

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Day Program Routine
	<p>1 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Book Buzz: Peter Pan - Afternoon movie: Peter pan 	<p>2 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Improv games; - Cooking group: Make your own pizza \$7 - Armchair travel: Italy - Craft to follow 	<p>3 Welcoming Wellness Health activity</p> <p>What is self advocacy?</p> <ul style="list-style-type: none"> - Workshop: How we can advocate for ourselves; - Resources in our community 	<p>4 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Book buzz: Peter Pan - Bowling Party! \$4.25 per game 	<p>Welcome to Day Program</p> <p><i>We try our best to stick to the following routine daily unless otherwise stated:</i></p> <p>8:30am – 9:00am: arrivals & day prep;</p>
<p>7 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Safety Meeting: Covid safe practices; - Current events discussion; - Goal building; - Group circuit learning; - Plants and our garden 	<p>8 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Book Buzz: Peter Pan - Music Group: How does music make us feel? - Karaoke afternoon, our favorite songs 	<p>9 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Book buzz Peter pan - Book craft - Group outing ; nature scavenger hunt 	<p>10 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Workshop: What is a token economy and how does it work. - Team building activities; - Electing a team leader <ul style="list-style-type: none"> - Zoom dance with Nelson Cares Society; party 6-8 pm Special event! 	<p>11 Welcoming Wellness Health activity</p> <p>Funny Hat Day, wear your favorite hat! Games and prizes!</p> <ul style="list-style-type: none"> - Coffee and peer socializing; 	<p>9:00am – 9:30am: Morning check-in;</p> <p>9:30am – 10:30am: Let the day begin with games, activities, workshops...</p> <p>Noon – 1:00pm: Lunch & clean-up;</p> <p>1:00pm – 3:00 pm activity/craft/workshop/ community outing (may be continuance from the morning); peer to peer social time, movie, discussions</p>
<p>14 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Safety Meeting: Covid safe practices; - Goal building; - Team Meeting; - Group circuit learning - Self care 	<p>15 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Super hero day, what is a hero and who are mine? - Book buzz: Reading about real life heroes 	<p>16 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Post cards and Passports - Arm chair travel: Spain - Spanish music and dancing - Cooking group; Spanish rice \$7 	<p>17 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Workshop: Getting to know myself; - Self portrait canvas art 	<p>18 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Crazy hair day! Dress up; - Bingo and games; - Subway lunch \$15 - Afternoon movie at TAAC 	<p>3:00– 3:30pm: winding the day down, clean-up, health & safety drills, TAAC maintenance</p>
<p>21 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Safety Meeting: Covid safe practices; - Goal Building; - Group circuit learning - Community Safety 	<p>22 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Cooking club: Rice crispy squares and coffee; - Music group: our favorite songs karaoke. Play along with instruments 	<p>23 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Postcard and passports - Current events discussion; - Armchair Travel: African Safari. Animal craft to follow 	<p>24 Welcoming Wellness Health activity</p> <p>Group choice day! We all decide what to do</p> 	<p>25 Welcoming Wellness Health activity</p> <p>Science Day! Let's make experiments</p>	<p><i>* Pre-Selected Groups "SG" are not open to everyone individuals are pre-selected based on varied requirements.</i></p>
<p>30 Welcoming Wellness Health activity</p> <p>Safety Meeting: Covid safe practices</p> <ul style="list-style-type: none"> - Book buzz Peter pan - Group circuit learning - Friendship 	<p>29 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Book buzz Peter pan - Board games 	<p>30 Welcoming Wellness Health activity</p> <ul style="list-style-type: none"> - Improv games; - Current events discussion - Postcards and passports - Afternoon movie 	<p>See you next month!!!!</p>		<p>All activities are accessible to everyone unless this symbol is beside the activity.</p> 