



THRIVE DAY HABILITATION-FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Mystery Game Noon Lunch & Conversation 1:00 Shopping Spree 2:00 A Picture is Worth a Thousand Words	31 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Healthy Snack Noon Lunch and Conversation 1:00 Dance Party/Karaoke 2:00 Get Creative (Watercolor Painting)	1 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise /Chair Yoga 11:00 Memory Game Noon Lunch & Conversation 1:00 Community Signs 2:00 Bingo	2 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/ Chair Yoga 11:00 Valentine's Day Cards for Seniors Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Pictionary	3 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Stop the Clock/Healthy Cooking Noon Lunch & Conversation 1:00 Stop the Clock/Healthy Cooking 2:00 Board/Card Games
6 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Wheel of Fortune Noon Lunch & Conversation 1:00 What's in the Bag? 2:00 Guess the Logo	7 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/ Chair Yoga 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Social Skills	8 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Book Club 2:00 Jeopardy	9 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Mystery Game Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Life Skills	10 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Healthy Cooking/Four Corners Noon Lunch & Conversation/ 1:00 Four Corners/Healthy Cooking 2:00 Board/Card Games
13 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Memory Game Noon Lunch & Conversation 1:00 Valentine's Craft 2:00 Family Feud	14 WEAR RED FOR VALENTINE'S DAY 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Healthy Snack Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Valentine Solve the Puzzle	15 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga/Ms. Kim 11:00 Exercise/Chair Yoga/Ms. Kim Noon Lunch and Conversation 1:00 Stranded on an Island 2:00 Mystery Game	16 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Life Skills Noon Lunch and Conversation 1:00 Dance Party/Karaoke 2:00 Ball Scattergories	17 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Mystery Game /Healthy Cooking Noon Lunch & Conversation 1:00 Mystery Game/Healthy Cooking 2:00 Board/Card Games/Kahoot
20 THRIVE CLOSED-PRESIDENTS' DAY	21 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Painting Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Guess the Drawing	22 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 Music Appreciation 2:00 Name Three Activity	23 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Team Building Activity Noon Lunch & Conversation 1:00 Music Appreciation 2:00 TOP 5 Activity	24 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Memory Game/Health Cooking Noon Lunch & Conversation 1:00 Memory Game /Healthy Cooking 2:00 Name That Tune
27 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Dental Health Trivia Noon Lunch & Conversation 1:00 Name That Tune 2:00 Who/What Am I?	28 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Healthy Snack Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Name That Tune	1 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Teambuilding Activity 2:00 Catch Phrase	2 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Jeopardy Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Guess the Movie	3 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Icebreaker Activity/Healthy Cooking Noon Lunch & Conversation 1:00 Icebreaker Activity/Healthy Cooking 2:00 Wheel of Fortune