



# THRIVE DAY HABILITATION - MAY 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Music Mountain Theater 11:00 Music Mountain Theater Noon Lunch &amp; Conversation 1:00 Book Club 2:00 BINGO</p>	<p>3</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Healthy Snack Making Noon Lunch &amp; Conversation 1:00 Dance Party/ Karaoke 2:00 Pictionary</p>	<p>4</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts &amp; Crafts Noon Lunch &amp; Conversation 1:00 Book Club 2:00 BINGO</p>	<p>5</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Memory Game Noon Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games</p>	<p>6</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Cooking/Arts &amp; Crafts Noon Lunch &amp; Conversation 1:00 Cooking/Arts &amp; Crafts 2:00 Outdoor Games (Weather Permitting)</p>
<p>9</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game 12:00 Lunch &amp; Conversation 1:00 Charades 2:00 Bingo</p>	<p>10</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Painting Noon Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 A Picture is Worth a Thousand Words</p>	<p>11</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Memory Game Noon Lunch &amp; Conversation 1:00 Book Club 2:00 BINGO</p>	<p>12</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Gardening with Ms.Kim Noon Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 Social Skills-Getting to Know You</p>	<p>13</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Cooking/Picture Share Noon Lunch &amp; Conversation 1:00 Cooking/Picture Share 2:00 Drawing</p>
<p>16</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch &amp; Conversation 1:00 Book Club 2:00 BINGO</p>	<p>17</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Healthy Snack Making Noon Lunch &amp; Conversation 1:00 Dance Party/ Karaoke 2:00 Shopping Spree</p>	<p>18</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Nisit 11:00 Social Skills Noon Lunch &amp; Conversation 1:00 Book Club 2:00 BINGO</p>	<p>19</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Description Activity Noon Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 Pictionary</p>	<p>20</p> <p>9:00 Mindfulness/Morning Meeting/Current 10:00 Chari Yoga/Exercise 11:00 Cooking/Mystery Game Noon Lunch &amp; Conversation 1:00 Cooking/Mystery Game 2:00 Outdoor Games</p>
<p>23</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Memory Game 12:00 Lunch &amp; Conversation 1:00 A picture is Worth a Thousand Words 2:00 Bingo</p>	<p>24</p> <p>9:00 Mindfulness/Morning Meeting/Current 10:00 Chair Yoga/Exercise 11:00 Columbia Trail (Weather Permitting) 12:0 Lunch &amp; Conversation0 1:00 Dance Party/Karaoke 2:00 Solve the Puzzle</p>	<p>25</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Arts &amp; Crafts Noon Lunch &amp; Conversation 1:00 Share a Story 2:00 BINGO</p>	<p>26</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Memorial Day Kahoot 12:00 Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games</p>	<p>27</p> <p><b>Thrive Closed-Memorial Day Holiday</b></p>
<p>30</p> <p><b>Thrive Closed-Memorial Day Holiday</b></p>	<p>31</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 Board/Card Games</p>	<p>1</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Art s &amp; Crafts Noon Lunch &amp; Conversation 1:00 Memory Game 2:00 Bingo</p>	<p>2</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Gardening with Ms. Kim Noon Lunch &amp; Conversation 1:00 Dance Party/Karaoke 2:00 Shopping Spree</p>	<p>3</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking/Outdoor Games Noon Lunch &amp; Conversation 1:00 Cooking/Outdoor Games 2:00 Who/What Am I?</p>
<p><b>OTHER CHOICES</b></p> <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>	<p><b>COMMUNITY OUTINGS</b></p> <ul style="list-style-type: none"> <li>• Music Mountain Theater</li> <li>• Columbia Trail</li> </ul>	<p><b>SPECIAL NOTES:</b></p> <ul style="list-style-type: none"> <li>• Outdoor walks and the Columbia Trail are weather permitting (remember hats, gloves, scarves)</li> <li>• Activities are subject to change</li> <li>• Ms. Kim will be working with us on the garden in May.</li> </ul>		

