







2021 TAAC DAY PROGRAM NOVEMBER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Day Program Routine
1 Welcoming Wellness 9:15-10 :00 Health activity - Current events - Group Circuit Learning :Self Care	2 Welcoming Wellness 9:15-10 :00 health activity - Games Group @ Youth Center - Group singing/ Puppet show - Treasure Hunt coffee outing	3 Welcoming Wellness 9:15-10 :00 Health activity Group Choice Day Find the fun! 	4 Welcoming Wellness 9:15-10 :00 Health activity - Book Buzz - Canvas art project 	5 Welcoming Wellness 9:15-10 :00 Health activity - Pajama fun day - Snug up! - Movie matinee at TAAC - Popcorn and Drink \$2	<p>Welcome to Day Program <i>We try our best to stick to the following routine daily, unless otherwise stated:</i></p> <p>8:00 am – 9:00am: arrivals & day prep;</p> <p>9:00am – 9:15am: Morning check-in;</p> <p>9:15am – 10:00am: Let's the day start with wellness routine, walking, meditation Tai-Chi, yoga, sit to be fit; .</p> <p>10:00-noon: Activities as planned on the monthly calendar;</p> <p>Noon – 1:00pm: Lunch & clean-up;</p> <p>1:00pm –3:00 pm activity/ craft/workshop/ community outing (may be continuance from the morning); peer to peer social time, movie, discussions</p> <p>3:00– 3:30pm: winding the day down, clean-up, health & safety drills, TAAC maintenance</p> <p>All activities are accessible to everyone unless this symbol is beside the activity.</p> 
8 Welcoming Wellness 9:15-10 :00 Health activity - Covid safety meeting - Group Circuit Learning: Fire Safety	9 Welcoming Wellness 9:15-10 :00 Health activity - Book Buzz - Games Group @Youth Center - Group singing/puppet show practice - Music group : Karaoke the 80's	10 Welcoming Wellness 9:15-10 :00 Health activity - Book Buzz - First Nations history talk - Movie: Indian Horse \$10 snack \$5 (optional) Royal Theater pm 1-3pm	11 TAAC CLOSED REMEMBRANCE DAY  LEST WE FORGET	12 Welcoming Wellness 9:15-10 :00 Health activity - Group singing/puppet show - Book Buzz - Bowling \$ 4.50 per game 	
15 Welcoming Wellness 9:15-10 :00 Health activity SWIMMING OUTING!	16 Welcoming Wellness 9:15-10 :00 Health activity - Games Group @ Youth Center - Book Buzz - November craft - Music Group: Musical Games	17 Welcoming Wellness 9:15-10 :00 Health activity - Book Buzz - Cooking group Chicken Alfredo & Caesar Salad \$7 - Armchair Travel: Italy	18 Welcoming Wellness 9:15-10 :00 Health activity - Group singing/puppet show practice - Workshop: Self Advocacy; ZOOM Meeting with Nelson Cares Society 1pm	19 Welcoming Wellness 9:15-10 :00 Health activity - BLAST from the past: Our favorite TV shows. - Games & Prizes	
22 Welcoming Wellness 9:15-10 :00 Health activity - Covid safety meeting - Group circuit learning: Boundaries & Friendship	23 Welcoming Wellness 9:15-10 :00 Health activity - Games Group @Youth Center - Music Group :Karaoke the 90's 	24 Welcoming Wellness 9:15-10 :00 Health activity - Group singing/ puppet show practice - Cooking Group: Shepard's Pie	25 Welcoming Wellness 9:15-10 :00 Health activity - Workshop: who am I? - Vision Board craft	26 Welcoming Wellness 9:15-10 :00 Health activity **All Day** Leave TAAC @9:30am Rental Bus fun. Group Choice!!!	
29 Welcoming Wellness 9:15-10 :00 Health activity - Group Circuit Learning: Employment	30 Welcoming Wellness 9:15-10 :00 Health activity - Games Group @ Youth Center - Scavenger hunt & Coffee outing - Music Group: Karaoke	Looking forward to DECEMBER!	SEE YOU SOON!		

