



THRIVE DAY HABILITATION - JUNE 2023



Monday	Tuesday	Wednesday	Thursday	Friday
	May 30 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Healthy Snack Making Noon Lunch & Conversation 1:00 Dance Party/ Karaoke 2:00 Describing Activity	May 31 9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit (Weather Permitting) 11:00 Life Skills Noon Lunch & Conversation 1:00 Mystery Game 2:00 I Spy Outside	1 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Obstacle Course Outside (Weather Permitting)	2 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking Noon Lunch & Conversation 1:00 Sports Games 2:00 Board/Card Games
5 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Memory Game Noon Lunch & Conversation 1:00 Community Signs 2:00 Ball Scattergories	6 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond Visit (Weather Permitting) 11:00 Mystery Game Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games (Weather Permitting)	7 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Would You Rather? 2:00 What Does Belong?	8 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Watercolor Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games (Weather Permitting)	9 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Cooking Noon Lunch & Conversation 1:00 Mystery Game 2:00 Board/Card Games
12 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Obstacle Course Noon Lunch/Conversation 1:00 Pictionary 2:00 Guess the Logo	13 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Healthy Snack Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Shopping Spree	14 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/ Pond Visit (Weather Permitting) 11:00 Arts & Crafts (Rock Painting) Noon Lunch & Conversation 1:00 Life Skills Jeopardy 2:00 Mystery Game	15 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Memory Game 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke Outside 2:00 Solve the Puzzle	16 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking 12:00 Lunch & Conversation 1:00 Social Skills 2:00 Board/Card Games
19 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch and Conversation 1:00 Guess in 10 2:00 Would You Rather?	20 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond Visit (Weather Permitting) 11:00 Real Objects Memory Game Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games (Weather Permitting)	21 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Obstacle Course Noon Lunch & Conversation 1:00 Watercolor Painting 2:00 Bingo	22 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Taboo Noon Lunch & Conversation 1:00 Dance Party/Karaoke Outside 2:00 Family Feud	23 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking Noon Lunch and Conversation 1:00 What Does Not Belong? 2:00 Board/Card Games
26 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch and Conversation 1:00 A Picture is Worth a Thousand Words 2:00 Shopping Spree	27 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Healthy Snack Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games	28 9:00 Mindfulness/Meeting/Current Events 10:00 "Inside the Hive" Presentation 11:00 Kahoot Noon Lunch and Conversation 1:00 Mystery Game 2:00 I Spy Outside	29 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch and Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games	30 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking Noon Lunch and Conversation 1:00 Guess the Drawing 2:00 Board/Card Games