative and positive ways; <i>[TAAC Maintenance]</i>	23 - Recycling/Bottle Depot (DC / KS); - Guest Speaker: Talk on Friendship & Bullying 10am – 11am; - Workshop: Continue learning about friendship; <i>[TAAC Maintenance]</i>	24 - FIT, FAMILY & FRIENDS; - FFF booklets / learning; - Active Group – yoga in the gym; <i>[TAAC Maintenance]</i>	25 - Recycling (DC / KS / SL); - Community Activity: visit Champion Lakes for Picnic (BYOL); <i>[TAAC Maintenance]</i>	26 Museum Castlegar (\$fee) & Lunch at Millennium Park (bathing suit & BYOL) gam-3pm	
29 Recycling (FC / KS); CVL Volunteering; Holistic Balance: Rock Craft; <i>[TAAC Maintenance]</i>	30 - Recycling/Bottle Depot (DC / KS); Workshop: Do you know your address?	31 - FIT, FAMILY & FRIENDS; - FFF booklets / learning; - Active Group: swim & dance;	*** Reminder: please let us know in advance if you are joining us so we ensure seating capacity is met!!!		

Last Months Highlights

We danced and visited Llama's, we went to the library every Friday and danced some more and hit the golf course for some putting action!!!



We started the Fit, Olympics to get in shape summer!!!



Family, Friends group with Special for the

We had Cowboy Cody straight from Nashville and "Sandra Dee from Grease" visit us this month!!!

