

MAY

2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p>	 <p>2</p> <p>Social Skills</p> 	 <p>3</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	 <p>4</p> <p>Social Skills</p>  <p>YouTube Video</p> 	 <p>5</p> <p>LUNCH IS PROVIDED</p>
 <p>8</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p> <p>Monthly Weigh-in</p> 	 <p>9</p> <p>Social Skills</p> 	 <p>10</p> <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	 <p>11</p> <p>Social Skills</p>  <p>YouTube Video</p> 	 <p>12</p>
 <p>15</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p> <p>EMERGENCY PREPAREDNESS Active Shooter Video Scenarios</p>	 <p>16</p> <p>Social Skills</p> 	 <p>17</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	 <p>18</p> <p>Social Skills</p>  <p>YouTube Video</p> 	 <p>19</p>
 <p>22</p> <p>Walking, Tennis Skills, Basketball Skills, Kites</p> <p>EMERGENCY PREPAREDNESS Fire Evacuation Drill</p>	 <p>23</p> <p>Social Skills</p> 	 <p>24</p> <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	 <p>25</p> <p>Social Skills</p>  <p>YouTube Video</p> 	 <p>26</p>
 <p>29</p>	 <p>30</p> <p>Social Skills</p> 	 <p>31</p> <p>RIGHT OF THE MONTH</p>  <p>Lilburn Community Garden 10 am</p> <p>Computer Skills & \$Money Management\$</p>	<p>RIGHT OF THE MONTH You have the right to have your medical record kept confidential.</p> <p>RESPONSIBILITY You have the responsibility to maintain the same confidentiality for yourself about your medical record.</p>	

Celebrate
May Birthdays



Work on ISP Goals

Mondays

And Wednesdays

Staff must document the goal progress details/summary in the notes.

A **Goal** is an objective that you wish to accomplish in a specific time frame with hard work and determination.

TYPES OF GOALS



SMILE GARDEN CREW

Plot #22 @ Lilburn Community Garden
16 Camp Creek Road SW, Lilburn, 30047

Garden Activities and Benefits

- Weeding/Digging/Planting
- Skills: patience, commitment, responsibility
- Nurture! Water & feed flowers/fruits/vegetables.
- Monitor the progress of the growing plants.
- Harvest! Enjoy eating the food we grow.
- Benefits: exercise, stress relief, teamwork!



INDIVIDUALIZED ACTIVITIES

★PERSONAL CHOICE★

Providing choice-making opportunities enables one to participate in activities, including non-preferred or less preferred activities. People are offered choices as alternatives to planned activities such as but not limited to ones listed below.

- Crosswords, word search, & related word games
- Jigsaw puzzles; card games; board games
- Personal Creativity: music listening, art & crafts, drawing, writing, journaling, coloring, scrapbooking, vision boards, poetry
- Rug hooking; needle crafts; jewelry-making
- Sensory materials; sorting, stacking, & matching
- Nature walks with staff accompanying.
- Video games; computer skills