

September 2026 - DAY PROGRAM ACTIVITY CALENDAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SEPTEMBER THEME: Fall into a Fresh Start 	1st 10:00am Walk in our Community 11:00am Fall Routines and back to College organization 1:00pm Art in TAAC Gym and a Game of Uno to follow	2nd 10:00am Shopping at Safeway for Fruit & Veggies Smoothies 10:30am Prep and Create Personalized Smoothies in TAAC kitchen Decorate Your Recipe Card / Test & Rating Cards to follow 1:00pm Music & Karaoke in TAAC Gym	3rd 10:00am What to Expect at the Doctors, Dentist and other Health Appointments with Quiz <i>1:00pm Games group or Library Visit</i>	4th 10:00pm Self Care & Hygiene Learning Stations 1:00pm Bowling and Arcade
7th Labour Day STAT	8th 9:25am walk to bus stop and take transit to mall for Shopping (for tomorrow's lunch) 1:00pm Art in TAAC Gym and a Game of Uno to follow	9th 10:00am Donair and Greek Salad Prep and Create in TAAC kitchen 11:00am Decorate Recipe Cards & food Safety Game to follow 1:00pm Music & Karaoke in TAAC Gym	10th <i>10:00am Asking for help? Who is safe to confide in? Q n A and Quiz to follow</i> 1:00pm Games Group or Visit to Trail Museum	11th <i>10:00am Fire Safety Chat and Quiz Your Knowledge in TAAC Gym</i> <i>1:00pm Movie & Popcorn in TAAC Gym</i> <i>4:00pm Meet at TAAC Smokiepalooza Pick up at 10:15pm</i>
14th 10:00am Tips for building new friendships and strengthening current friendships & Quiz 11:15am Walk in our Community & Crosswalk safety 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	15th <i>10:00am Party Games to help build confidences</i> <i>1:00pm Haiku poem writing TAAC Gym</i>	16th 10:00am Shopping at Safeway for Fruit & Dip 10:30am Prep and Create Fruit & Dip in TAAC kitchen 11:00am Decorate Recipe Cards & food Safety Game to follow 1:00pm Music & Karaoke in TAAC Gym	17th <i>10:00am Team Meeting @ the Arlington (beverage and game of pool to follow)</i> Leave TAAC @ 12:50pm swimming at the Aquatic Centre or 1:00pm Walk through at VISAC Art Gallery for exhibit "A Gathering of Indigenous Voices"	18th 10:00am Bus to Warfield; Walk along Lauriente Walkway 11:00am Van leaves TAAC @ 12:50pm Bowling and Mini Golf
21st 10:00am Emergency Preparedness Workshop 11:00am Mock experience on main floor Leave TAAC @ 12:50pm swimming at the Aquatic Centre <i>2:00pm to 3:00pm CVL Volunteering (leave TAAC at 1:45pm)</i> 1:00pm Games Group in TAAC Gym	22nd <i>10:00am Shopping at Safeway for Homemade Hummus & Veggies</i> 11:00am Bear Aware Chat <i>1:00pm Art - Creating our Artist statements</i> 2:00pm Yoga - staff guided activity	23rd <i>10:00am Homemade Hummus & Veggies Prep and Create in TAAC kitchen Taste Test & Rating Cards</i> <i>11:00am Decorate Your Recipe Card to follow</i> <i>1:00pm Music & Karaoke in TAAC Gym</i>	24th <i>10:00am "Boundaries at work" Workshop in TAAC Gym</i> 11:00am Game of UNO Leave TAAC @ 12:50pm swimming at the Aquatic Centre or Visit to Trail Museum [12:30pm Craft Series with Trail Library (Pre-Registered required)]	25th 10:00am Learn about National Day for Truth and Reconciliation in the TAAC Gym 11:00am Art "Hand in Hand" 1:00pm Movie "The Song of Hiawatha"
28th 10:00am Make New Goals in TAAC gym 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	29th <i>10:00am Trail Fire Hall Tour</i> 11:30am Fire Safety Chat and Quiz Your Knowledge in TAAC Gym <i>1:00pm Meeting/Organizing for our Christmas Bake sale</i> 2:00pm Walk in our community	30th National Day for Truth and Reconciliation STAT	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 during the summer months and/or 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: Smokiepalooza \$15 / Swimming \$7.70 / Bowling: Mini Golf and Arcade Approx. \$30 / Healthy Snacks; and Cooking Group \$20 / Team Meeting and Game of Pool \$7.00 ***Pool closed to September 13th***	
