


October 2024 - TAEL DAY PROGRAM ACTIVITY CALENDAR

*****REMEMBER TO DRESS AND PREPARE FOR THE WEATHER*****

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| <p>"Just because I cannot see it, doesn't mean I can't believe it!"</p> <p>Jack Skellington, From the movie "Nightmare Before Christmas"</p> | <p>1st Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk the Bridge 10:00 Fire Dept to visit Day 11:00 Program with the Fire Safety 12:00 Lunch & Tidy up 1:00 Workshop - Staying safe in the older months 3:00 Winter Worksheets</p> | <p>2nd Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Just Dance/Mindfulness 10:00 Workshop-History of Thanksgiving 11:00 Draw Our Thanksgiving Table 12:00 Lunch & Tidy up 1:00 Cultural - First Nations 2:00 Felt Pen Inuit Printmaking 3:00</p> | <p>3rd Thursday</p> <p>8:00 9:00 Van Leaves @ 8:30 am ☀️ 10:00 11:00 CLBC PICNIC @ CHRISTINA LAKE 🚐 ⚡️ 12:00 1:00 2:00 Van returns to Dp @ 3:30 pm 3:00</p> | <p>4th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk the Bridges 10:00 Making Aboriginal Rain Sticks and Rattles 11:00 Lunch & Tidy up 12:00 Halloween Movie and Popcorn 3:00 Name that Tune</p> |
| <p>7th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk/Mindfulness 10:00 Creating Photography - How to use a camera 11:00 Lunch & Tidy up 12:00 Volunteer Rosewood-Activity/Social 2:00 Book Buzz-Using Library Website 3:00 Editing a picture</p> | <p>8th Tuesday</p> <p>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 - Country Music 🎵 2:00 Line Dancing/Karaoke 3:00 Pic Bingo</p> | <p>9th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk/Mindfulness 10:00 Cook - Borscht & Bread 🍴🥘 11:00 Safety-Reheating/Storing cooked foods 12:00 Lunch & Tidy up 1:00 Arm Chair Travel-Transylvania/Romania 2:00 Cultural - Castle Art/Mixed Media 3:00 Halloween Costumes Ideas</p> | <p>10th Thursday</p> <p>8:00 Morning Greetings & Sign-in ♻️ 9:00 Body Balance / Recycle Prep 10:00 Creating Photography - Architecture 11:00 Lunch & Tidy up / Swimming Prep 12:00 Write a Haiku Poem / Swimming 2:00 Theatre Games/Sing along Songs 3:00 Oldest Architecture in the World</p> | <p>11th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness 10:00 Van leaves at 10:30am 11:00 Picnic Lunch at Millennium Park 12:00 Linden Farms Pumpkin Fest 1:00 2:00 Return to Dp around 2:45pm 3:00 Name that Tune</p> |
| <p>14th Monday</p> <p> STAT Thanksgiving Day</p> | <p>15th Tuesday</p> <p>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 - Brush Calligraphy 2:00 Karaoke 3:00 Collaborative Drawing</p> | <p>16th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Hip Hop Dance/Mindfulness 10:00 Current Events/Positive Stories 11:00 Sign Language - Christmas songs 12:00 Lunch & Tidy up 1:00 Arm Chair Travel - Brazil 2:00 Cultural - Brazilian Hot Chocolate 3:00 Would You Rather?</p> | <p>17th Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness/Recycle Prep 10:00 Making Canvas Art - LANDSCAPE 11:00 Lunch & Tidy up / Swimming Prep 12:00 Self Advocacy Meeting @ DP 2:00 3:00 Prettiest Gardens of the world</p> | <p>18th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Sweating to the Oldies Making Artwork - POP ART 11:00 Lunch & Tidy up 12:00 Making costumes and props for Talent Show 3:00 Name that Tune</p> |
| <p>21st Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk/Mindfulness 10:00 Goal Activity/Talent Show Prep 11:00 Employment - Code of Conduct 12:00 Lunch & Tidy up 1:00 Book Buzz - Learn about Trees 2:00 Columbia View Lodge/Volunteer 3:00 Card Games</p> | <p>22nd Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk the Bridge 10:00 Games Group/Shopping 11:00 Employment - Customer Service 12:00 Lunch & Tidy up 1:00 Music - Irish Traditional 🎵 2:00 Karaoke 3:00 Brain Games</p> | <p>23rd Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Chair Exercises / Mindfulness 10:00 Cook - Stuffed Acorn Squash 🍲 11:00 Kitchen Safety-Food Safe Digital Course 12:00 Lunch & Tidy up 1:00 Pool and Beverage at the Arlington/Team Meeting 2:00 3:00 Choose your own Adventure</p> | <p>24th Thursday</p> <p>8:00 Morning Greetings & Sign-in 📺 9:00 Just Dance/Recycle Prep 10:00 Fork-entien Halloween Craft 11:00 Lunch & Tidy up / Swimming Prep 12:00 History of Halloween /Swimming 2:00 Prep your Art Exhibit 3:00 Photography & Art Show</p> | <p>25th Friday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk the Bridges 10:00 Team Games 11:00 Scattergories/Charades 12:00 Lunch & Tidy up 1:00 Make Halloween 2:00 Crafts/Decorations 3:00 Name that Tune</p> |
| <p>28th Monday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Am Stretch/Mindfulness 📖 10:00 Importance of Physical Fitness 11:00 Life Skills - Budgets 12:00 Lunch & Tidy up 1:00 Volunteer Rosewood-Activity/Social 2:00 Book Buzz - Library treasure Hunt 3:00 Pic Bingo</p> | <p>29th Tuesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Walk 10:00 Games Group - Apples to Apples 11:00 12:00 Lunch & Tidy up 1:00 Cultural - Fables & Folktales 2:00 Karaoke 3:00 Write a letter to your future self</p> | <p>30th Wednesday</p> <p>8:00 Morning Greetings & Sign-in 9:00 Tai Chi/Mindfulness 10:00 Sign Language - Christmas songs 11:00 Safety-Avoiding Burn & First Aid 12:00 Lunch & Tidy up 1:00 Arm Chair Travel - History of Trains 2:00 3:00 Halloween Party Prep</p> | <p>31st Thursday</p> <p>8:00 Morning Greetings & Sign-in 9:00 🐱 Halloween Party Prep 10:00 Halloween Party 11:00 Karaoke/Dance 12:00 1:00 2:00 3:00 After party Clean up</p> | <p>Cost Break Down Oct</p> <p>10th / 24th - <i>Swimming</i> \$7.00 Oct 3rd - <i>Motor Coach Ride to Christina Lake</i> \$5.00 Oct 31st - <i>Halloween Party Pizza Lunch</i> \$8.00</p> |

DAY PROGRAM 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