



# DAY PROGRAM MAY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
<p><b>1</b> Welcoming Wellness Walking /outdoors/arena/ Transit <b>9am-9:30 Digital Literacy</b> Book Buzz/My Booklet Project: Plant the wood stepping stones in front of the windows</p>	<p><b>2</b> Welcoming Wellness 9-10 Tai Chi/Meditation <b>9am-9:30 Digital Literacy</b> Games Group @ youth centre /Shopping for supplies Yahtzee/Cards/Bingo Music Group: Fun with instruments</p>	<p><b>3</b> Welcoming Wellness 9-10 Sit &amp; Fit/Meditation Cooking Group: Loaded Cheese Quesidilla Cultural Diversity: The Kootenays</p>	<p><b>4</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING/Current Events Workshop: Ghost Towns of the Kootenays 1pm-2:30pm Vance Celebration of Life/Legion</p>	<p><b>5</b> Welcoming Wellness 9:15-19 Dance/Zumba  GYRO PARK 11-2 McDonald's lunch \$12 PICNIC AND BOCCE</p>	<p><b>WELCOME TO DAY PROGRAM!!</b></p> <p>HOURS OF OPERATION 8:00AM-4:00PM</p> <p>--12pm - 1pm-- LUNCH &amp; CLEAN UP</p> 
<p><b>8</b> Welcoming Wellness Walking/outdoors/arena Coffee Group Outing <b>9am-9:30 Digital Literacy</b> Book Buzz/My Booklet</p>	<p><b>9</b> Welcoming Wellness 9-10 Tai Chi/Meditation <b>9am-9:30 Digital Literacy</b> Games Group @ Youth Centre/ Shopping for no bake cookies/supplies Music Group: History of the Big Band Era</p>	<p><b>10</b> Welcoming Wellness 9-10 Sit &amp; Fit/Meditation Cooking Group: All about Healthy Food Choices No Bake cookies for Mom Cultural Diversity: South Africa</p>	<p><b>11</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING Craft/ No Bake Cookies for Mom, craft project wrap &amp; create tags 1pm-2:30 Swimming</p>	<p><b>12</b> Welcoming Wellness 9:15-19 Dance/Zumba  Silver City Days! Riverfront Food Fair and Entertainment \$15</p>	
<p><b>15</b> Admin/Team building Day TAAC  <u>TAAC Closed</u></p>	<p><b>16</b> Welcoming Wellness 9-10 Tai Chi/Meditation <b>9am-9:30 Digital Literacy</b> Shopping -BBQ Wraps Games Group @ TAAC Music Group: Sing a long  </p>	<p><b>17</b> Welcoming Wellness 9-10 Sit &amp; Fit/Meditation Cooking Group: BBQ Chicken Wraps Self Advocacy Workshop: Honesty &amp; Positivity Team Planning Meeting</p>	<p><b>18</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING Arm Chair Travel Belize Workshop: Keeping our homes clean/Laundry and other jobs that need doing 1pm-2:30 Swimming</p>	<p><b>19</b> Welcoming Wellness 9:15-19 Dance/Zumba 11-2pm BEAVER CREEK BBQ!! Games &amp; fun</p>	
<p><b>22</b>  <u>STAT TAAC Closed</u> <b>Victoria Day</b></p>	<p><b>23</b> Welcoming Wellness 9-10 Tai Chi/Meditation <b>9am-9:30 Digital Literacy</b> Games Group @ Youth Centre/Music Group: Name that tune</p>	<p><b>24</b> Welcoming Wellness 9-10 Sit &amp; Fit/Meditation Cooking Group: Menu Planning &amp; Groceries Cultural Diversity: The Provinces, their flags &amp; flowers</p>	<p><b>25</b> Welcoming Wellness 9-9:45 Gentle Stretches RECYCLING Art Therapy Workshop: Honesty &amp; Positivity 1pm-2:30 Swimming</p>	<p><b>26</b> Welcoming Wellness 9:15-19 Dance/Zumba  BC SPCA visit then bring a picnic lunch &amp; Disc Golf</p>	
<p><b>29</b> Welcoming Wellness Walking/outdoors/arena <b>9am-9:30 Digital Literacy</b> Book Buzz/My Booklet Community Outing: Coffee Group</p>	<p><b>30</b> Welcoming Wellness 9-10 Tai Chi/Meditation <b>9am-9:30 Digital Literacy</b> Games @ Youth Centre Shopping- Quiche Music Group: Classical Bach Beethoven and more</p>	<p><b>31</b> Welcoming Wellness 9-10 Sit &amp; Fit/Meditation Cooking Group: Crustless Quiche Cultural Diversity: Japan</p>		<p><b>SEE YOU NEXT MONTH!</b> </p>	