

MAY

2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>GOALS 2</p> <p>Social/Coping Skills</p>  <p>10am-12pm Walking, Fitness, & Lunch</p>	<p>OPEN HAND 3</p> <p>ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p>Knitting Group</p> 	<p>GOALS 4</p> <p>Social/Coping Skills</p>  <p>10am-12pm Walking, Games, & Lunch</p>	<p>Fernbank 5</p> <p>NUMBER SKILLS GAMES</p>  <p>Karaoke After Lunch!</p>	<p>Zumba 6</p>  <p>Monthly Weigh-in</p> <p>Drama CLUB</p> 
<p>GOALS 9</p> <p>Social/Coping Skills</p>  <p>Bowling Club 10am-12pm Puzzles & Word Search Activities</p>	<p>OPEN HAND 10</p> <p>ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p>Knitting Group</p> 	<p>GOALS 11</p> <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p>  <p>10am-12pm Kickball & Lunch</p>  	<p>Fernbank 12</p> <p>NUMBER SKILLS GAMES</p> <p>"Follow The Leader"</p> <p>Fun Walk</p> <p>HAPPINESS IS YELLING BINGO</p>  <p>PRIZES!</p>	<p>String Quartet 13</p>  <p>The Juilliard String Quartet Performance @ First Presbyterian Church of Atlanta @ 11:30 am ~Bring A Cold Lunch~</p>
<p>GOALS 16</p> <p>Social/Coping Skills</p>  <p>10am-11am Bring at least \$6</p>	<p>OPEN HAND 17</p> <p>ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p>Knitting Group</p> 	<p>GOALS 18</p>  <p>10:00 am ~Bring A Cold Lunch~</p>	<p>Fernbank 19</p> <p>NUMBER SKILLS GAMES</p>  <p>"Rescued By Ruby"</p> <p>Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby.</p>	<p>Zumba 20</p>  <p>Drama CLUB</p>  <p>Free! Seniors 50+ Potluck 11:30 am @ Bethesda Park Senior Center</p>
<p>GOALS 23</p> <p>Social/Coping Skills</p>  <p>Bowling Club 10am-12pm Puzzles & Word Search Activities</p>	<p>OPEN HAND 24</p> <p>ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p>Knitting Group</p> 	<p>GOALS 25</p> <p>RIGHT OF THE MONTH</p> <p>Social/Coping Skills</p> <p>EMERGENCY PREPAREDNESS (Fire Evacuation Drill)</p>  	<p>Fernbank 26</p> <p>NUMBER SKILLS GAMES</p> <p>"Follow The Leader"</p> <p>Fun Walk</p> <p>HAPPINESS IS YELLING BINGO</p>  <p>PRIZES!</p>	<p>FIVE SPOT 27</p> <p>FROZEN YOGURT Bring at least \$6</p> <p>Drama CLUB</p>  <p>Knitting Group</p> 
<p>GOALS 30</p> <p>Social/Coping Skills</p>  <p>10am-12pm Art in the Park and Lunch</p>	<p>OPEN HAND 31</p> <p>ROSARY MAKERS OF AMERICA</p> <p>CURRENT EVENTS</p> <p>Knitting Group</p> 	<p>REMEMINDERS</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 <u>right</u> to keep personal belongings in a private place.</p> <p>You have the <u>responsibility</u> to store and display your belongings neatly.</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.