




THRIVE DAY HABILITATION - JULY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Pictionary/ Outdoor Games 2:00 Dance Party/ Karaoke	2 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch & Conversation 1:00 Cooking 2:00 Board Games/ Outdoor Games
5 Independence Day observed 	6 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Shopping Spree 2:00 Dance Party/ Karaoke	7 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Farm Visit Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	8 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Pictionary/ Outdoor Games 2:00 Dance Party/ Karaoke	9 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch & Conversation 1:00 Cooking 2:00 Board Games/ Outdoor Games
12 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	13 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Shopping Spree 2:00 Dance Party/ Karaoke	14 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Fishing Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	15 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Pictionary/ Outdoor Games 2:00 Dance Party/ Karaoke	16 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch & Conversation 1:00 Cooking 2:00 Board Games/ Outdoor Games
19 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	20 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Shopping Spree 2:00 Dance Party/ Karaoke	21 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Farm Visit Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	22 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Pictionary/ Outdoor Games 2:00 Dance Party/ Karaoke	23 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch & Conversation 1:00 Cooking 2:00 Board Games/ Outdoor Games
26 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	27 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Shopping Spree 2:00 Dance Party/ Karaoke	28 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Fishing Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	29 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Pictionary/ Outdoor Games 2:00 Dance Party/ Karaoke	30 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Painting Noon Lunch & Conversation 1:00 Cooking 2:00 Board Games/ Outdoor Games
31 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Mystery Game Noon Lunch & Conversation 1:00 Book Club 2:00 BINGO	OTHER CHOICES: <ul style="list-style-type: none"> • Campus walks • Independent reading • Puzzles • Music appreciation • Coloring/ word search • Arts and Crafts 	SPECIAL NOTES: <ul style="list-style-type: none"> • Outdoor activities are weather permitting. Don't forget sunscreen and hats. • Schedules are subject to change. • We are in the process of arranging community service opportunities off campus. More information will follow as soon as they are confirmed. 		