



## THRIVE DAY HABILITATION -JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Thrive Closed-New Year's Holiday</b>	<b>3</b> 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 Family Feud	<b>4</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise /Chair Yoga 11:00 Memory Game Noon Lunch & Conversation 1:00 Name That Tune 2:00 Book Club	<b>5</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/ Chair Yoga 11:00 Ball Scattergories Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Taboo	<b>6</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Arts & Crafts/ Healthy Cooking Noon Lunch & Conversation 1:00 Arts & Crafts/Healthy Cooking 2:00 Board/Card Games
<b>9</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Life Skills Noon Lunch & Conversation 1:00 Pictionary 2:00 BINGO	<b>10</b> 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 Who/What Am I?	<b>11</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Arts & Crafts 11:00 Memory Game Noon Lunch & Conversation 1:00 Chair Yoga/Exercise 2:00 Wheel of Fortune	<b>12</b> 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 Guess the Logo	<b>13</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Name Three Activity/Healthy Cooking Noon Lunch & Conversation/ 1:00 Name Three Activity/Healthy Cooking 2:00 Finish the Lyrics Activity
<b>16</b>  <b>Thrive Closed-Martin Luther King Holiday</b>	<b>17</b> 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 Mystery Game	<b>18</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Arts & Crafts Noon Lunch and Conversation 1:00 Solve the Puzzle 2:00 Book Club	<b>19</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Fabulous Flags Game Noon Lunch and Conversation 1:00 Dance Party/Karaoke 2:00 Describing Activity	<b>20</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Charades/Healthy Cooking Noon Lunch & Conversation 1:00 Charades/Healthy Cooking 2:00 Board/Card Games
<b>23</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Memory Game Noon Lunch & Conversation 1:00 Ice Breaker Activity 2:00 Finish the Word	<b>24</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Painting Noon Lunch & Conversation 1:00 Winter Would You Rather? 2:00 Guess the Drawing	<b>25 MIX MATCH CLOTHES DAY</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 What is Your Favorite?? 2:00 Life Skills	<b>26</b> 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	<b>27</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Virtual Tour Activity/Health Cooking Noon Lunch & Conversation 1:00 Virtual Tour Activity/Healthy Cooking 2:00 Name That Tune  <b>THRIVE DAY: WEAR YOUR THRIVE SHIRT /SWEATSHIRT or anything PURPLE</b>
<b>30</b> 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	<b>31</b> 9:00 Mindfulness/Meeting/Current Events 10:00 Exercise/Chair Yoga 11:00 Healthy Snack Noon Lunch and Conversation 1:00 Healthy Snack 2:00 Get Creative (Watercolor Painting)	<b>OTHER CHOICES</b> <ul style="list-style-type: none"> <li>• Campus Walks</li> <li>• Independent Reading</li> <li>• Puzzles</li> <li>• Music appreciation</li> <li>• Coloring/Word Search</li> <li>• Arts &amp; Crafts</li> <li>• Card/ Board Games</li> </ul>	<b>Community Outings</b> <b>Lunch (possibly Cracker Barrel). We will email you with more information about this outing.</b>	