

DAY PROGRAM MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
<p>2 Welcoming Wellness *Health Activity Book Buzz My Booklet BC Project Community Outing: Kootenay West Distilling Tour 12:30</p>	<p>3 Welcoming Wellness *Health Activity Games Group @ youth centre /Shopping for supplies Yahtzee/Cards/Bingo Music Group :Karaoke & Dancing</p>	<p>4 Welcoming Wellness *Health Activity Cooking Group: Veggie Chow Mein Community Outing: Fire Station Tour & Fire Safety Demo</p>	<p>5 Welcoming Wellness *Health Activity RECYCLING Workshop: Cinco de Mayo Mothers Day craft: Swag/centre piece</p>	<p>6 Welcoming Wellness *Health Activity Mothers day craft continued COLUMBIA GARDENS WINE TOUR 1PM (POSTPONED FROM EARLIER DATE)</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 ,Cultural- Diversity, community outing (perhaps continuance from morning activity)</p> <p>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>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness</p>
<p>9 Welcoming Wellness *Health Activity Book Buzz My Booklet BC Project Community Outing: Social Group Coffee outing</p>	<p>10 Welcoming Wellness *Health Activity Games Group @ Youth Centre/ Shopping for Supplies Music Group: History of the Symphony</p>	<p>11 Welcoming Wellness *Health Activity Cooking Group: Meatloaf muffins Cultural Diversity: Scotland- Loch ness Craft to follow</p>	<p>12 Welcoming Wellness *Health Activity RECYCLING Craft: Poster Board Welcome back Project Baking: cupcakes Birthday Month Celebration</p>	<p>13 Welcoming Wellness *Health Activity</p> <p>GYRO PARK 11-2 Subway lunch \$12 PICNIC AND BOCCIE</p>	
<p>16 Welcoming Wellness *Health Activity Book Buzz My Booklet BC Project Safety Drills for May Group Circuit Learning: Bus Safety</p>	<p>17 Welcoming Wellness *Health Activity Games Group @ TAAC Music Group: Karaoke</p> <p>♪ ♪ ♫</p>	<p>18 Welcoming Wellness *Health Activity Cooking Group: Borscht & buns Self Advocacy Workshop: Finding and Using my voice</p>	<p>19 Welcoming Wellness *Health Activity RECYCLING Pacific Coast Trail- YOUTUBE Crafts Workshop: Gratitude</p>	<p>20 Welcoming Wellness *Health Activity 11-2pm BEAVER CREEK BBQ!! Games & fun</p>	
<p>23</p> <p>STAT</p> <p>TAAC CLOSED</p>	<p>24 Welcoming Wellness *Health Activity Games Group @ Youth Centre Music Group: Musical Guest sing along</p>	<p>25 Welcoming Wellness *Health Activity Cooking Group: Crustless Quiche Cultural Diversity: Haida Gwaii (Totem Craft to follow)</p>	<p>26 Welcoming Wellness *Health Activity RECYCLING Pacific Coast Trail- YOUTUBE Art Therapy Workshop: Socialization</p>	<p>27 Welcoming Wellness</p> <p>SS Moyie-Kaslo- \$12.00 Picnic Lunch & ice cream treat *8:30 am Departure Back @ 3:30Pm</p>	
<p>30 Welcoming Wellness *Health Activity Book Buzz My Booklet BC Project Team Meeting/Calendar Planning Community Outing: Coffee</p>	<p>31 Welcoming Wellness *Health Activity Games Group @ Youth Centre Music Group: Musical Instruments</p>	<p>** MYBooklet BC is a FREE online tool that families & people with disabilities can use to create a beautiful & personalized information booklet for a loved one or themselves</p>	<p>*Pacific Coast Trail Last month we had a guest , Darcee O’Hearn, and her 3 teens are on a 5 month hike adventure starting in Mexico. We will be following her weekly via YOUTUBE. We will be cheering them on as well as sending messages and possibly letters.</p>	<p>SEE YOU NEXT MONTH!</p> 	