Ability To Thrive – Monthly Program Calendar

November 2026

MEMBERS OF THE MONTH: Brooklynne Proffitt & Brian Wingo

Wednesday November 11 Veterans Day – Closed • Wednesday November 25 Thanksgiving Party • November 26–27 Closed

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
Week 1 November 2–6					
Mon 2	🧺 Monday, November 2 — Laundry Day Challenge Life Skills: Laundry, clothing care, organization, independence CIRCLE TIME How do we know when clothes are dirty? What happens if we don't wash our clothes? What steps do we take when doing laundry? GAMES & ACTIVITIES Laundry Basketball: Toss clean clothing into laundry baskets labeled lights, darks, and towels. Clothespin Challenge: Hang socks, washcloths, and shirts on a clothesline. Sock Hunt: Hide pairs of socks around the room. Find and match them. Laundry Machine Relay: Use a cardboard washing machine and practice loading and unloading clothes. Fold & Stack: Fold towels and stack them without knocking the pile over. Laundry Delivery: Transport folded clothes in a basket to the correct pretend bedroom.	Pack Lunch	Swim: Cane's Bowling: KFC	N/A	N/A
Tue 3	🏈 Tuesday, November 3 — Football Frenzy ⭐ Main Activity: Football Target Toss Set up buckets or baskets at different distances. Let participants toss, roll, or use a ramp to send soft footballs toward the targets. 🎯 Games & Activities Football Bowling: Set up plastic cups like bowling pins and knock them down with a soft football. Score a Touchdown: Roll a football across the table into a homemade goal area. Football Hot Potato: Pass a soft football back and forth while music plays. Football Knockdown: Stack cups decorated with team colors and knock them over. Touchdown Celebration: Each time someone scores, play a touchdown sound and celebrate! 💬 Circle Time What's your favorite sport? Would you rather throw a football or kick one? Choose your favorite team colors. Watch a few funny football celebration videos.	Jungle Jim's / CiCi's	Liberty Mall	Rural King / Burger King / Meijer	N/A
Wed 4	🍁 Wednesday, November 4 – Fall Field Day Theme: Movement, teamwork, and fall-inspired challenges 🏃 Physical Games & Activities Leaf Blower Race – Use straws or handheld fans to blow artificial leaves across a table toward a finish line. Pumpkin Push – Use pool noodles to push orange balls across the floor toward a target. Fall Bucket Basketball – Toss soft balls into baskets at different distances. Scarecrow Dress-Up Relay – Teams race to dress a scarecrow or stuffed figure using hats, scarves, and shirts. Leaf Catch Challenge – Staff drops artificial leaves while participants try catching them before they hit the ground. Apple Balance Challenge – Balance a small ball on a spoon while completing a short course. Harvest Basket Relay – Move pretend fruits and vegetables from one basket to another. Fall Balloon Tennis – Use paper plate paddles to hit orange, yellow, and red balloons back and forth. Rolling Pumpkin Race – Roll orange balls through an obstacle course. Cornhole Challenge – Play traditional cornhole or a	Pack Lunch	McDonald's	Dayton Mall	N/A

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	tabletop version. 🎨 Hands-On Activities Build a Scarecrow – Use old clothes, hats, and fabric to assemble a group scarecrow. Fall Sensory Bin – Explore artificial leaves, pinecones, pumpkins, and other fall textures. Decorate Mini Pumpkins – Use stickers, yarn, or other decorations instead of paperwork. 🗣️ Circle Time – Teamwork & Encouragement Discussion Topics What does it mean to be a good teammate? What is your favorite physical game? How can we encourage someone who is struggling? Is it more important to win or have fun? Interactive Circle Time Pass the Pumpkin – Pass a pumpkin-shaped ball while music plays. When it stops, answer a question. Fall Movement Dice – Roll a die to determine an action: clap, stretch, wave, march, or reach. Team Cheer Challenge – Work together to create a team cheer with movements.				
Thu 5	🦃 Thursday, November 5 – Turkey Trot Team Challenge Focus: Teamwork, movement, and encouraging others. Circle Time Discussion: What does being a good teammate mean? How can we encourage someone who is struggling? Why is working together important? Circle Time Activity – Pass the Turkey: Pass a stuffed turkey, ball, or beanbag around the circle while music plays. When the music stops, the person holding it names something they're thankful for or gives someone a compliment. Physical Activities: Turkey Bowling – Roll a ball to knock down plastic cups decorated like turkeys. Feather Delivery Relay – Carry or transport colorful feathers or beanbags between baskets. Turkey Target Toss – Toss beanbags into baskets at different distances. Waddle & Walk – Move between cones while carrying a ball or beanbag. Games: Turkey Says – Thanksgiving Simon Says with simple movements. Don't Drop the Turkey – Keep a balloon in the air together. Turkey Freeze Dance – Move to music and freeze when it stops. Supplies: Plastic cups, soft balls, beanbags, baskets, balloons, music.	KFC	Cane’s	N/A	Fitton Center Museum / McDonald’s / Walmart
Fri 6	🛒 Friday, November 6 — Grocery Store Adventure Life Skills: Shopping, following directions, carrying groceries, making purchases CIRCLE TIME What do we need to buy at a grocery store? How do we find items? What should we do if we need help? GAMES & ACTIVITIES Shopping Cart Dash: Push a small cart or carry a basket around a pretend grocery store. Grocery Grab: Staff calls out an item, and participants locate it on the shelves. Bag the Groceries: Practice putting heavier items on the bottom and delicate items on top. Shopping Basket Balance: Carry a basket of lightweight groceries through an obstacle course. Stock the Shelves: Put pretend groceries in the correct sections. Checkout Challenge: Take turns scanning pretend groceries, bagging items, and paying with play money.	Pack Lunch	Chipotle	Bridgewater Shopping / Culver’s	N/A
Week 2 November 9–13					
Mon 9	🧽 Monday, November 9 — Cleaning Crew Challenge Life Skills: Cleaning, following directions, household responsibilities CIRCLE TIME Why is it important to keep our homes clean? What cleaning jobs can we do ourselves? How can we help keep shared spaces clean?	Pack Lunch	Swim: Wendy’s Bowling: BubbaKoo’s	N/A	N/A

