



THRIVE DAY HABILITATION - SEPTEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
			1 PROGRAM CLOSED FOR STAFF TRAINING	2 PROGRAM CLOSED FOR STAFF TRAINING
5 LABOR DAY HOLIDAY-THRIVE CLOSED	6 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Memory Game Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Social Skills	7 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Share a Story 2:00 BINGO	8 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 Drawing-What Would You Like to Draw?	9 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Walk 11:00 Cooking/Outdoor Games Noon Lunch & Conversation 1:00 Cooking/Outdoor Games 2:00 Would You Rather?
12 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 Charades 2:00 BINGO	13 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 Music Appreciation	14 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Outdoor Games 2:00 BINGO	15 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Ball Scattergories Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Pictionary	16 9:00 Mindfulness/ Meeting/CurrentEvents 10:00 Chair Yoga/Exercise 11:00 Cooking/I SPY OUTSIDE Noon Lunch & Conversation 1:00 Cooking/I SPY OUTSIDE 2:00 Outdoor Games
19 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Memory Game Noon Lunch & Conversation 1:00 Article Reading 2:00 Bingo	20 9:00 Mindfulness/Morning Meeting/Current 10:00 Chair Yoga/Exercise 11:00 Scavenger Hunt (Weather Permitting) 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Family Feud	21 9:00 Mindfulness/Meeting/Current Events 10:00 Chocolate Activity 11:00 Mystery Game Noon Lunch & Conversation 1:00 Community Signs Game 2:00 BINGO	22 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Picture Share 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Life Skills	23 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 Ice Breaker Activity
26 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Hangman Noon Lunch & Conversation 1:00 A Picture Is Worth A Thousand Words 2:00 Bingo	27 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 Describing Activity	28 9:00 Mindfulness/Meeting/Current Events 10:00 Outdoor Activities 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Poetry Activity 2:00 Bingo	29 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Who/What Am I? Noon Lunch/Conversation 1:00 Dance Party/Karaoke 2:00 Pictionary	30 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking/Music Appreciation Noon Lunch/Conversation 1:00 Cooking/Music Appreciation 2:00 Outdoor Games
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"> • Lunch at Frank's (Tuesdays and Thursdays). This will start Sept. 13th and participants will be going out in groups of five at a time. Permission slips will be sent home for your son/daughter in advance. • There will be an email sent home to explain this outing. 	SPECIAL NOTES: <ul style="list-style-type: none"> • Outdoor walks are weather permitting. • Activities are subject to change • Fudge Shoppe will be here for the chocolate activity. 		

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