



# Life Strides Day Support Month of March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OUTING OF THE WEEK:</b> Noah's Last Stop (petting zoo and pet store)	<b>3</b> Safety Signs: Reading warning signs on chemical containers  Self-Awareness: When is my birthday?  Socialization Free time.  Exercise: 15 minute walk	<b>4</b> Socialization Group: Talking while others are talking  Self-Awareness: What are some areas I can work on for good manners?  Know your Rights: Human Rights Poster Review	<b>5</b> Decorate the bulletin board for March (Octavia's group)  Decorate the Windows: (Janis J group and Janis B. group)  Socialization Activity: Bingo  Exercise: Leg Lifts and Arm Circles  Volunteer Opportunity: Meals on Wheels	<b>6</b> Craft Activity: making a pot of gold!  Socialization Activity: UNO  Safety Signs: Find 5 signs in the community and take 5 group pictures!  Volunteer Opportunity: FACES	<b>7</b> Self-Awareness Activity: Keep your surroundings neat! Day support clean up day. (Jays groups cleans big white van)  Craft Activity:  Cooking & Socialization Activity (learning how to follow 3-5 step instructions): Baking a cake!  Exercise: 15 minute walk	<b>8</b>
<b>9</b> <b>OUTING OF THE WEEK:</b> Cinemark Movie 10 (\$1.50 movie)	<b>10</b> Self-Awareness: Learning how to recite your address  Socialization Free time.  Writing letters to relatives  Exercise: Chair Squats	<b>11</b> Socialization Group Coping with Disappointment  Self-Awareness: When do I feel disappointed and what can I do about it?  Environmental Awareness: Where is the Department of Social Services	<b>12</b> Socialization: St. Patrick's Day Bingo  Making Leprechaun Book marks  Exercise: Leg Lifts and Arm Circles  Volunteer Opportunity: Meals on Wheels	<b>13</b> Self-Awareness: Learning how to recite your phone number  Safety Signs: Red Light, green Light  Socialization Group: How am I doing dealing with disappointment?  Volunteer Opportunity: FACES	<b>14</b> Safety Signs: Wet floor sign know how  Self-Awareness: Who is your AR?  Socialization Free time.  Exercise: Chair Squats	<b>15</b>

<p>16 OUTING OF THE WEEK: Dollar General</p>	<p>17 St. Patrick's Day Party!  Focus on socialization</p>	<p>18 Socialization Group: Respecting Boundaries  Self-Awareness: How do I learn about others?  Environmental Awareness: Where is the library?</p>	<p>19 Cooking &amp; socialization Activity: (learning how to follow 3-5 step instructions) Making Oatmeal cookies  Exercise: Leg Lifts and Arm Circles  Volunteer Opportunity: Meals on Wheels</p>	<p>20 Self-Awareness: Learning how to recite your phone number  Safety: Tornado Safety  Socialization Group: respecting the personal bubble  Volunteer Opportunity: FACES</p>	<p>21 Socialization Day and March Birthdays Celebration  Environmental Awareness: "What's Going on in the News"  Exercise: 15 minute walk</p>	<p>22</p>
<p>23 OUTING OF THE WEEK: McDonald's (\$1 ice cream or use personal funds) small group outings</p>	<p>24 Safety Signs: How to respond to emergency sirens  Self-Awareness: Learning how to recite your address  Socialization Free time.  Exercise: Knee bends and elbow bends</p>	<p>25 Socialization Group: Table manners  Self-Awareness: how do I want others to respect my personal space?  Environmental Awareness: Where is the police station located?</p>	<p>26 Craft Activities Free Time  Self-Awareness &amp; Socialization: Taking care of your feet  Environmental Awareness: "What's Going on in the News"  Exercise: Use the parachute to do lifting and bending  Volunteer Opportunity: Meals on Wheels</p>	<p>27 Self-Awareness: Learning how to recite your phone number  Socialization Group Practice: Setting the table  Volunteer Opportunity: FACES</p>	<p>28 Cooking &amp; socialization Activity: (learning how to follow 3-5 step instructions) Making iced tea  Exercise: 15 minute walk</p>	<p>29</p>
<p>30 OUTING OF THE WEEK: Dollar Tree</p>	<p>31 Self-Awareness: Learning how to recite your address  Socialization Free time.  Learning about planting seeds  Exercise: Chair Squats</p>					