

THRIVE DAY HABILITATION - SEPTEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday
LABOR DAY	5 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Mystery Game Noon Lunch/Conversation 1:00 Dance Party 2:00 Solve the Puzzle	6 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond (Weather Permitting) 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Top 5 Activity 2:00 Bingo	7 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Four Corners Game Noon Lunch & Conversation 1:00 Dance Party 2:00 Stop The Clock	8 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Cooking Noon Lunch & Conversation 1:00 Clay. Model, Artist 2:00 Board/Card Games
11 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Outdoor Charades (Weather Permitting) 12:00 Lunch & Conversation 1:00 Family Feud 2:00 I Spy	12 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Healthy Snack Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Memory Game	13 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond (Weather Permitting) 11:00 Painting Noon Lunch & Conversation 1:00 Book Club/Community Signs 2:00 Taboo	14 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Life Skills Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games (Weather Permitting)	15 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Cooking Noon Lunch & Conversation 1:00 Vacation Picture Share 2:00 Board/Card Games/Circle of Friends
18 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Guess in 10 Noon Lunch & Conversation 1:00 Social Skills 2:00 Name That Tune	19 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Respect Activity Noon Lunch & Conversation 1:00 Dance Party/ Karaoke 2:00 Follow the Leader Activity	20 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond (Weather Permitting) 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Outdoor Games (Weather Permitting) 2:00 Mystery Game	21 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Outdoor Games (Weather Permitting) Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Music Appreciation	22 SPORTS TEAM DAY 9:00 Mindfulness/ Meeting/CurrentEvents 10:00 Physical Activity 11:00 Cooking Noon Lunch & Conversation 1:00 Guess the Drawing 2:00 Board/Card Games
25 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Outdoor Games (Weather Permitting) Noon Lunch & Conversation 1:00 Ball Scattergories 2:00 Things that Remind Us of Fall	26 9:00 Mindfulness/Meeting/Current Events 10:00 Healthy Snack 11:00 Shopping Spree 12:0 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Thrive Trivia	27 9:00 Mindfulness/Meeting/Current Events 10:00 Farm/Pond (Weather Permitting) 11:00 Recipe Research Noon Lunch & Conversation 1:00 Book Club/Community Signs Bingo 2:00 Fall Poetry Activity	28 9:00 Mindfulness/Meeting/Current Events 10:00 Physical Activity 11:00 Mystery Game 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Would You Rather Fall Themed	29 9:00 Mindfulness/ Meeting/Current Events 10:00 Physical Activity 11:00 Cooking 12:00 Lunch & Conversation 1:00 Circle of Friends/Outdoor Games 2:00 Board/Card Games
ALTERNATE CHOICES <ul style="list-style-type: none"> • Indoor or outdoor sports • Campus Walks • Reading/ Writing/ Word Search • Puzzles • Music appreciation • Coloring/Drawing • Arts & Crafts/ Painting 	COMMUNITY OUTINGS <ul style="list-style-type: none"> • Shoprite • Acting Lessons Music Mountain Theater (Sign-Up) 	EXTRA ACTIVITY <ul style="list-style-type: none"> • Fishing at the pond (Sign-Up) 		