

JUNE

2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>RIGHT OF THE MONTH You have the right to be treated well with dignity and respect.</p> <p>RESPONSIBILITY You have the responsibility to be considerate and respect the rights and personal space of others.</p>		<p>Happy Birthday To Everyone Born in June!</p> 	<p>Fernbank Social Skills CHAIR CARDIO YouTube Video arts&crafts WHAT HAPPENS AT KARAOKE STAYS AT KARAOKE</p>	<p>LIBRARY @ 9am BOWLING CLUB @ 11am BINGO</p>
<p>GOALS 5 SOUTHERN BELLE FARM U-pick Strawberry & Flower Fields Social Skills Monthly Weigh-in</p> 	<p>OPEN HAND ROSARY WARRIORS OF AMERICA Netflix Movie! arts&crafts</p>	<p>GOALS 7 RIGHT OF THE MONTH Lilburn Community Garden @ 9:30 Computer Skills & \$Money Management\$ EMERGENCY PREPAREDNESS Fire Evacuation Drill</p>	<p>Fernbank 8 Social Skills CHAIR CARDIO YouTube Video arts&crafts</p>	<p>9 Lilburn Community Garden @ 9:30 five BELOW @ 11am BINGO</p>
<p>GOALS 12 Paint Party! & Picnic @ the Park (Bring a Cold Lunch) Social Skills EMERGENCY PREPAREDNESS Active Shooter Video Scenarios</p>	<p>OPEN HAND ROSARY WARRIORS OF AMERICA Netflix Movie! arts&crafts</p>	<p>GOALS 14 RIGHT OF THE MONTH Lilburn Community Garden @ 9:30 Computer Skills & \$Money Management\$</p>	<p>Fernbank 15 Social Skills CHAIR CARDIO YouTube Video Charades</p>	<p>16 Lilburn Community Garden @ 9:30 BOWLING CLUB @ 11 am BINGO</p>
<p>GOALS 19 PARK Walking, Tennis Skills, Basketball Skills, Soccer Skills Social Skills activity SHEET</p>	<p>OPEN HAND ROSARY WARRIORS OF AMERICA Netflix Movie! arts&crafts</p>	<p>GOALS 21 RIGHT OF THE MONTH Lilburn Community Garden @ 9:30 Computer Skills & \$Money Management\$</p>	<p>Fernbank 22 Social Skills CHAIR CARDIO YouTube Video arts&crafts</p>	<p>23 Lilburn Community Garden @ 9:30 LIBRARY @ 11am BINGO</p>
<p>GOALS 26 PARK Walking, Tennis Skills, Basketball Skills, Soccer Skills Social Skills activity SHEET</p>	<p>OPEN HAND ROSARY WARRIORS OF AMERICA Netflix Movie! arts&crafts</p>	<p>GOALS 28 RIGHT OF THE MONTH Lilburn Community Garden @ 9:30 Computer Skills & \$Money Management\$</p>	<p>Fernbank 29 Social Skills CHAIR CARDIO YouTube Video WHAT HAPPENS AT KARAOKE STAYS AT KARAOKE</p>	<p>30 Lilburn Community Garden @ 9:30 BOWLING CLUB @ 11 am BINGO</p>

WELCOME SUMMER!

Summer is the hottest of the four temperate seasons, occurring after spring and before autumn. At or centered on the summer solstice, daylight hours are longest and darkness hours are shortest, with day length decreasing as the season progresses after the solstice.

Dates of Summer

June 21, 2023
to September 23, 2023

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

We must check on our food and flowers 2x weekly during the growing season to water, mulch, fertilize, and remove weeds so our plot will be productive!

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