

# NOVEMBER 2023

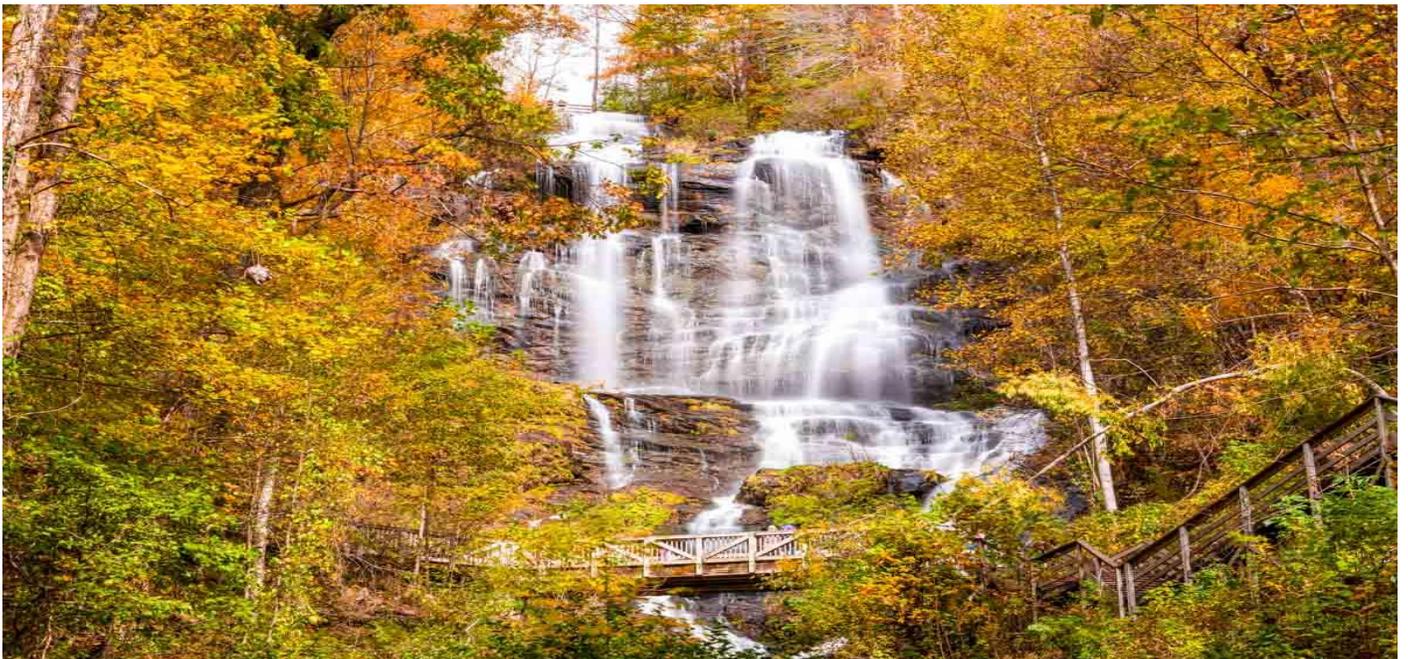
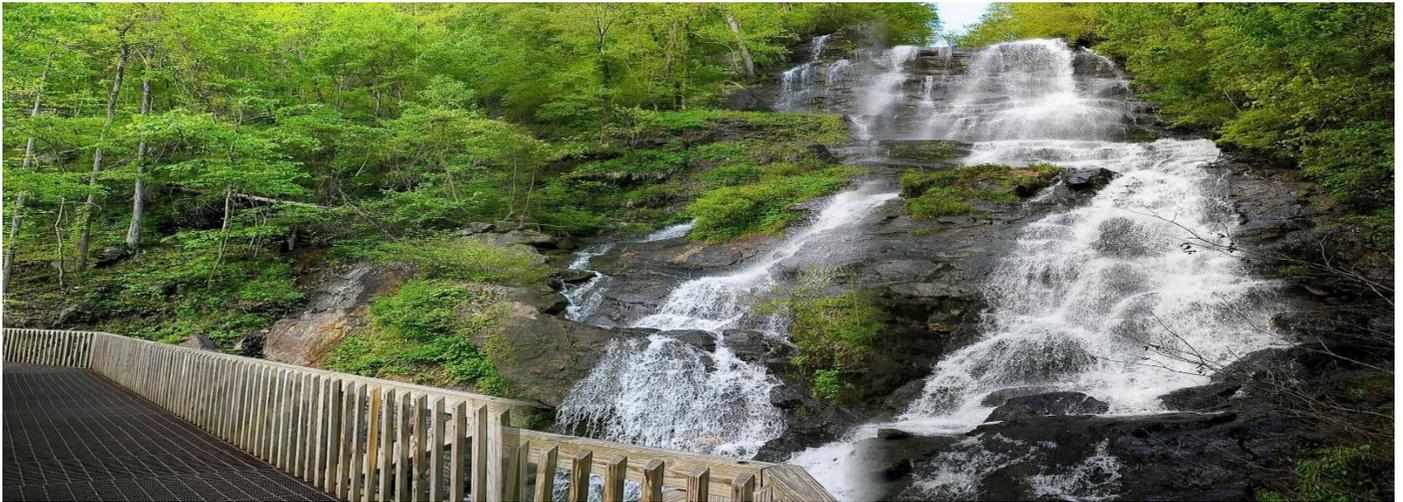
## ST. MARY'S INDEPENDENT LIVING EXTENSIONS DAY PROGRAM CALENDAR AND ACTIVITY GUIDE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>RIGHT OF THE MONTH</b></p> <p>You have the right to meet people and take part in community activities. Your <u>responsibility</u> is to follow the rules and social expectations when in the community.</p>		<p><b>GOALS</b> 1</p> <p>Literacy Skills &amp; \$Money Management\$</p> <p><b>LIBRARY</b></p>	<p>Fernbank 2</p> <p><b>CHAIR CARDIO</b></p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p>	<p>3</p> <p><b>Sugarloaf Mills Mall</b></p> <p><b>Bring a cold lunch.</b></p> <p>EMERGENCY PREPAREDNESS Fire Evacuation Drill</p>
<p><b>GOALS</b> 6</p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p> <p><b>BOWLING</b></p> <p>Stars and Strikes Bowling Loganville @ 10 am</p>	<p><b>OPEN HAND</b> <b>ROSARY</b> MAJORS OF AMERICA</p> <p><b>N</b></p> <p>Netflix</p>	<p><b>GOALS</b> 8</p> <p><b>RIGHT OF THE MONTH</b></p> <p>Literacy Skills &amp; \$Money Management\$</p> <p><b>BOOK NOOK</b></p>	<p>Fernbank 9</p> <p><b>CHAIR CARDIO</b></p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p> <p>Catholic Charities Atlanta Project 10am-11:30am</p>	<p>10</p> <p><b>five BELOW</b> hot stuff. cool prices.</p> <p><b>Bring \$6</b></p> <p><b>Weight Check</b></p> <p>EMERGENCY PREPAREDNESS Severe Weather Drill</p>
