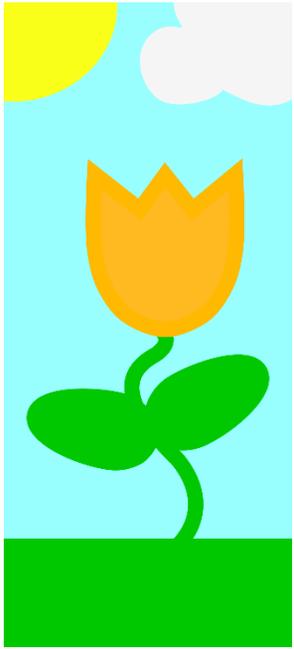


DAY PROGRAM JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
			1 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current events Discussion Recycling My Booklet Swimming 1-3 Workshop: Sun safety	2 Welcoming Wellness *Health Activity Zumba 9am-10am River Scavenger Hunt: collect rocks for painting	<p>WELCOME TO DAY PROGRAM!!</p> <p>HOURS OF OPERATION 8am – 4 pm</p> <p>~~12PM-1PM~~ Lunch & Clean up</p> 
5 Welcoming Wellness Walking @Arena Current Events Discussion 9-9:30 Digital Literacy Book Buzz Visac Gallery 12:30-2 Group Circuit Learning: Self Care	6 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre Music Group: Fun with instruments	7 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Menu Planning & kitchen safety Armchair Travel: Finland	8 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling My Booklet Swimming 1-3 Workshop: Family Dynamics – Embracing uniqueness	9 Welcoming Wellness *Health Activity Zumba 9am-10am BOWLING \$5 	
12 Welcoming Wellness Walking @Arena Current Events Discussion 9-9:30 Digital Literacy Book Buzz Visac Gallery 12:30-2 Armchair Travel: Alaska	13 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC shopping for supplies Music Group: Karoke	14 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Cucumber sandwiches & fruit salad \$6 Cultural Diversity: Respecting others' differences	15 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling/My Booklet Fathers day Project \$4 Swimming 1-3 Workshop: Gardening	16 Welcoming Wellness *Health Activity Zumba 9am-10am Christina Lake PICNIC 11-2	
19 Welcoming Wellness Walking @Arena Current Events Discussion 9-9:30 Digital Literacy Book Buzz Safety training: Fire Drill Team Planning Meeting: July	20 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC Music Group: Fun with Instruments!	21 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group Activity: FOODSAFE & HYGEINE Group Circuit Learning: Positive Self Talk	22 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling My Booklet Swimming 1-3 Guest Speaker: Dental Hygiene	23 Welcoming Wellness *Health Activity Zumba 9am-10am Birch Bank Driving range \$5 & Picnic	
26 Welcoming Wellness Walking @Arena Current Events Discussion 9-9:30 Digital Literacy Book Buzz Community Connections: Visual Scavenger Hunt Visac Gallery 12:30-2	27 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC/shopping for supplies Music Group: Favorite song requests and dancing	28 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group: Veggie Wrap & Macaroni salad \$6 Guest Speaker: Street Safety	29 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling /My Booklet Swimming 1-3 Workshop: Employment – Interview Do's & Don'ts	30 Welcoming wellness *Health Activity Zumba 9am-10am Subway Lunch \$12 Gyro Park Games	