
















MAY 2026 - TACL DAY PROGRAM ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Rise & Shine time is our time to settle in, discuss current events, be active with am wellness and work on personal goals!!</p> <p>Cost Break Down - May 8th - Lunch at Fair Approx. \$20 / May 8th & 22nd Kickboxing Approx. \$10. May 15th - Bowling \$7. / May 20th - Cooking Group "Taco's in a Bag" \$6. May 29th - Picnic Lunch at Gyro Approx. \$5.</p> <p>Every Thursday afternoon we have swimming at the Trail Aquatic Centre PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY AT HOME (THANK YOU) DAY PROGRAM # 250-368-3504 REMEMBER TO DRESS FOR THE WEATHER!!</p>		 		<p>1st Rise & Shine Time</p> <p style="text-align: center;">Music 9:30am to 11am</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Spring Cleaning</p>
<p>4th Rise & Shine Time</p> <p style="text-align: center;"><i>Walking group "The Walkie Talkies"</i></p> <p style="text-align: center;">FIZz for Funds - Counting Returnables</p> <p style="text-align: center;">Lunch & Tidy</p> <p style="text-align: center;">Spring Cleaning</p>	<p>5th Rise & Shine Time</p> <p style="text-align: center;">Games Group</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Life Skills: Caregivers Tea and Parade Prep</p> <p style="text-align: center;">Pic Bingo</p>	<p>6th Rise & Shine Time</p> <p style="text-align: center;">Music 9:30am to 11am</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;"><i>Mother's Day and Caregivers Tea</i></p>	<p>7th  Rise & Shine Time</p> <p style="text-align: center;">Life Skills: Goal Activity</p> <p style="text-align: center;"><i>Walking group "The Walkie Talkies"</i></p> <p style="text-align: center;">Pickleball</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Downtown Scavenger Hunt</p>	<p>8th  Rise & Shine Time</p> <p style="text-align: center;">Music 9:30am to 10:45am</p> <p style="text-align: center;">Lunch at the Riverfront Food Fair 11am to 1pm</p> <p style="text-align: center;">KICKBOXING AT PRIDE GYM</p> <p style="text-align: center;">Water the plants </p>
<p>11th Rise & Shine Time</p> <p style="text-align: center;"><small>Safety Chat: The importance of staying hydrated</small></p> <p style="text-align: center;">Menu building, budget and grocery store visit</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Book Buzz - Importance of Insects to earth</p> <p style="text-align: center;">Walking Group "The Walkie Talkies"</p>	<p>12th Rise & Shine Time</p> <p style="text-align: center;">Games Group</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Craft - Our favorite Team Jersey</p> <p style="text-align: center;">Pic Bingo</p>	<p>13th Rise & Shine Time</p> <p style="text-align: center;">Music 9:30am to 11am</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Art Classes at VISAC GALLERY 1:00PM TO 2:00PM</p>	<p>14th Rise & Shine Time </p> <p style="text-align: center;">Life Skills: Goal Activity</p> <p style="text-align: center;">TEAM MEETING WITH Fruit smoothie and TEAM BUILDING GAMES</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;"><i>Arm Chair Travel: Australia and New Zealand</i></p> <p style="text-align: center;">Mix & Mingle Madness</p>	<p>15th Rise & Shine Time</p> <p style="text-align: center;">Bocce at Beaver Creek Park</p> <p style="text-align: center;">Picnic Lunch</p> <p style="text-align: center;">Bowling and a Treat  </p>
<p>18th</p> <p style="text-align: center;"> VICTORIA DAY STAT</p>	<p>19th Rise & Shine Time</p> <p style="text-align: center;">Games Group / Shopping for our menu</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Craft - Star Wars Light Saber</p> <p style="text-align: center;">Pic Bingo</p>	<p>20th Rise & Shine Time</p> <p style="text-align: center;"> Cooking Group - Taco's in a bag</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Art Classes at VISAC GALLERY 1:00PM TO 2:00PM</p>	<p>21st  Rise & Shine Time</p> <p style="text-align: center;">Life Skills: Goal Activity</p> <p style="text-align: center;">Life Skills - Boundaries</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Life Skills: How to use the Library</p> <p style="text-align: center;">Walking group "The Walkie Talkies"</p> <p style="text-align: center;">Dice Game</p>	<p>22nd Rise & Shine Time</p> <p style="text-align: center;">Music 9:30am to 11am</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">KICKBOXING AT PRIDE GYM</p> <p style="text-align: center;">Water the plants</p>
<p>25th Rise & Shine Time</p> <p style="text-align: center;">Life Skills: Goal Activity</p> <p style="text-align: center;"><i>Disc Golf in Oasis</i></p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Puppet Theatre Group & Mural Project</p> <p style="text-align: center;">Lego Building Crew</p>	<p>26th Rise & Shine Time</p> <p style="text-align: center;">Games Group </p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Craft - Painting at the park</p> <p style="text-align: center;">Walking group "The Walkie Talkies"</p>	<p>27th Rise & Shine Time</p> <p style="text-align: center;">Music 9:30am to 11am</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Art Classes at VISAC GALLERY 1:00PM TO 2:00PM</p>	<p>28th Rise & Shine Time </p> <p style="text-align: center;">Life Skills - Camping Safety and Skill building</p> <p style="text-align: center;">Walking group "The Walkie Talkies"</p> <p style="text-align: center;">Lunch & Tidy up</p> <p style="text-align: center;">Making fun freezies</p> <p style="text-align: center;">Pic Bingo</p>	<p>29th Rise & Shine Time </p> <p style="text-align: center;">Games and Nature Scananger Hunt at Gyro and Picnic Lunch</p> <p style="text-align: center;">Make homemade Lemonade Slushies and watch a Summer Movie</p>