<p><b>GOALS</b> 13</p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p> <p>Seniors Only 50/up Friendsgiving Bingo and Refreshments 10a-12p @ George Pierce Park Community Recreation Center</p>	<p><b>OPEN HAND</b> <b>ROSARY</b> MAJORS OF AMERICA</p> <p><b>N</b></p> <p>Netflix</p>	<p><b>GOALS</b> 15</p> <p><b>RIGHT OF THE MONTH</b></p> <p>Basketball and Tennis Skills @ Sweet Water Park</p>	<p>Fernbank 16</p> <p><b>CHAIR CARDIO</b></p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p>	<p>17</p> <p><b>ROAD TRIP!</b></p> <p>Amicalola Falls State Park</p> <p>Bring a cold lunch. #Leafwatch2023</p>
<p><b>GOALS</b> 20</p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p> <p><b>Thanksgiving Lunch</b></p>	<p><b>OPEN HAND</b> <b>ROSARY</b> MAJORS OF AMERICA</p> <p><b>N</b></p> <p>Netflix</p>	<p><b>GOALS</b> 22</p> <p><b>RIGHT OF THE MONTH</b></p> <p>Literacy Skills &amp; \$Money Management\$</p> <p><b>LIBRARY</b></p>	<p>Thanksgiving Break Nov. 23rd-24th</p> <p><b>HAPPY THANKSGIVING</b></p> <p>Day Program is Closed</p>	
<p><b>GOALS</b> 27</p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p> <p><b>BOWLING</b></p> <p>Stars and Strikes Bowling Loganville @ 10 am</p>	<p><b>OPEN HAND</b> <b>ROSARY</b> MAJORS OF AMERICA</p> <p><b>N</b></p> <p>Netflix</p>	<p><b>GOALS</b> 29</p> <p><b>RIGHT OF THE MONTH</b></p> <p>Literacy Skills &amp; \$Money Management\$</p> <p>Basketball and Tennis Skills @ Sweet Water Park</p>	<p>Fernbank 30</p> <p><b>CHAIR CARDIO</b></p> <p><b>SOCIAL SKILLS TODAY</b> <i>Bingo!</i></p>	<p><b>CELEBRATE NOVEMBER BIRTHDAYS!</b></p>

