

DAY PROGRAM OCTOBER 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Group Info |
|---|--|---|--|---|--|
| <p>2</p> <p>STAT TAAC CLOSED</p> | <p>3 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC /shopping for supplies Music Group: Karaoke</p> | <p>4 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am; 10-11:30 Digital Literacy Cooking Group: What makes food Kosher? Craft: Thanksgiving theme</p> | <p>5 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current Events discussion Recycling/My Booklet Swimming</p> | <p>6 Welcoming Wellness *Health Activity Zumba 9am-10am TECK TOUR 9-11:30am</p> | <p>WELCOME TO DAY PROGRAM!</p> <p>HOURS OF OPERATION 8am – 4 pm</p> <p>~~12PM-1PM~~ Lunch & Clean up</p>  |
| <p>9</p> <p>STAT TAAC CLOSED</p> | <p>10 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC /shopping for supplies Music Group: Name That Tune!</p> | <p>11 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am; 10-11:30 Digital Literacy Cooking Group: Perogies \$6 Workshop: Prep for cultural diversity expo</p> | <p>12 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current Events discussion Recycling/My Booklet Swimming</p> | <p>13 Welcoming Wellness *Health Activity Zumba 9am-10am LINDEN LANE FARMS PUMPKIN FEST, CORN MAZE & LUNCH 12-2</p> | |
| <p>16 Welcoming Wellness “Just Dance” 9-9:45 Current Events Discussion 10-11:30 Digital Literacy/Book Buzz Personal Development: Self confidence</p> | <p>17 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC shopping for supplies Music Group: Country Hits!</p> | <p>18 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am; 10-11:30 Digital Literacy Cooking Group: Safe food handling tips Workshop: Prep for Expo</p> | <p>19 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling CULTURAL DIVERSITY EXPO 11-3</p> | <p>20 Welcoming Wellness *Health Activity Zumba 9am-10am Bus to Mall Window shopping & Lunch</p> | |
| <p>23 Welcoming Wellness “Just Dance” 9-9:45 Current Events Discussion 10-11:30 Digital Literacy/Book Buzz Safety training: Winter storm Team Planning Meeting: NOVEMBER</p> | <p>24 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/shopping for supplies Music Group: Folk Songs</p> | <p>25 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45; 10-11:30 Digital Literacy Cooking Group: sloppy joes & coleslaw \$6 Socialization Skill Building: Body Language</p> | <p>26 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current Events Discussion Recycling /My Booklet Swimming</p> | <p>27 Welcoming Wellness *Health Activity Zumba 9am-10am HALLOWEEN PARTY!! PIZZA~ COSTUMES~ PRIZES \$15 WARFIELD HALL 11-2</p> | |
| <p>30 Welcoming Wellness “Just Dance” 9-9:45 Current Events Discussion 10-11:30 Digital Literacy/Book Buzz Craft: Halloween – pumpkin painting & decorating</p> | <p>31 Welcoming Wellness WEAR BLACK & ORANGE * Health Activity: Tai Chi/Meditation 9-10am Games Group @ TAAC/shopping for supplies Music Group: Halloween songs</p> | | | <p>**TECK TOUR -Participants must be able to use stairs independently -Must wear closed toe shoes, long pants & long sleeve shirt * Linden Lane Farms -Departure 11:15</p> | |