




2020 TAAC DAY PROGRAM SEPTEMBER CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Day Program Routine
31 <i>See August Calendar!</i>	1 Welcoming Wellness - Walk and scavenger hunt (outdoors); - Bean bag game (outdoors); - Music Trivia; - Music Group – Learn about The Beatles; - Let's do the twist!	2 Welcoming Wellness - Mindfulness activities; - Yoga Outdoors; - Pen Pal Program; - Armchair Travel to Peru; - Activity: Make Llamas.	3 Welcoming Wellness - Recycling Day "SG"; - Calisthenics (outdoors); - Charades games (outdoors); - Workshop: Respect and Listening to others; - Activity: How do we get there? Game.	4 Welcoming Wellness - Bus safety talk; Bus to Rossland to enjoy a Coffee and some socializing! - Let's go to the movies at TAAC with popcorn!	Welcome to Day Program <i>We try our best to stick to the following routine daily, unless otherwise stated:</i> 8:30am – 9:00am: arrivals & day prep; 9:00am – 9:30am: Morning check-in; 9:30am – 10:30am: Let the day begin with games, activities, workshops... Noon – 1:00pm: Lunch & clean-up;
7 Happy Labour Day Holiday! TAAC CLOSED	8 Welcoming Wellness National Literacy Day - Calisthenics (outdoors); - Beanbag game (outdoors); - Book Club – <ul style="list-style-type: none"> o our favorite books; o let's read together / to each other; o make your own book (bring pictures from home). 	9 Welcoming Wellness - Mindfulness activities; - Yoga Outdoors; - Pen Pal Program; - Armchair Travel to Italy; - Activity: make a leaning tower of Pisa.	10 Welcoming Wellness - Community Scavenger Hunt; - Pool noodle games (outdoors) - Current events discussion; - Workshop: Making Friends; - Craft: Friendship hands.	11 Welcoming Wellness Leaving TAAC at 9:30 am *** ALL DAY *** Creston Wildlife Center (entrance fee by donation) Bring your own lunch picnic! Nature walk & games. Return to TAAC 2:30pm.	1:00pm – 3:00 pm activity/ craft/workshop/ community outing (may be continuance from the morning); peer to peer social time, movie, discussions 3:00– 3:30pm: winding the day down, clean-up, health & safety drills, TAAC maintenance
14 Welcoming Wellness - Fall Nature walk (outdoors); - Charades and beanbag game (outdoors); - Current events discussion; - Craft: Paint your own canvas \$12 p/p.	15 Welcoming Wellness - Calisthenics (outdoors); - Improv theater games; - Activity: Self-image; - Art Class: Mirror work and drawing; - Self-Esteem bingo.	16 Welcoming Wellness: - Mindfulness activities; - Yoga Outdoors; - Pen Pal Program; - Armchair Travel to Egypt; - Craft: make a pyramid.	17 Welcoming Wellness - Recycling day "SG"; - Stretch and balance (outdoors); - Pool noodle games (outdoors); - Workshop: Healthy eating; - Discussion: Sharing our favorite healthy recipes/foods.	18 Welcoming Wellness Bus to Fruitvale Leave TAAC 9:30am Fitness and fun at Creekside park Subway sandwich picnic lunch \$12 (minimum) p/p Leave park 12:30. - Afternoon Bingo (upon return).	1:00pm – 3:00 pm activity/ craft/workshop/ community outing (may be continuance from the morning); peer to peer social time, movie, discussions 3:00– 3:30pm: winding the day down, clean-up, health & safety drills, TAAC maintenance
21 Welcoming Wellness - Terry Fox Walk followed by discussion; - Improv theater games; - Goal building; - Learn: What is gravity; - Activity: Build a marble run.	22 Welcoming Wellness - Bird Watching Activity (outdoors); - Brain games (outdoors); - Music group: Sharing our favorite songs; - Karaoke afternoon fun!	23 Welcoming Wellness - Mindfulness activities; - Yoga Outdoors; - Armchair Travel to Yosemite National Park; - Learn about geocaching?	24 Welcoming Wellness - Morning Geocache! - Self-Discovery: goals, dreams, future, what does mine look like; - Activity: My Vision Board.	25 Welcoming Wellness GYRO Park end of Summer Games, Swimming and Pizza (\$10 p/p) 10:30am – 1:30pm.	* Pre-Selected Groups "SG": are not open to everyone individuals are pre-selected based on varied requirements.
28 Welcoming Wellness - Stretch and balance (outdoors); - Workshop – learn about our 5 basic senses; - Activity – make a sensory Calm Down Jar.	29 Welcoming Wellness - Movements to improve posture (outdoors); - Book Club – everyone will read or tell their storey from their personal book. - Afternoon charades.	30 Welcoming Wellness - Mindfulness activities; - Yoga Outdoors; - Pen Pal Program; - Armchair Travel to Banff; - Craft: Moose Ears.	See you next month!!!!		<div style="text-align: center;">  </div>
					All activities are accessible to everyone unless this symbol is beside the activity. 