



DAY PROGRAM SEPTEMBER 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
			<p>1 Welcoming Wellness *Health Activity Recycling</p> <p>BBQ & Bocce!! @ Gyro</p>	<p>2 Welcoming Wellness *Health Activity BOWLING! \$5</p> 	<p>WELCOME TO DAY PROGRAM!!</p> <p>OUR SCHEDULE FOR EACH DAY IS AS FOLLOWS: 8am-9am ARRIVALS & DAY PREP</p>
<p>5</p> <p>STAT TAAC CLOSED</p>	<p>6 Welcoming Wellness *Health Activity Games Group @ Youth Centre: BINGO & PRIZES! Shopping for supplies Music Group: Music of the 40's</p>	<p>7 Welcoming Wellness *Health Activity Cooking Group: pasta salad BBQ @ Alpha House! Health & Safety Workshop: Autumn bear Awareness & Safety</p>	<p>8 Welcoming Wellness *Health Activity Recycling Fall Craft: Pine cone wreath Armchair Travel: Newfoundland ----- Rossland Museum & dinner 3-7</p>	<p>9 Welcoming Wellness *Health Activity</p> <p>Bus & Lunch @ Mall \$15</p>	<p>9am-11:30am LET THE DAY BEGIN: Health Activities ,Games, Workshops...ETC</p>
<p>12 Welcoming Wellness *Health Activity Safety training: Lockdown Social Group: Coffee outing Book Buzz Socialization skill Building: Conflict resolution</p>	<p>13 Welcoming Wellness *Health Activity Games Group @ TAAC/ shopping for supplies Music Group: Karoeke</p> 	<p>14 Welcoming Wellness *Health Activity Cooking Group: Hashbrown casserole \$6</p> <p>Cultural Diversity: Jordan & the Bedouins of Wadi Rum Desert</p>	<p>15 Welcoming Wellness *Health Activity Recycling Workshop: Terry Fox Swimming @ Aquatic centre ----- Driving range & dinner @ golf course 3-7</p>	<p>16 Welcoming Wellness *Health Activity</p> <p>SPORTS DAY!! CASTLEGAR (BYOL)</p>	<p>--12pm - 1pm-- LUNCH & CLEAN UP</p> <p>1:00-3:30 Activity ,Craft ,Armchair travel, community outing (perhaps continuance from morning activity) Peer to Peer social time, movie & discussions.</p>
<p>19 Welcoming Wellness *Health Activity Personal Development: Positive Coping Skills Community Resources Library Book Buzz</p>	<p>20 Welcoming Wellness *Health Activity Games Group @ Youth Centre/ shopping for supplies Music Group: Instrumental</p>	<p>21 Welcoming Wellness *Health Activity Cooking Group: Tuna noodle casserole \$6</p> <p>Workshop: Self Portrait Painting</p>	<p>22 Welcoming Wellness *Health Activity Recycling Art Therapy: Canvas Art Personal Development: Embracing Empathy Swimming @ Aquatic centre</p>	<p>23 Welcoming Wellness</p> <p>***ALL DAY*** Depart @ 8:30 am Creston Wildlife Sanctuary & Picnic (BYOL)</p>	<p>3:30-4pm TAAC MAINTENANCE & CLEAN UP.</p> <p>*RECYCLING IS A WEEKLY JOB PRESELECTED</p>
<p>26 Welcoming Wellness *Health Activity Team Planning Meeting: OCTOBER Workshop: Truth & Reconciliation and craft</p>	<p>27 Welcoming Wellness *Health Activity Games Group @ Youth Centre/shopping for supplies Music Group: Line Dancing</p> 	<p>28 Welcoming Wellness *Health Activity Cooking Group: chili & bun \$6 Workshop: Orangutans and their habitat Craft to follow</p>	<p>29 Welcoming Wellness *Health Activity/Recycling End of Summer Party! BBQ Prizes! Music, Games! Location TBA</p>	<p>30</p> <p>STAT TAAC CLOSED</p>	<p>*Health Activity consists of Tai Chi, Meditation, Just Dance, Gentle stretches, Zumba, Sit & be Fit, Walking Wellness</p>