



## THRIVE DAY HABILITATION - MARCH 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Teambuilding Activity 2:00 Catch Phrase	<b>2</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Jeopardy Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Guess the Movie	<b>3</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Icebreaker Activity/Healthy Cooking Noon Lunch & Conversation 1:00 Icebreaker Activity/Healthy Cooking 2:00 Wheel of Fortune
<b>6</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game 12:00 Lunch & Conversation 1:00 Pictionary 2:00 A Picture is Worth a Thousand Words	<b>7</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Would You Rather?	<b>8</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Shopping Spree 2:00 Life Skills	<b>9</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Community Signs Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Bingo	<b>10</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Cooking Noon Lunch & Conversation 1:00 Memory Game 2:00 St. Patrick's Day Solve the Puzzle
<b>13</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Mystery Game Noon Lunch & Conversation 1:00 Guess in 10 2:00 Charades	<b>14</b> 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 What's In the Box??	<b>15</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise/Ms.Kim 11:00 Memory Game/Ms. Kim Noon Lunch & Conversation 1:00 St. Patrick's Day Watercolor Painting 2:00 Taboo	<b>16</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Rainbow Making Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Guess the Drawing	<b>17 ST. PATRICK'S DAY/WEAR GREEN</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Cooking Noon Lunch & Conversation 1:00 St. Patrick's Day Jeopardy/Trivia 2:00 Mystery Game
<b>27</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Memory Game Noon Lunch & Conversation 1:00 Who/What Am I? 2:00 Family Feud	<b>28</b> 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 Guess the Logo	<b>29 WEAR SOMETHING DISNEY</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Wheel of Fortune 2:00 Stranded on an Island	<b>30</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Drawing/Pictionary	<b>31</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking Noon Lunch & Conversation 1:00 Poster Making 2:00 Board/Card Games
<b>OTHER CHOICES</b> <ul style="list-style-type: none"> <li>• Campus Walks</li> <li>• Independent Reading</li> <li>• Puzzles</li> <li>• Music appreciation</li> <li>• Coloring/Word Search</li> <li>• Arts &amp; Crafts</li> </ul>	<b>COMMUNITY OUTINGS</b>  <b>To be determined/ notices will be sent home</b>	<b>SPECIAL NOTES:</b> <ul style="list-style-type: none"> <li>• Outdoor walks are weather permitting (remember hats, gloves, scarves)</li> <li>• Activities are subject to change.</li> </ul>		