

MARCH 2026 - TACL DAY PROGRAM ACTIVITY CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2nd	Rise & Shine Time Life Skills - Recycling and Sorting <i>Walking group "The Walkie Talkies"</i> Lunch & Tidy up Book Buzz - International Woman's Day & Handing out Special "Treats" to special Woman in our community Lego Building Crew	3rd Rise & Shine Time <i>Walking group "The Walkie Talkies"</i> Games Group Lunch & Tidy up Life Skills: Spring Cleaning & FiZZ for Funds - Counting Returnables Pic Bingo	4th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up Life Skills: Budgeting & making positive Financial Decisions Activity Sheet - What is the price?	5th Rise & Shine Time <i>Life Skills: My Best Sleep: Tools for Rest & Relaxation</i> <i>Walking group "The Walkie Talkies"</i> Lunch & Tidy up Arm Chair Travel: Ireland & St. Patrick's Day Craft	6th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up Bowling Water the plants
9th	Rise & Shine Time Safety Chat: Insight into Health Care <i>Walking group "The Walkie Talkies"</i> Lunch & Tidy up Puppet Theatre Group & Mural Project Lego Building Crew	10th Rise & Shine Time Games Group Lunch & Tidy up Craft: Planting Spring bulbs (Science Experiment) Pic Bingo	11th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up <i>Life Skills: Public Speaking and building confidence</i>	12th Rise & Shine Time TEAM MEETING WITH LEPRECHAUN LIME FIZZ and TEAM BUILDING GAMES Lunch & Tidy up <i>Life Skills: Problem Solving at your workplace</i>	13th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up KICKBOXING AT PRIDE GYM Water the plants
16th	Rise & Shine Time Safety Chat: Traffic Safety Menu building, budget and grocery store visit Lunch & Tidy up Book Buzz: Learn about St Patrick's Day (Ireland) and Holi (Festival of Colors) & Craft for each Celebration	17th Rise & Shine Time Games Group Lunch & Tidy up <i>Waneta Program Hub 1p-3p St. Patrick's Day Craft at Mall</i> Pic Bingo	18th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up Life Skills: Social Skills & Role-Play Activity Sheet -	19th Rise & Shine Time Life Skills: Goal Activity FiZZ for Funds - Counting Returnables Lunch & Tidy up <i>Arm Chair Travel: Mexico, Craft & Cinnamon-Sugar Tortilla Crisps</i> Mix & Mingle Madness	20th Rise & Shine Time Music Group - Drum Circle with Reflections on Its Meaning with Special Guest Ann-Marie Smith Lunch & Tidy up Movie at Royal Theatre Time, Cost & Movie to be determined closer to the date
23rd	Rise & Shine Time Life Skills - Shopping and Budget Cooking Group - Meatball Sub and Kitchen Safety Skills Lunch & Tidy up Book Buzz - Cherry Blossom Festival & Craft Lego Building Crew	24th Rise & Shine Time Games Group Lunch & Tidy up <i>Canvas Painting: Easter Bunny</i> Pic Bingo	25th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up <i>Life Skills: Planting our indoor Seeds</i> Activity Sheet - Gardening	26th Rise & Shine Time Life Skills: Goal Activity Life Skills - Spring Cleaning Lunch & Tidy up Life Skills: Healthy Eating <i>Walking group "The Walkie Talkies"</i> Dice Game	27th Rise & Shine Time Music 9:30am to 11am Lunch & Tidy up KICKBOXING AT PRIDE GYM Water the plants
30th	Rise & Shine Time Goal Activity: Goal Reflection and Planning for our next goals <i>Walking group "The Walkie Talkies"</i> Lunch & Tidy up Puppet Theatre Group & Mural Project Lego Building Crew	31st Rise & Shine Time Games Group Lunch & Tidy up Craft - Paint Easter Eggs <i>Walking group "The Walkie Talkies"</i>	Rise & Shine time is our time to settle in, discuss current events, be active with am wellness and work on personal goals!! Cost Break Down - March 6th - Bowling \$7. / March 13th & 27th Kickboxing Approx. \$10. / March 17th Bus Fare \$4.50 / March 20th Movie - Will inform closer to the date / Cooking Group "Meatball Sub" \$6. Every Thursday afternoon we have swimming at the Trail Aquatic Centre PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY AT HOME / DAY PROGRAM # 250-368-3504 (THANK YOU) REMEMBER TO DRESS FOR THE WEATHER!!		