



THRIVE DAY HABILITATION - MARCH 2023



Monday	Tuesday	Wednesday	Thursday	Friday
		1 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	2 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	3 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
6 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	7 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?	8 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	9 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	10 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
13 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	14 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??	15 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	16 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	17 WEAR GREEN / ST.PATRICK'S DAY 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
20 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game 12:00 Lunch/Conversation 1:00 Spring Ball Scattergories 2:00 Name That Tune	21 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Spring Bingo	22 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Stress Ball Making Noon Lunch & Conversation 1:00 Book Club (Poem) 2:00 Describing Activity	23 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Life Skills 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Memory Game	24 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking 12:00 Lunch & Conversation 1:00 Social Skills Activity 2:00 Board/Card Games
27 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	28 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	29 WEAR SOMETHING DISNEY 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	30 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	31 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