

November 2024 - TAEL DAY PROGRAM ACTIVITY CALENDAR



DAY PROGRAM IS OPEN FROM 8:00 AM & END OF THE DAY IS AT 4:00 PM. PLEASE KEEP IN MIND THAT IF YOU ARE SICK. PLEASE STAY AT HOME. THANK YOU FOR YOUR UNDERSTANDING.
REMEMBER TO DRESS FOR THE WEATHER.



COST BREAK DOWN

Nov Baking/Craft fund \$10.00
Nov 6th / 20th - \$6.00 Cooking Group
Nov 22nd - \$7.00 Bowling
Nov 25th - Christmas Card making class
Swim - every Wednesday & Thursday \$7.45


1st Friday
8:00 Morning Greetings & Sign-in
9:00 Strawberry Pass Outing / Van leaves at 9am / Will return at 12:30pm
12:00
1:00 **Coco the Movie In celebration of Day of the Dead**
2:00
3:00 Name that Tune


"WE WILL REMEMBER THEM"

4th Monday
8:00 Morning Greetings & Sign-in
9:00 Walk/Mindfulness
10:00 Our Community Inclusion -
11:00 Circle Chat
12:00 Lunch & Tidy up
1:00 Book Buzz-A Poppy is to Remember
2:00 Columbia View Lodge/Volunteer
3:00 Poem writing - I Belong


5th Tuesday
8:00 Morning Greetings & Sign-in
9:00 Sweating to the Oldies
10:00 Goal Activity/Shopping 
11:00 Talent Show Prep 
12:00 Lunch & Tidy up
1:00 Music/Culture - Spanish
2:00 Karaoke Hour
3:00 Pic Bingo

6th Wednesday
8:00 Morning Greetings & Sign-in
9:00 Walk/Mindfulness 
10:00 Cook -Scottish Broth (Stew)
11:00 Safety - Injury Prevention
12:00 Lunch & Tidy up / Swim Prep
1:00 Arm Chair Travel - Mexico/Swim
2:00 Cultural - Day of the Dead
3:00 Sugar Skull Craft

7th Thursday
8:00 Morning Greetings & Sign-in 
9:00 Body Balance / Recycle Prep
10:00 Goals / Talent show Prep
11:00 Lunch & Tidy up / Swimming Prep
12:00
1:00 **Canvas Art: Winter scene**
2:00
3:00 My story Time

8th Friday
8:00 Morning Greetings & Sign-in
9:00 Downtown walk to Cenotaph
10:00 **Time to Remember: Learn about Remembrance Day**
11:00 Lunch & Tidy up
12:00
1:00 **Watercolour Poppies & Poem Writing** 
2:00
3:00 Name that Tune

11th Monday
Remembrance Day STAT


12th Tuesday
8:00 Morning Greetings & Sign-in
9:00 Walk Outside or Arena
10:00 Games Group
11:00 Goal Activity/Name that Tune
12:00 Lunch & Tidy up 
1:00 Culture - 1920's to 1950's
2:00 Karaoke Hour
3:00 Choose your own Adventure

13th Wednesday
8:00 Morning Greetings & Sign-in
9:00 Prep for Guest Speaker
10:00 *Learn about Composting, Recycle & Garbage with Guest Speaker BA Belton*
11:00
12:00 Lunch & Tidy up/Swim Prep
1:00 Recycling Craft/Swimming
2:00 Safety - What goes in a First Aid Kit?
3:00 Pic Bingo


14th Thursday
8:00 Morning Greetings & Sign-in
9:00 Tai Chi/Mindfulness/Recycle Prep
10:00 **Baking for Christmas Fair**
11:00
12:00 Lunch & Tidy up / Swimming Prep
1:00 Lead a long & Healthy Life / Swim
2:00 Who are my supports?
3:00 Headz Up Game

15th Friday
8:00 Morning Greetings & Sign-in
9:00 Walk the Bridges
10:00 Talent Show - Rehearsal/Dry
11:00 Run
12:00 Lunch & Tidy up
1:00 Making Crafts / Baking
2:00
3:00 Name that Tune

18th Monday
8:00 Morning Greetings & Sign-in
9:00 Walk at Mall/Bus trip/Bus leaves at 9:59am & returns 11:37am
10:00
11:00 Employment-How to read a Job Posting
12:00 Lunch & Tidy up
1:00 Book Buzz - Artic Animals
2:00 Columbia View Lodge/Volunteer
3:00 Card Games

19th Tuesday
8:00 Morning Greetings & Sign-in
9:00 Walk the Bridge 
10:00 Games Group/Shopping
11:00 Employment - Active Listening
12:00 Lunch & Tidy up
1:00 Music - Country Music/Line Dancing
2:00 Karaoke Hour
3:00 Brain Games

20th Wednesday
8:00 Morning Greetings & Sign-in
9:00 Chair Exercises / Mindfulness
10:00 Cook - Chili & Bun 
11:00 Kitchen Safety-Hygiene Etiquette/Goals
12:00 Lunch & Tidy up / Swim Prep
1:00 Pool and Beverage
2:00 at the Arlington/Team Meeting
3:00 Choose your own Adventure

21st Thursday
8:00 Morning Greetings & Sign-in 
9:00 Just Dance/Recycle Prep
10:00 Outing/Activity: My community
11:00 Services Scavenger Hunt
12:00 Lunch & Tidy up / Swimming Prep
1:00
2:00 **Who Done IT? Role playing game /Swim**
3:00 Pic Bingo

22nd Friday
8:00 Morning Greetings & Sign-in
9:00 Walk the Bridges
10:00 Baking for Christmas Fair
11:00
12:00 Lunch & Tidy up
1:00 **Bowling: 12:45p to 2:30p**
2:00
3:00 Name that Tune

25th Monday
8:00 Morning Greetings & Sign-in
9:00 Am Stretch/Mindfulness 
10:00 The Aging Self - Circle Chat
11:00 Life Skills - Manners/Respecting Others
12:00 Lunch & Tidy up
1:00 **Christmas Card Making Class in Gym at 1pm. RSVP by Nov 4th.**
2:00
3:00 Pic Bingo

26th Tuesday
8:00 Morning Greetings & Sign-in
9:00 Walk/Goals
10:00 Games Group - Bingo & Prizes
11:00
12:00 Lunch & Tidy up
1:00 **Talent Show**
2:00
3:00 Clean up after show

27th Wednesday
8:00 Morning Greetings & Sign-in
9:00 Tai Chi/Mindfulness
10:00 Sign Language - Christmas songs
11:00 Safety- Winter Safety
12:00 Lunch & Tidy up / |Swim Prep
1:00 Arm Chair Travel - Greenland/Swim
2:00 Cultural - Greenlandic Inuit
3:00 Polar Bear Craft

28th Thursday
8:00 Morning Greetings & Sign-in
9:00 Sweating to the Oldies/Recycling Prep
10:00 Goal Activity/Practice Signing Christmas Song
11:00
12:00 Lunch & Tidy up / Swimming Prep
1:00 How to communicate my feelings/Swim
2:00 Social Skills Role Play
3:00 Card Games

29th Friday
8:00 Morning Greetings & Sign-in
9:00
10:00 **Baking for Christmas Fair**
11:00
12:00 Lunch & Tidv up
1:00 **Making Crafts - Christmas Fair**
2:00
3:00 Name that Tune