

THRIVE DAY HABILITATION - AUGUST 2022



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 Book Club 2:00 Bingo	2 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Would You Rather?	3 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Memory Game 2:00 Bingo	4 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Life Skills Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 All About Me Ball Game	5 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking/Stop the Clock Noon Lunch & Conversation 1:00 Cooking/Stop The Clock 2:00 Board/Card Games
8 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Outdoor Games 12:00 Lunch & Conversation 1:00 Happiness Happens Activity 2:00 Bingo	9 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 Drawing	10 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond 11:00 Memory Game Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	11 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 Music Appreciation	12 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Cooking/Card/Board Games Noon Lunch & Conversation 1:00 Cooking/Card/Board Games 2:00 What Am I Describing?
15 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 Book Club/Community Signs 2:00 BINGO	16 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Sand Picture Noon Lunch & Conversation 1:00 Dance Party/ Karaoke 2:00 Pictionary	17 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Ice Breaker Activity 2:00 BINGO	18 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Musical Instrument Activity Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Family Feud Activity	19 9:00 Mindfulness/ Meeting/CurrentEvents 10:00 Chair Yoga/Exercise 11:00 Cooking/Ball Scattergories Noon Lunch & Conversation 1:00 Cooking/Ball Scattergories 2:00 Outdoor Games
22 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Thrive Trivia Game Noon Lunch & Conversation 1:00 Reading Article/Community Signs 2:00 Bingo	23 9:00 Mindfulness/Morning Meeting/Current 10:00 Chair Yoga/Exercise 11:00 Painting 12:0 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Social Skills	24 9:00 Mindfulness/Meeting/Current Events 10:00 Scavenger Hunt Day 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Book Club/Community Signs Game 2:00 BINGO	25 9:00 Mindfulness/Meeting/Current Events 10:00 Kickball/Baseball 11:00 Ms. Kim Nutritionist 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Life Skills	26 9:00 Mindfulness/ Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking/Mystery Game 12:00 Lunch & Conversation 1:00 Cooking/Mystery Game 2:00 Music Appreciation
29 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 A Picture Is Worth A Thousand Words 2:00 Bingo	30 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Teamwork Activity Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Drawing	31 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/ Pond 11:00 Memory Game Noon Lunch & Conversation 1:00 Poetry Activity 2:00 Bingo	1 PROGRAM CLOSED FOR STAFF TRAINING	2 PROGRAM CLOSED FOR STAFF TRAINING
OTHER CHOICES <ul style="list-style-type: none"> • Campus Walks • Independent Reading • Puzzles • Music appreciation • Coloring/Word Search • Arts & Crafts 	COMMUNITY OUTINGS <ul style="list-style-type: none"> • Breakfast at Oscar/s (Tuesdays and Thursdays) when the bus is delivered. We are awaiting its arrival. 	SPECIAL NOTES: <ul style="list-style-type: none"> • Outdoor walks are weather permitting. • Activities are subject to change • Ms. Kim will be working with us on August 25th. 		