



DAY PROGRAM MARCH 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
		<p>1 Welcoming Wellness 9-10 am Sit & Be fit Current Events Cooking Group: Perogies & salad \$6 Workshop: Life Skills- Conflict Resolution</p>	<p>2 Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: Employment- What is a resume Swimming @ Aquatic Centre Side By Side Modules</p>	<p>3 Welcoming Wellness 9:15-10am Dance/Zumba</p>  <p>BOWLING \$5</p>	<p>WELCOME TO DAY PROGRAM!!</p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS:</p> <p>8am-9am ARRIVALS & DAY PREP</p> <p>9am-11:30am LET THE DAY BEGIN: Health Activities Games, Workshops...ETC</p> <p>--12pm - 1pm-- LUNCH & CLEAN UP</p> <p>1:00-3:30 Activity, Craft, Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie & discussions.</p> <p>3:30-4pm TAAC MAINTENANCE & CLEAN UP.</p> <p>*RECYCLING IS A WEEKLY JOB PRESELECTED</p>
<p>6 Welcoming Wellness Walking /outdoors/arena Transit Book Buzz/My Booklet Group Circuit Learning Project: Gardening- What to Grow</p>	<p>7 Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre/ Shopping for Supplies Music Group: Karaoke & musical games</p>	<p>8 Welcoming Wellness 9-10 am Sit & Be fit Cooking Group: Japanese Salad & Naan bread \$6 Work Shop: International Women's Day</p>	<p>9 Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Craft Activity: Poster Making Swimming @ Aquatic Centre Side by Side Modules/Digital Literacy</p>	<p>10 Welcoming Wellness 9:15-10am Dance/Zumba</p> <p>Art Attack!! ----- Pride Gym Group 1 Kickboxing class</p>	
<p>13 Welcoming Wellness Walking /outdoors/arena Transit Book Buzz/My Booklet Safety Drills for March: Utility Failure Group Circuit Learning: Bus Safety</p>	<p>14 Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group@ Youth Centre/Shopping for Supplies Music Group: Favorites of individuals</p>	<p>15 Welcoming Wellness 9-10 am Sit & Be fit Cooking Group: Chicken Fried Rice \$6 Workshop: Special Guest Anti-Bullying</p>	<p>16 Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: St. Patrick's Day Cultural Diversity: Ireland Swimming @ Aquatic Centre Side by Side Modules/Digital Literacy</p>	<p>17 Welcoming Wellness 9:15-10am Dance/Zumba St. Patrick's Day! ~Wear Green ~ Shamrock Shakes \$3 Games & Activities ----- Pride Gym Group 2 Kickboxing class</p>	
<p>20 Welcoming Wellness Walking /outdoors/arena Transit Book Buzz/My Booklet Team Meeting /Planning</p> 	<p>21 Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre/ Shopping for Supplies Music Group: Fun with Instruments</p>	<p>22 Welcoming Wellness 9-10 am Sit & Be fit Cooking Group: Pasta Fagioli Soup & Bun \$6 Nature Sensory Scavenger Hunt</p>	<p>23 Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: Boundary Setting Swimming @ Aquatic Centre Side by Side Modules/Digital Literacy</p>	<p>24 Welcoming Wellness 9:15-10am Dance/Zumba</p> <p>Chances Casino Lunch</p>	
<p>27 Welcoming Wellness Walking /outdoors/arena Transit/ Coffee social outing Book Buzz/ My Booklet Gardening Project</p>	<p>28 Welcoming Wellness 9am-10am Tai Chi/Meditation Games Group @ Youth Centre Music Group: Name that tune!</p>	<p>29 Welcoming Wellness 9-10 am Sit & Be fit Cooking Group: Potato Skins w/ veggies & dip \$6</p> <p>Armchair Travel: Tofino Craft to follow</p>	<p>30 Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: Life Skills- Counting Money Swimming @ Aquatic Centre Side By Side Modules/Digital literacy</p>	<p>31 Welcoming Wellness 9:15-10am Dance/Zumba</p> <p>Movie Matinee @ Royal Theatre 1PM \$12</p>	<p>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness</p>