


DAY PROGRAM SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
				1 Welcoming Wellness *Health Activity Zumba 9am-10am ROSSLAND Walk /Window shop/Pictures in the Park SUBWAY \$15	WELCOME TO DAY PROGRAM!! HOURS OF OPERATION 8am – 4 pm ~~12PM-1PM~~ Lunch & Clean up
4 STAT TAAC CLOSED	5 Welcoming Wellness *Health Activity: Tai Chi/Meditation 9-10am Games Group @ Youth Centre /shopping for supplies Music Group: Musical Chairs	6 Welcoming Wellness *Health Activity: Sit & be fit 9-9:45am Cooking Group: Top 10 Kitchen Safety Do's & Don't's Armchair Travel: Scotland	7 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current Events discussion Recycling/My Booklet Personal Development: Relaxation Techniques	8 Welcoming Wellness KOKANEE CREEK PARK & PICNIC (Bring lunch) Depart gam	
11 Welcoming Wellness "Just Dance" 9-9:45 Current Events Discussion 10-11:30 Digital Literacy/Book Buzz Art Therapy: painting	12 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC shopping for supplies Music Group: Musical Hot Potato Game	13 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45am Cooking Group: Spaghetti & salad Cultural Diversity: Languages of Arabian Culture	14 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling/My Booklet Workshop: Amusement Parks around the world	15 Welcoming Wellness *Health Activity Zumba 9am-10am MINI GOLF/BOWLING \$5 PER GAME & SHOE RENTAL	
18 Welcoming Wellness "Just Dance" 9-9:45 Current Events Discussion 10-11:30 Digital Literacy Safety training: Lockdown Team Planning Meeting: October	19 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC/shopping for supplies Music Group: Craft- build an instrument & play	20 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group: Food Safe Practises video/discussion Arm chair Travel: Montreal	21 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Recycling CLBC ANNUAL PICNIC GYRO 11:00-2:00	22 Welcoming Wellness *Health Activity Zumba 9am-10am COINS 10 th Anniversary Celebration Castlegar 12-2	
25 Welcoming Wellness "Just Dance" 9-9:45 Current Events Discussion 10-11:30 Digital Literacy/Book Buzz Socialization Skill Building: Manners	26 Welcoming Wellness * Health Activity: Tai Chi/Meditation 9-10am Games Group @ YC/shopping for supplies Music Group: Dancing & Karaoke	27 Welcoming Wellness * Health Activity: Sit & be fit 9-9:45 Cooking Group: Tuna Casserole Workshop: Truth & Reconciliation	28 Welcoming Wellness *Health Activity: Gentle stretches 9-9:45 Current events Recycling My Booklet Swimming	29 Welcoming Wellness *Health Activity Zumba 9am-10am Mountain Soul Winery Tour \$10 1PM	

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