



THRIVE DAY HABILITATION-NOVEMBER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
31 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercises 11:00 Halloween Name That Tune 12:00 Halloween Gathering 1:00 Halloween Dance Party 2:00 Halloween Scattergories	1 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Ms. Kim Nutritionist Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Music Appreciation	2 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Name Three Activity 2:00 Bingo	3 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Stop the Clock Noon Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games	4 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/ Exercise 11:00 Cooking/Mystery Game Noon Lunch & Conversation 1:00 Cooking/Mystery Game 2:00 Board/Card Games
7 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Family Feud Noon Lunch & Conversation 1:00 Community Signs 2:00 Pictionary	8 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 Mystery Game	9 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 A Picture is Worth a Thousand Words Noon Lunch & Conversation 1:00 Shopping Spree 2:00 Outdoor Games	10 THRIVE CLOSED-INSERVICE DAY	11 THRIVE CLOSED-INSERVICE DAY
14 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Memory Game Noon Lunch & Conversation 1:00 Solve the Puzzle 2:00 Outdoor Games	15 9:00 Mindfulness/Morning Meeting/Current 10:00 Chair Yoga/Exercise 11:00 Painting 12:0 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Scattergories	16 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch & Conversation 1:00 Ice Breaker Activity 2:00 BINGO	17 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Drawing 12:00 Lunch & Conversation 1:00 Dance Party/Karaoke 2:00 Outdoor Games	18 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 Board/Card Games
21 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Gratitude Activity Noon Lunch & Conversation 1:00 Thanksgiving Reading 2:00 Bingo	22 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 Thanksgiving Trivia	23 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Arts & Crafts Noon Lunch & Conversation 1:00 Friendsgiving (Drink & Dessert) 2:00 Bingo	24 THRIVE CLOSED THANKSGIVING HOLIDAY	25 THRIVE CLOSED THANKSGIVING HOLIDAY
28 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Name the Three Activity Noon Lunch/Conversation 1:00 Community Signs 2:00 Get Creative-Watercolor Activity	29 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Stop the Clock Noon Lunch/Conversation 1:00 Dance Party/Karaoke 2:00 Memory Game	30 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Mystery Game Noon Lunch/Conversation 1:00 Cooking/Board/Card Games 2:00 Teambuilding Activity	1 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Ball Scattergories Noon Lunch/Conversation 1:00 Life Skills 2:00 Picture Share	2 9:00 Mindfulness/Meeting/Current Events 10:00 Chair Yoga/Exercise 11:00 Cooking/Social Skills Noon Lunch/Conversation 1:00 Cooking/Social Skills 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 Due to the two short weeks and Family Night this month we will resume indoor community outings in December.	SPECIAL NOTES: <ul style="list-style-type: none"> • Outdoor walks are weather permitting. • Activities are subject to change • Ms. Kim, the nutritionist, will be at Thrive November 1, 2022. • The weather is changing so please dress for the weather, 		