



DAY PROGRAM october 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
31 Welcoming Wellness *Health Activity: 9am Bridges/Arena & Coffee/ Tea My Booklet Workshop: The History of Halloween *Wear Orange & Black	OCTOBER IS COMMUNITY LIVING MONTH!! We will be showing some of our selected businesses our appreciation as well as a special member of the community!				WELCOME TO DAY PROGRAM!! OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS: 8am-9am ARRIVALS & DAY PREP
3 Welcoming Wellness *Health Activity: Walking Bridges/Arena 9am My Booklet Workshop: What is Oktoberfest Community Inclusion Art Project	4 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre: APPLES TO APPLES! Shopping for supplies Music Group: Music of the 50's	5 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Butternut Squash soup & grilled cheese Workshop: Community Inclusion Art Project	6 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling Workshop: Traditions of Thanksgiving Craft to follow Aquatic Centre/ Baking for Guests	7 Welcoming Wellness *Health Activity: Zumba 9am Bowling \$5  3-7pm Royal Theatre : Lyle Lyle Crocodile & Subway \$25	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.
10 HAPPY THANKSGIVING!! TAAC CLOSED	11 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/ shopping for supplies Music Group: Music Trivia	12 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Turkey & Dumpling Soup Guest Speaker: Darcee - Pacific Crest Trail-Everyone Welcome Refreshments Served	13 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am CLBC PICNIC!! NELSON 11-3	14 Welcoming Wellness *Health Activity Zumba 9am PUMPKIN FEST Linden Lane Farms Lunch @ Casino 10-3	3:30-4pm TAAC MAINTENANCE & CLEAN UP. *RECYCLING IS A WEEKLY JOB PRESELECTED
17 Welcoming Wellness *Health Activity: Walking 9am Bridges/Arena & Coffee outing Safety training: Forrest Fire Guest Speaker: WildSafe BC Book Buzz	18 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre/ shopping for supplies Music Group: Instrumental	19 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Tortellini Sausage Soup Community Outing: Trail Museum Weaving Exhibit	20 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Recycling Armchair Travel: Las Vegas Aquatic Centre/Fall Craft	21 Welcoming Wellness * Health Activity Zumba 9am Personal Pizzas \$5 Movie @ TAAC & Popcorn	*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness
24 Welcoming Wellness *Health Activity: Walking Bridges/Arena 9am My Booklet Team Planning Meeting: NOVEMBER Community Inclusion Art Project	25 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre/shopping for supplies Music Group: Square dance	26 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Cabbage roll casserole Workshop: Giant Panda Craft to follow	27 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Recycling 10am Painting/Decorating pumpkins \$3 Aquatic Centre Art & Photography show 3-7 @ TAAC	28 Welcoming Wellness ** Health Activity Zumba 9am Halloween Spooktacular Celebration! Costumes, games , prizes, & snacks Everyone Welcome 🍷	

