

OCTOBER 2026 - DAY PROGRAM ACTIVITY CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 OCTOBER THEME: BUILDING COMMUNITY INCLUSION 	Every Day: 8:00am to 9:00am Welcome arrivals, be active with am wellness and work on personal goals!! 9:00am to 10:00am Current Events We usually have lunch at 12pm to 1pm. Please bring a picnic lunch on special outings where we request it. Be prepared to go on outings PLEASE KEEP IN MIND THAT IF YOU ARE SICK, PLEASE STAY AT HOME (THANK YOU) DAY PROGRAM PHONE # 250-368-6147 REMEMEBER TO DRESS FOR THE WEATHER COST BEAKDOWN: Swimming \$7.70 / Bowling; Mini Golf and Arcade Approx. \$30 / Healthy Snacks; and Cooking Group \$20 / Team Meeting and Game of Pool \$7.00 / Halloween Party \$10		1st 10:00am Music & Karaoke in TAAC Gym Leave TAAC @ 12:50pm swimming at the Aquatic Centre or [12:30pm Craft Series with Trail Library (Pre-Registered required)]	2nd 10:00am How to be a good friend and how to deal with bullies 11:00am Walk the Bridges; shop at Safeway for chips 1:00pm Movie & Chips in TAAC Gym
5th 10:00am Learn about the Trail Council Candidates: What They Stand For and about the voting process 11:00am Walk the bridges Leave TAAC @ 12:50pm swimming at the Aquatic Centre 1:00pm Games group in the TAAC Gym	6th 9:25am walk to bus stop and take transit to mall for Shopping (for tomorrow's lunch) 1:00pm Make our artist statements in TAAC Gym and a Game of Uno to follow	7th 10:00am Homemade Tomato Soup and Grilled Cheese Sandwiches Prep and Create in TAAC kitchen 11:00am Decorate Recipe Cards & food Safety Game to follow ** To be determined 50/50 Ticket Sales 1:15pm Walk over to VISAC Art Gallery	8th 10:00am Music & Karaoke in TAAC Gym 10am - 2pm @ Safeway 50/50 Ticket Sales Leave TAAC @ 12:50pm swimming at the Aquatic Centre or [12:30pm Craft Series with Trail Library (Pre-Registered required)]	9th 10:00am "I am Thankful for" Craft **Bring over art to VISAC 11:00am Learn about Canadian Thanksgiving: What It Means and Why We Celebrate ** To be determined 50/50 Ticket Sales Van leaves TAAC @ 12:50pm Bowling and Arcade
12th 	13th 10:00am Team Meeting @ the Arlington (beverage and game of pool to follow) 10am - 2pm @ Safeway 50/50 Ticket Sales 1:00pm Make Halloween ghost craft 2:00pm Game of UNO	14th 10:00am Shopping at Safeway for Apple slices with cinnamon yogurt dip 10:30am Prep and Create Fruit & Dip in TAAC kitchen ** To be determined 50/50 Ticket Sales 11:00am Decorate Recipe Cards & food Safety Game to follow 1:15pm Walk over to VISAC Art Gallery	15th 10:00am Music & Karaoke in TAAC Gym 10am - 2pm @ Safeway 50/50 Ticket Sales Leave TAAC @ 12:50pm swimming at the Aquatic Centre or [12:30pm Craft Series with Trail Library (Pre-Registered required)] 5pm to 7pm Opening Reception at the VISAC Gallery	16th 10:00am Decorate the gym for Halloween 11:00am Walk in our community Van leaves TAAC @ 12:50pm Bowling and Arcade
19th 10:00am Inclusion Project: Make "You Matter in Our Community" Cards 11:00am Safety Talk: How to keep ourselves and our surroundings safe during the winter season Leave TAAC @ 12:50pm swimming at the Aquatic Centre 1:00pm Games Group in TAAC Gym	20th 10:00am Shopping at Safeway for tomorrows snack 11:00am Community Inclusion: Ways we can stay included in our community 1:00pm Art - Creating our Artist statements 2:00pm Yoga - staff guided activity	21st 10:00am Prep Pumpkin spice smoothie and create in TAAC kitchen Taste Test & Rating Cards 11:00am Decorate Your Recipe Card to follow 1:15pm Walk over to VISAC Art Gallery	22nd 10:00am Music & Karaoke in TAAC Gym Leave TAAC @ 12:50pm swimming at the Aquatic Centre or [12:30pm Craft Series with Trail Library (Pre-Registered required)]	23rd 10:00am Hand deliver our "You Matter in Our Community" Cards 11:00am Hot Cocoa and current events chat at local coffee shop 1:00pm Make Broomstick craft and watch Goosebump in the gym
26th 10:00am Make felt holiday ornaments 11:00am Walk in our community Leave TAAC @ 12:50pm swimming at the Aquatic Centre 2:00pm to 3:00pm CVL Volunteering (leave TAAC at 1:45pm) 1:00pm Games Group in TAAC Gym	27th 10:00am Shopping at Safeway for tomorrows snack 11:00am Make thank you cards for our Community Supporters during the 50/50 sales 1:00pm Deliver thank you cards 2:00pm Walk in our community	28th 10:00am Prep Fall fruit kabobs and create in TAAC kitchen Taste Test & Rating Cards 11:00am Decorate Your Recipe Card to follow 1:15pm Walk over to VISAC Art Gallery	29th 10:00am Music & Karaoke in TAAC Gym Leave TAAC @ 12:50pm swimming at the Aquatic Centre or [12:30pm Craft Series with Trail Library (Pre-Registered required)]	30th 10:00AM PARTY PREP 11:00AM - 3:00PM HALLOWEEN GAMES, DANCE AND PIZZA PARTY IN TAAC GYM (PLEASE SEE POSTER FOR MORE INFORMATION AND TO RSVP)

1:00pm Games Group in LARC Gym				1:00pm Games Group
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