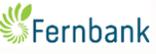


APRIL

2022

ST. MARY'S INDEPENDENT LIVING EXTENSIONS DAY PROGRAM CALENDAR AND ACTIVITY GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>REMINDERS</p>  <p>Include in your lunch bag at least 2 bottles of water, utensils, and a napkin.</p>  <p>Wear a mask to cover your nose and mouth while indoors at the day program and on the bus or van.</p>		<p>Right of the Month</p> <p>You have the right to participate in social, religious, and community activities of your choice.</p>		<p>1</p> 
<p>4</p> <p>GOALS</p> <p>Social/Coping Skills</p>  <p>PARK</p> <p>10am-12pm</p> <p>Walking, Fitness, Sports Skills</p>	<p>5</p>  <p>ROSARY</p> <p>MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p>  <p>Knitting Group</p>	<p>6</p> <p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p>  <p>Community Living Skills</p>	<p>7</p>  <p>NUMBER SKILLS GAMES</p> <p>RELIEVE YOUR STRESS MONTH</p> <p>Deep Breathing, Journal, Doodle, Draw, Color, Collage, Dream Boards</p>	<p>8</p>  <p>Knitting Group</p>  <p>BOARDGAMES</p>
<p>11</p> <p>GOALS</p> <p>Social/Coping Skills</p>  <p>BOWLING</p> <p>10am-12pm</p>	<p>12</p>  <p>ROSARY</p> <p>MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p>  <p>Knitting Group</p>	<p>13</p> <p>GOALS</p> <p>Social/Coping Skills</p>  <p>Monthly Weigh-in</p>  <p>YOGA HEALTH</p>	<p>14</p>  <p>NUMBER SKILLS GAMES</p> <p>RELIEVE YOUR STRESS MONTH</p> <p>Deep Breathing, Journal, Doodle, Draw, Color, Collage, Dream Boards</p>	<p>15</p> <p>Good Friday</p>  <p>Easter LUNCH</p> <p>Provided by SMILE</p> 
<p>18</p> <p>GOALS</p> <p>Social/Coping Skills</p>  <p>PARK</p> <p>10am-12pm</p> <p>Walking, Fitness, Sports Skills</p>	<p>19</p>  <p>ROSARY</p> <p>MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p>  <p>Knitting Group</p>	<p>20</p> <p>GOALS</p> <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p> <p>EMERGENCY PREPAREDNESS</p> <p>(Fire Evacuation Drill)</p>  <p>Community Living Skills</p>	<p>21</p>  <p>NUMBER SKILLS GAMES</p> <p>RELIEVE YOUR STRESS MONTH</p> <p>Deep Breathing, Journal, Doodle, Draw, Color, Collage, Dream Boards</p>	<p>22</p>  <p>Lilburn Library</p>  <p>Knitting Group</p>
<p>25</p> <p>GOALS</p> <p>Social/Coping Skills</p>  <p>BOWLING</p> <p>10am-12pm</p>	<p>26</p> <p>GWINNETT Stripers</p> <p>BASEBALL GAME @ 11 AM</p> <p>Bring \$15 for lunch and snacks during the game!</p>	<p>27</p> <p>GOALS</p> <p>Social/Coping Skills</p>  <p>YOGA HEALTH</p>	<p>28</p>  <p>NUMBER SKILLS GAMES</p> <p>RELIEVE YOUR STRESS MONTH</p> <p>Deep Breathing, Journal, Doodle, Draw, Color, Collage, Dream Boards</p>	<p>29</p>   <p>Knitting Group</p>

Current Events and Positive News You Can Use Every Tuesday

Studying and discussing current events helps to build language, vocabulary, reading comprehension, critical thinking, problem-solving, oral expression, and listening skills. Current events offer ideal opportunities for cooperative-group instruction, discussions, debates, and much more.

Point the camera on your smart device at the QR Code. The QR Code link will be available to open the website to access information. Select an article to review and discuss with the group.



Dailygood.org



Dogonews.com

SOCIAL/COPING SKILLS EVERY MONDAY AND WEDNESDAY

Mind Brain Emotion Adaptive Coping Strategies

Use the **MIND BRAIN EMOTION** deck of cards to build skills in
Adaptive Coping Strategies.

It's not what happens
TO YOU, but how you **REACT** to it that matters.

Emotion-focused Strategies: Managing or changing how you react emotionally.

Appraisal-focused Strategies: Modifying the way you think about the situation.

Problem-focused Strategies: Reducing or eliminating the source of your stressor.