

DAY PROGRAM NOVEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
	1 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre Shopping for Supplies Music Group: Karaoke	2 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Macaroni & Cheese & salad \$6 Workshop: Science Experiments!!	3 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Baking: scones Workshop: Fun facts about November	4 Welcoming Wellness *Health Activity Zumba 9am Tea & snack @ TaaC \$2  BOWLING \$5	WELCOME TO DAY PROGRAM!! OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS: 8am-9am ARRIVALS & DAY PREP 9am-11:30am LET THE DAY BEGIN: Health Activities ,Games, Workshops...ETC --12pm - 1pm-- LUNCH & CLEAN UP 1:00-3:30 Activity ,Craft ,Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie & discussions. 3:30-4pm TAAC MAINTENANCE & CLEAN UP. *RECYCLING IS A WEEKLY JOB PRESELECTED *Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness
7 Welcoming Wellness *Health Activity: Walking 9am My Booklet Swimming @ Aquatic Centre 10-12 Workshop: Nutrition & menu planning	8 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre/ Shopping for supplies Music Group: Fun with instruments	9 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Stuffed peppers \$6 Workshop: Remembrance Day & Craft to follow	10 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Book Buzz Armchair Travel: In Flanders Fields	11 <u>Remembrance Day</u> TAAC CLOSED	
14 Welcoming Wellness *Health Activity: Walking 9am My Booklet Swimming @ Aquatic Centre 10-12 Workshop-Employment : Resume building	15 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group 10:00 @ Yoth Centre/ shopping for supplies Music Group: Karoke	16 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Veggie Chow Mein \$6 Armchair Travel: Australia	17 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling/Book Buzz Art Therapy: Canvas Art step by step Workshop: Flu shot	18 Welcoming Wellness *Depart by 9:30am Kootenay Artisan Fair (Nelson) & Lunch @ Subway \$12	
21 Welcoming Wellness *Health Activity: Walking 9am Swimming 10-12 Safety training: Winter Storm Team Planning Meeting: DECEMBER	22 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group 10:00 @ Youth Centre/ shopping for supplies Music Group: Fun with Instruments!	23 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group: Veggie Stuffed Zucchini Boats \$6 Group Circuit Learning: Bus Safety & Etiquette	24 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Book Buzz Cultural Diversity: Philippines	25 Welcoming Wellness * Health Activity Zumba 9am Bus to Mall & Lunch \$12	
28 Welcoming Wellness *Health Activity: Walking 9am My Booklet Swimming @ Aquatic Centre 10-12 Life Skills: Budgeting	29 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group 10:00@ Youth Centre/shopping for supplies Music Group: Best of the 90's	30 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Sheppards Pie \$6 Personal Development: Healthy Sleep Habits			