



THRIVE DAY HABILITATION - JUNE 2022



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>Thrive Closed-Memorial Day Holiday</p>	<p>31</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch & 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 & Crafts Noon Lunch & 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 & 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 & Conversation 1:00 Cooking/Outdoor Games 2:00 Who/What Am I?</p>
<p>6</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game 12:00 Lunch & Conversation 1: 00 Picture Share 2:00 Bingo</p>	<p>7 Hat Day</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games</p>	<p>8</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Memory Game Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO</p>	<p>9</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Outdoor Games Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Social Skills-Getting to Know You</p>	<p>10</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Cooking/Mystery Game Noon Lunch & Conversation 1:00 Cooking/Mystery Game 2:00 I Spy Outside</p>
<p>13</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Music Mountain Theater 11:00 Mystery Game Noon Lunch & Conversation 1:00 Life Skills-Community Signs 2:00 BINGO</p>	<p>14 Flag Day-Wear something red, white, and blue or flag clothing</p> <p>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 Create Your Personal Flag</p>	<p>15</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO</p>	<p>16</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Gardening Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Pictionary</p>	<p>17</p> <p>9:00 Mindfulness/ Meeting/CurrentEvents 10:00 Chair Yoga/Exercise 11:00 Cooking/Mystery Game Noon Lunch & Conversation 1:00 Cooking/Mystery Game 2:00 Outdoor Games</p>
<p>20</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Charades 12:00 Lunch & Conversation 1:00 Favorite Things about Summer Collage 2:00 Bingo</p>	<p>21 First Day of Summer- Wear Your Favorite Summer Clothing</p> <p>9:00 Mindfulness/Morning Meeting/Current 10:00 Chair Yoga/Exercise 11:00 Homemade Ice Cream Making 12:0 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Solve the Puzzle</p>	<p>22</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 A Picture is Worth a Thousand Words 2:00 BINGO</p>	<p>23</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Gardening with Ms. Kim 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Summer Kahoot</p>	<p>24</p> <p>9:00 Mindfulness/ Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Outdoor Social Skills/Cooking 12:00 Lunch & Conversation 1:00 Cooking/ OutdoorSocial Skills 2:00 Mystery Game</p>
<p>27 Great American Picnic Day (watermelon and new outdoor games)</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Who or What am I Describing? 12:00 Lunch & Conversation 1:00 Summer Trivia and Celebration 2:00 Outdoor Games</p>	<p>28 Mismatch Day</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Shirt Making Day Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Board/Card Games</p>	<p>29</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Farm Visit 11:00 Music Appreciation Noon Lunch & Conversation 1:00 Memory Game 2:00 Bingo</p>	<p>30</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Gardening with Ms. Kim Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Shopping Spree</p>	<p>1</p> <p>9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking/Outdoor Games Noon Lunch & Conversation 1:00 Cooking/Outdoor Games 2:00 Who/What Am I?</p>
<p>OTHER CHOICES</p> <ul style="list-style-type: none"> • Campus Walks • Independent Reading • Puzzles • Music appreciation • Coloring/Word Search • Arts & Crafts 	<p>COMMUNITY OUTINGS</p> <ul style="list-style-type: none"> • Music Mountain Theater 	<p>SPECIAL NOTES:</p> <ul style="list-style-type: none"> • Outdoor walks and the Columbia Trail are weather permitting (remember hats, gloves, scarves) • Activities are subject to change • Ms. Kim will be working with us on the garden in June. 		