



**THRIVE DAY HABILITATION - MAY 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 1</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Mystery Game 2:00 Outdoor Games	<b>May 2</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 Describing Activity	<b>May 3</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Life Skills 2:00 Jeopardy	<b>May 4</b> 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 Taboo	<b>May 5</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking Noon Lunch & Conversation 1:00 Sports Games 2:00 Top 5 Activity
<b>8</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Memory Game Noon Lunch & Conversation 1:00 Community Signs 2:00 Solve the Puzzle	<b>9</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games (Weather Permitting)	<b>10-FAMILY NIGHT</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Family Night Preparation Noon Lunch & Conversation 1:00 Wheel of Fortune 2:00 Who/What Am I?	<b>11</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 Top 5 Activity	<b>12</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Name That Tune Noon Lunch & Conversation 1:00 Outdoor Games 2:00 Board/Card Games
<b>15</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Objects Memory Game Noon Lunch/Conversation 1:00 A Picture is Worth a Thousand Words 2:00 Guess the Drawing	<b>16</b> 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	<b>17</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/ Pond Visit (Weather Permitting) 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 What Does Not Belong? 2:00 Charades Outside	<b>18</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise/Ms. Kim 11:00 Chair Yoga/Exercise/Ms. Kim 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke Outside 2:00 Ball Scattergories	<b>19</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking 12:00 Lunch & Conversation 1:00 Leader Activity 2:00 Board/Card Games
<b>22</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch and Conversation 1:00 Life Skills 2:00 Pictionary	<b>23</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond Visit (Weather Permitting) 11:00 Watercolor Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Activity	<b>24</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Sand Art Noon Lunch & Conversation 1:00 Bingo 2:00 Crossword Puzzle	<b>25</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Guess the Logo Noon Lunch & Conversation 1:00 Dance Party/Karaoke Outside 2:00 Board/Card Games	<b>26</b>  <p style="text-align: center;"><b>THRIVE CLOSED</b></p>
<b>29</b>  <p style="text-align: center;"><b>THRIVE CLOSED MEMORIAL DAY HOLIDAY</b></p>	<b>30</b> 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	<b>31</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit/Pond (Weather Permitting) 11:00 Life Skills Noon Lunch and Conversation 1:00 Mystery Game 2:00 I Spy Outside	<b>Community Outing</b>  Trips to Friendly's starting the week of 5/15 Trips to ShopRite on a rotating schedule	<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>