

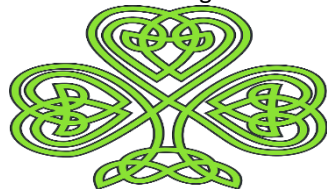



# Community Support March Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
		<p>1 Cooking Group 3-6pm French Onion Soup Workshop: origin of French Onion soup:</p>	<p>2 Social Rec 12:30-5:30 Bring your own Craft Eg: knitting, painting, puzzles</p>	<p>3 1-4pm@TAAC Workshop: The Importance of self Care pt. 2 Activity: Journaling and Zen doodles exercises</p>	<p>Cooking Group Wednesday 3-6pm Meet at TAAC</p>
6	7	<p>8 Cooking Group 3-6pm St. Patrick's Day Sugar Cookies Community Inclusion</p>	<p>9 Social Rec 12:30-5:30 Fitness Room and Swimming snack \$7.00</p>	<p>10 1-4pm@TAAC Workshop: Self awareness and empathy Activity: Tai Chi and Empathy worksheet</p>	<p>Social Rec Thursday 12:30-5:30pm Meet at TAAC Unless otherwise stated</p>
13	<p>14</p> 	<p>15 Cooking Group 3-6pm Workshop: Kitchen Basics Coffee provided Planning</p>	<p>16 Social Rec 12:30-5:30 Deliver St Patrick's Day Cookies in Community Giving back to our Community Coffee and Planning</p>	<p>17 1-4pm@TAAC Cultural Diversity: The people of Ireland. Activity: Irish music &amp; Dancing</p> 	<p>Life Skills and Culture Group 1-4 pm Meet upstairs at TAAC</p>
20	21	<p>22 Cooking Group 3-6pm Nachos Workshop: Food Safety Quiz</p>	<p>23 Social Rec 12:30-5:30 Bowling \$10.00</p>	<p>24 1-4pm@TAAC Cultural Diversity: The First Nations people of the Salish Sea Activity: Build our own Totem Pole</p>	<p>RSVP Deadline For next weeks Events Every Friday</p>
<p>27</p> 	28	<p>29 Cooking Group 3-6pm Cabbage, Onion and Sausage Stir Fry Workshop: Knife Safety</p>	<p>30 Social Rec 12:30-5:30 Disk Golf &amp; Dinner \$25.00</p>	<p>31 Social Advocacy Group 4-7pm @TAAC Light refreshments provided</p>	<p>RSVP 250 368 3503 EXT.8 Community Support</p>