

TASC TIMES

FEBRUARY 2023

CALENDAR DETAILS

February 3—Eat out at Yen Hing Dragon in Waukon. Cost is **\$12 due by February 1**. Limited space.

February 3—Make a Valentine’s Day heart charm bracelet. Cost is **\$2 due by February 2**. Limited space.

February 8—Enjoy a brunch including pancakes with strawberries and whipped cream, eggs, coffee and mock mimosas. Cost is **\$7 due by February 3**.

February 9—NIGHT HAB: Vesterheim Museum & dinner at Toppling Goliath . We will leave Waukon at 2 pm. Cost is **\$25 by February 3**. Limited space.

February 14—Chili and Grilled Cheese. Cost is **\$6 due by February 10**.

February 15—Outing to the Casino Queen Marquette for brunch and to play some slots. Cost is **\$25 due February 8**. Lots of walking. Limited space.

February 21—NIGHT HAB: Enjoy games and get some exercise at the Wellness Center followed by lunch at Uptown Grill. Begins at 3pm. Pass or \$3 for WWC and \$15-20 recommended for dinner. Sign up by February 15. Limited space.

FITNESS CORNER

Healthy is an outfit that looks different on everybody.

December Punch Card

Winners:

Dean & Curtis W



STARS OF THE MONTH

Vocational: Laura

Attendance: Joyce

Extra Mile: Mary M

Positive Attitude: Spencer

CALENDAR DETAILS

Monday	Tuesday	Wednesday	Thursday	Friday
<u>8:45 am—9:45 am</u> Coffee Club Arts & Crafts	<u>8:45 am—9:45 am</u> Arts & Crafts Movie Club	<u>8:45 am—9:45 am</u> Arts & Crafts Smart Shopping	<u>9:00 am—10:00 am</u> Arts & Crafts Spa Hour	<u>9:00 am—10:00 am</u> Arts & Crafts Technology/Science
<u>10:00 am—11:00 am</u> Relationships Spa Hour	<u>10:00 am—11:00 am</u> History Fun Book Club	<u>10:00 am—11:00 am</u> Games & Puzzles Cooking	<u>10:00 am—11:00 am</u> Money Skills Holiday Club	<u>10:00 am—11:00 am</u> Club Cooking
<u>11:00 am—12:00 pm</u> Lunch	<u>11:00 am—12:00 pm</u> Lunch	<u>11:00 am—12:00 pm</u> Lunch	<u>11:00 am—12:00 pm</u> Lunch	<u>11:00 am—12:00 pm</u> Lunch
<u>12:00 pm—1:00 pm</u> Arts & Crafts Meal Planning	<u>12:00 pm—1:00 pm</u> Arts & Crafts Living Skills	<u>12:00 pm—1:00 pm</u> Arts & Crafts Health & Nutrition	<u>12:00 pm—1:00 pm</u> Arts & Crafts Travel	<u>12:00 pm—1:00 pm</u> Arts & Crafts Animal Lovers
<u>1:00 pm—2:00 pm</u> Games & Puzzles History Fun	<u>1:00 pm—2:00 pm</u> Music Current Events	<u>1:00 pm—2:00 pm</u> Environment Games & Puzzles	<u>1:00 pm—2:00 pm</u> Sensory Book Club	<u>1:00 pm—2:00 pm</u> Games & Puzzles Hobbies