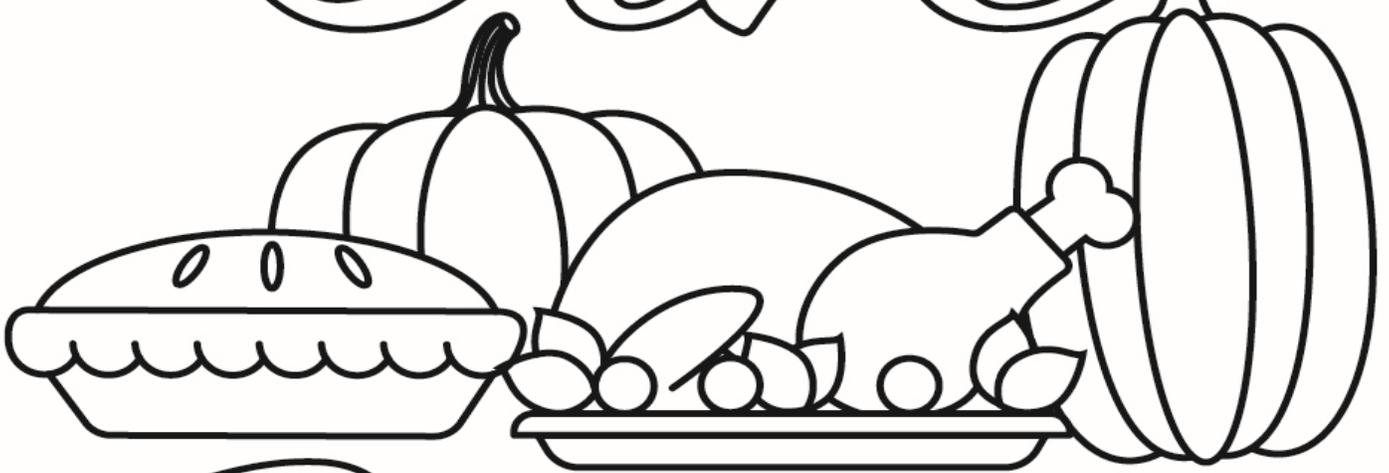
# LET'S GO! ROAD TRIP!

## Amicalola Falls State Park - Dawsonville

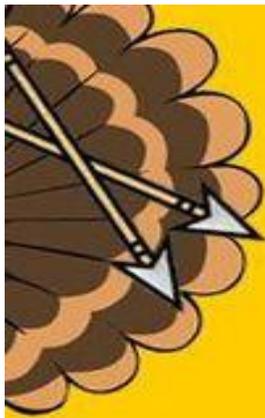
A great place to appreciate the fall colors and natural waterfalls! Just an hour north of Atlanta you'll find the Southeast's tallest cascading waterfall and a beautiful new visitor center. A short, flat path leads to a boardwalk offering the most spectacular views. There's also an easy-to-reach overlook at the top. Bring a cold lunch.



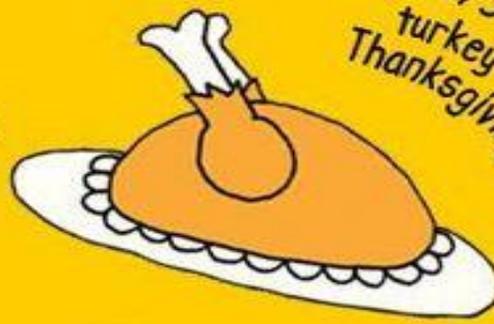
Give



Thanks

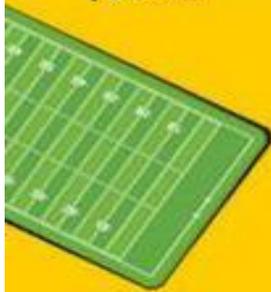


Turkey feathers were used by Native Americans to stabilize arrows.

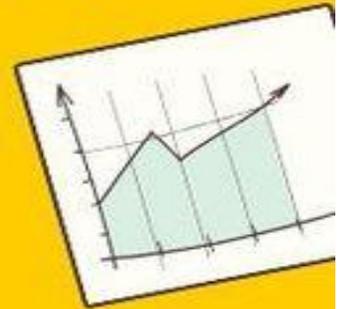


675 million pounds of turkey is eaten each Thanksgiving in the US.

Turkeys can detect motion 100 yards away - the length of a football field.



# 83



Turkey consumption has increased 108% since 1970.

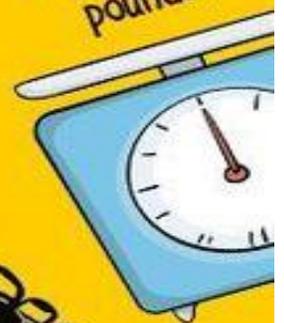
# TURKEY FACTS!

