




# 2020 TAAC DAY PROGRAM OCTOBER CALENDAR



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | Day Program Routine  |
|--|--|---|--|---|--|
| <b>OCTOBER IS COMMUNITY LIVING MONTH!</b>  |  |   | <b>1</b> <ul style="list-style-type: none"> <li>Group walk ( outdoors)</li> <li>Group practice, singing for the community;</li> <li>Workshop: Be myself. Who am I in the community?</li> <li>Activity: Community craft</li> </ul>  | <b>2</b> <p><b>Bus to Fruitvale</b><br/> <b>Leave TAAC 9:30am</b><br/> <b>Fitness and fun at Creekside park</b><br/> <b>Subway sandwich picnic lunch \$12 (minimum) p/p</b><br/> <b>Leave park 12:30.</b></p> <ul style="list-style-type: none"> <li>Afternoon Bingo (upon return)</li> </ul> | <p><b>Welcome to Day Program</b><br/> <i>We try our best to stick to the following routine daily, unless otherwise stated:</i></p> <p>8:30am – 9:00am: arrivals &amp; day prep;</p> <p>9:00am – 9:30am: Morning check-in;</p> <p>9:30am – 10:30am: Let the day begin with games, activities, workshops...</p> <p>Noon – 1:00pm: Lunch &amp; 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 &amp; safety drills, TAAC maintenance</p> <p><i>* Pre-Selected Groups "SG": are not open to everyone individuals are pre-selected based on varied requirements.</i></p> <p>All activities are accessible to everyone unless this symbol is beside the activity.</p>  |
| <b>5</b> <ul style="list-style-type: none"> <li>Group walk ( outdoors);</li> <li>Goal Building;</li> <li>Brain Games;</li> <li>Discuss and learn, Bear safety. What do Bears do for the winter?</li> <li>Afternoon nature craft</li> </ul>   | <b>6</b> <ul style="list-style-type: none"> <li>Chair Yoga;</li> <li>Walk ( outdoors)</li> <li>Group practice, singing for the community;</li> <li>Book Club</li> <li>our favorite books; let's read together / to each other; make the next chapter in our personal book chapter 2</li> </ul> | <b>7</b> <ul style="list-style-type: none"> <li>Mindfulness activities;</li> <li>Yoga Outdoors;</li> <li>Pen Pal Program;</li> <li>Armchair Travel: Plymouth Rock</li> <li>Learn: Thanksgiving and history. All our Relations.</li> <li>Activity: Thanksgiving table centerpiece</li> </ul> | <b>8</b> <ul style="list-style-type: none"> <li>Recycling day "SG";</li> <li>Community Scavenger Hunt;</li> <li>Pool noodle games (outdoors)</li> <li>Community events discussion;</li> <li>Workshop: A world without barriers, what does that look like?</li> <li>Activity: Vision board of how we see the future without barriers</li> </ul> | <b>9</b> <ul style="list-style-type: none"> <li>Group practice, singing for the community.</li> <li>Walk the bridges. Celebrate our community;</li> <li>Group Lunch, Turkey sandwiches \$5.00 p/p;</li> <li>Movie afternoon, group choice.</li> </ul>   |  |
| <b>12</b> <p><b>Thanksgiving Day!</b></p> <p><b>TAAC CLOSED</b></p>  | <b>13</b> <ul style="list-style-type: none"> <li>Calisthenics (outdoors)</li> <li>Group practice, singing for the community;</li> <li>Improv theater games;</li> <li>Workshop: Community resources, what's available?</li> <li>Activity: Build a community network project.</li> </ul>         | <b>14</b> <ul style="list-style-type: none"> <li>Mindfulness activities;</li> <li>Yoga Outdoors;</li> <li>Pen Pal Program;</li> <li>Armchair Travel: Transylvania, Romania</li> <li>Craft: Start our own Halloween costume ideas; bring supplies!</li> </ul>                                | <b>15</b> <ul style="list-style-type: none"> <li>Stretch and balance (outdoors);</li> <li>Group practice, singing for the community;</li> <li>Community connections: coffee outing and community clean up</li> <li>Afternoon Karaoke</li> </ul>  | <b>16</b> <p><b>Bus to Zuckerberg Island;</b><br/> <b>Leaving TAAC at 9:30 am</b><br/> <b>*** ALL DAY ***</b><br/> <b>Return to TAAC by 2:30 pm</b><br/> <b>Bring your own lunch</b></p> <ul style="list-style-type: none"> <li>Afternoon Bingo (upon return).</li> </ul>                     |  |
| <b>19 Welcoming Wellness</b> <ul style="list-style-type: none"> <li>Bridges Walk;</li> <li>Improv theater games;</li> <li>Goal building;</li> <li>Group practice, singing for the community;</li> <li>Learn: Who are the people in our neighbourhood? How can we improve our community?</li> </ul> | <b>20 Welcoming Wellness</b> <ul style="list-style-type: none"> <li>Bird Watching in Trail, What are the birds in our community? (outdoors);</li> <li>Activity: make bird feeders;</li> <li>Music group: History of Hip Hop;</li> <li>Karaoke afternoon fun!</li> </ul>                        | <b>21</b> <ul style="list-style-type: none"> <li>Mindfulness activities</li> <li>Armchair Travel to Vancouver Aquarium ;</li> <li>Activity: Paint our own sea life canvas project. \$10/pp</li> </ul>   | <b>22</b> <ul style="list-style-type: none"> <li>Morning walk;</li> <li>Group practice, singing for the community</li> <li>Self-Discovery goals, dreams, future, what do mine look like , part 2</li> <li>Activity: Trace myself on to paper and decorate.</li> </ul>  | <b>23 Welcoming Wellness</b> <ul style="list-style-type: none"> <li>Team planning meeting</li> <li>Let's go bowling and pizza lunch. \$15/pp</li> <li>Group practice, singing for the community;</li> <li>Goal building.</li> </ul>   |  |
| <b>26</b> <ul style="list-style-type: none"> <li>Stretch and balance (outdoors);</li> <li><b>Group singing day to Rosewood Village. Love to our community! 11:15 am</b></li> <li>Decorate TAAC for Halloween party</li> </ul>  | <b>27</b> <ul style="list-style-type: none"> <li>Movements to improve posture (outdoors);</li> <li>Goal building;</li> <li>Book Club – everyone will read or tell their story from their personal book and build chapter 3. Bring your photos.</li> </ul>                                      | <b>28</b> <ul style="list-style-type: none"> <li>Mindfulness activities</li> <li>Music group: spooky Halloween songs; Crafts</li> </ul>   | <b>29</b> <ul style="list-style-type: none"> <li>Calisthenics (outdoors);</li> <li>Current events talk, what's happening in our community?</li> <li>Science day, learning and activities.</li> </ul>   | <b>30</b> <ul style="list-style-type: none"> <li>Halloween costume party and dance; Prizes; Hot dog lunch. Games! All day.</li> </ul>   |  |