

JULY

2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 3  Fitness Activities Social Skills	 4 The Day Program Is Closed	 5 RIGHT OF THE MONTH  Literacy Skills & \$Money Management\$	 6 Social Skills CHAIR CARDIO YouTube Video 	 7 Lilburn Community Garden 
 10  Fitness Activities Social Skills	 11   Netflix Summer Movie! 	 12 RIGHT OF THE MONTH  Literacy Skills & \$Money Management\$	 13 Social Skills CHAIR CARDIO YouTube Video 	 14 Lilburn Community Garden  Weight Check
 17  Fitness & Picnic (bring a cold lunch) Social Skills	 18   Netflix Summer Movie! 	 19 RIGHT OF THE MONTH  Literacy Skills & \$Money Management\$	 20 Social Skills CHAIR CARDIO YouTube Video 	 21 Lilburn Community Garden EMERGENCY PREPAREDNESS Fire Evacuation Drill 
 24  Fitness Activities Social Skills	 25   Netflix Summer Movie! 	 26 RIGHT OF THE MONTH  Literacy Skills & \$Money Management\$	 27 Social Skills CHAIR CARDIO YouTube Video 	 28 Lilburn Community Garden  EMERGENCY PREPAREDNESS Severe Weather Drill
 31  Fitness & Picnic (bring a cold lunch) Social Skills			<p>July is Disability Pride Month It's a time to honor the history, accomplishments, challenges, and humanity of the more than 1 billion people around the globe living with disabilities.</p>	

RIGHT OF THE MONTH

You have the right to receive services that help you live, work, and participate in the life of the community as any other person does.

RESPONSIBILITY

You have the responsibility to help plan your services and participate in any way you can to the best of your abilities.

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 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