The heaviest turkey ever weighed 86 pounds.

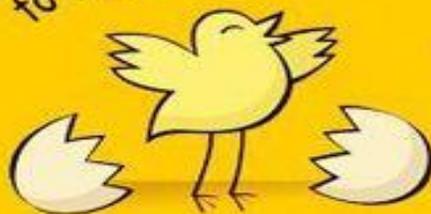
June is National Turkey Lovers Month.



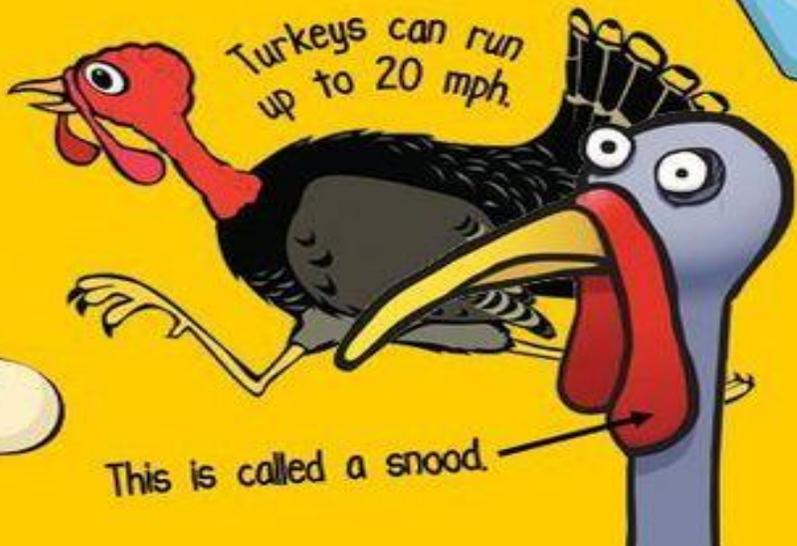
UNIVERSITY OF ILLINOIS EXTENSION



It takes 28 days for a turkey egg to hatch.



Turkeys can run up to 20 mph.



This is called a snood.

# SMILE DAY PROGRAM GUIDELINES

Updated 9/2023

- The staff is to immediately report any noted signs and symptoms of illness. Anyone presenting signs and/or symptoms of illness such as fever or persistent coughing, diarrhea, nausea, and vomiting will be promptly sent home for everyone's safety.
- **STAY HOME** if you do not feel well or are symptomatic of any illness.
- Participants and staff are expected to apply hand sanitizer upon arrival to and departure from the day program, and whenever necessary.
- Participants are expected to wash their hands with soap and water before/after eating, after using the restroom, after gardening activities, and when visibly soiled.
- All medications assisted with during day program service require a doctor's order and must be kept locked in the designated area at all times.
- **Good personal hygiene** is how you take care of your body. Maintaining hygiene practices is important because it reduces the spread of illness and the risk of medical conditions caused by not taking care of yourself. It also increases self-confidence and positively impacts personal relationships. **Bring a clean change of clothes appropriate for the season and necessary personal care items in a tote bag or backpack every day if you need to. Regarding major toileting accidents, participants will be asked to go home for proper care.**
- **Stay with the group.** For your safety, wandering away from staff oversight is not acceptable.
- Excessive and/or disruptive cell phone use is not acceptable. Participants are not to make cell phone calls during day program events and skill-building activities or while traveling in SMILE vehicles.
- **Respect personal boundaries** – no hugging, kissing, handholding, or inappropriately touching others and others' personal belongings. Maintain at least a two-arms-length distance to **allow personal space.**
- The use of profanity, obscene language, and racial slurs will not be tolerated.
- Bullying, teasing, name-calling, other verbal aggression, object aggression, and physical aggression will not be tolerated. **Consequences for such conduct may include suspension up to and including dismissal from participation in the SMILE Day Program CAG service.**
- Sharing or exchanging food and beverage items is not allowed to **avoid spreading germs or triggering allergic reactions.**
- Gum chewing is not allowed at the day program or inside SMILE vehicles.
- Eating and drinking are not acceptable inside SMILE vehicles **as a choking precaution** and to avoid messes. Open containers of food/beverage are not acceptable inside SMILE vehicles to avoid messes.
- Eating/drinking inside classrooms is only allowed with expressed approval from management.
- **Please bring at least 1-2 bottles of water every day with your lunch in addition to your preferred beverage of choice.** Drinking plain water is an excellent choice for staying hydrated and supporting overall good health. Bring a napkin and utensils daily in your lunch bag.