

# DAY PROGRAM JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
<p>3</p> <p><b><u>STAT</u></b> <b><u>TAAC</u></b> <b><u>CLOSED</u></b></p>	<p><b>4</b> Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am <b>Games Group @TAAC</b></p> <p><b>Music Group: Name that tune!</b></p>	<p><b>5</b> Welcoming Wellness *Health Activity: Sit &amp; be fit 9-9:45am Menu Planning &amp; kitchen safety</p> <p>Armchair Travel: Greenland</p>	<p><b>6</b> Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current events Discussion Recycling My Booklet Guest Speaker: Dental Hygienist Mandy</p>	<p><b>7</b> Welcoming Wellness *Health Activity Zumba 9am-10am</p> <p>GYRO PICNIC (BRING LUNCH)</p>	<p><b>WELCOME TO DAY PROGRAM!!</b></p> <p>HOURS OF OPERATION 8am – 4 pm</p> <p>~~12PM-1PM~~ Lunch &amp; Clean up</p> 
<p><b>10</b> Welcoming Wellness Walking indoors/outdoors Current Events Discussion 9-9:30 Digital Literacy Book Buzz Group Circuit Learning: Socialization</p>	<p><b>11</b> Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre /shopping for supplies Music Group: Fun with instruments</p>	<p><b>12</b> Welcoming Wellness *Health Activity: Sit &amp; be fit 9-9:45am Cooking Group: Egg salad sandwich &amp; tossed salad \$6 Armchair Travel: Philippines</p>	<p><b>13</b> Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current Events discussion Recycling/My Booklet Workshop: Exploring the 5 senses</p>	<p><b>14</b> Welcoming Wellness *Health Activity Zumba 9am-10am</p> <p>WARFIELD POOL PICNIC LUNCH</p>	
<p><b>17</b> Welcoming Wellness Walking Current Events Discussion 9-9:30 Digital Literacy Book Buzz Armchair Travel: Yukon</p>	<p><b>18</b> Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC shopping for supplies Music Group: Karoke</p>	<p><b>19 Welcoming Wellness</b> * Health Activity: Sit &amp; be fit 9-9:45am Cooking Group: FOODSAFE &amp; HYGEINE Cultural Diversity: languages around the world</p>	<p><b>20</b> Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling/My Booklet Workshop: Beavers</p>	<p><b>21</b> Welcoming Wellness *Health Activity Zumba 9am-10am</p> <p>GYRO BBQ \$6</p>	
<p><b>24</b> Welcoming Wellness Walking Current Events Discussion 9-9:30 Digital Literacy Book Buzz Safety training: Fire Drill Team Planning Meeting: August</p>	<p><b>25</b> Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC/shopping for supplies Music Group: Fun with Instruments!</p>	<p><b>26</b> Welcoming Wellness * Health Activity: Sit &amp; be fit 9-9:45 Cooking Group: Grilled Cheese Veggies &amp; dip \$6 Group Circuit Learning: Gratitude</p>	<p><b>27</b> Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling My Booklet Guest Speaker: Anti--bullying</p>	<p><b>28</b> Welcoming Wellness</p> <p>S.S MOYIE TOUR \$14 Picnic 9am-3PM</p>	
<p><b>31</b> Welcoming Wellness Walking indoors/outdoors Current Events Discussion 9-9:30 Digital Literacy Book Buzz Community Connections: Scavenger hunt</p>					