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
	GAMES & ACTIVITIES Sweep the Balls: Use a broom to sweep lightweight balls into a marked area. Sponge Squeeze: Transfer water between two buckets using sponges. Dusting Challenge: Use dusters to clean designated surfaces around the room. Trash Toss: Toss clean pretend trash into the correct trash cans. Mop the Path: Use a dry mop to follow a taped pathway on the floor. Cleaning Crew Stations: Rotate through wiping tables, sweeping, organizing, and dusting.				
Tue 10	Tuesday, November 10 — Turkey Trouble Games ⭐ Main Activity: Turkey Bowling Decorate plastic bowling pins or cups to look like turkeys. Participants use a soft ball to knock down as many as possible. 🎯 Games & Activities Feed the Turkey: Use a large turkey-mouth box and toss soft balls or beanbags inside. Turkey Feather Pull: Place large colorful fabric feathers in a container and let participants pull one out or choose one for staff to pull. Turkey Target Practice: Aim soft balls at different-sized turkey targets. Turkey Wobble: Balance a stuffed turkey on a tray and gently move it without letting it fall. Catch the Turkey: Staff gently rolls a stuffed turkey or soft ball across the table for participants to stop. 💬 Circle Time What sound does a turkey make? What is your favorite Thanksgiving food? Would you rather eat turkey or ham? What makes you laugh?	Fitton Center Museum / Cane's	The Studio / Pack Lunch / $20	Grandpa Joe's / Wendy's / Gabe's	N/A
Wed 11	CLOSED – Veterans Day	CLOSED	CLOSED	CLOSED	CLOSED
Thu 12	🍁 Thursday, November 12 – Community Helpers in Action Focus: Learning how to help others through physical tasks. Circle Time Discussion: Who helps us in our community? What are some ways we can help others? What jobs can we do to help at Routson House? Circle Time Activity – Guess the Community Helper: Staff acts out sweeping, delivering mail, cooking, or putting out a pretend fire. Participants guess the job. Physical Activities: Mail Delivery Challenge – Deliver envelopes or objects to labeled baskets. Firefighter Target Practice – Knock down red cups representing pretend flames using soft balls. Grocery Delivery Relay – Transport pretend groceries between stations. Community Cleanup Crew – Wipe tables, organize supplies, sort games, and put away equipment. Games: Helper Tool Match – Match a tool to the correct community helper at stations. Rescue the Teddy Bear – Navigate around cones to retrieve a stuffed animal and bring it to safety. Community Helper Freeze – Move like helpers until music stops. Supplies: Envelopes, baskets, plastic cups, soft balls, empty food containers, cones, stuffed animals.	Taco Bell	Wendy's	N/A	Boonshoft / $20 / Pack Lunch
Fri 13	🚦 Friday, November 13 — Traffic Safety & Community Skills Life Skills: Road safety, awareness, following signs, community independence CIRCLE TIME What do traffic lights mean? Why do we use crosswalks? How can we stay safe in parking lots? GAMES & ACTIVITIES Human Traffic Lights: Staff holds up red, yellow, and green signs. Participants stop, slow down, or move. Indoor Crosswalk: Create a crosswalk with floor tape and	Pack Lunch	BubbaKoo's	Kenwood Mall	N/A

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	practice safely crossing. Traffic Cone Course: Navigate around cones while following road signs. Parking Lot Practice: Set up pretend parked cars using chairs and practice checking for moving vehicles. Stop Sign Freeze: Move to music and freeze when the stop sign appears. Community Walk: Practice recognizing signs and staying with the group during a supervised walk.				
Week 3 November 16–20					
Mon 16	🍽️ Monday, November 16 — Kitchen Helper Challenge Life Skills: Food preparation, kitchen organization, utensils, teamwork CIRCLE TIME What jobs can we help with in the kitchen? Why do we wash our hands before cooking? How can we safely carry food and dishes? GAMES & ACTIVITIES Table Setting Challenge: Set tables using plates, cups, napkins, and utensils. Waiter Tray Walk: Carry lightweight, unbreakable dishes on a tray through a simple course. Utensil Grab: Find the correct kitchen utensil when staff names a task. Dishwashing Station: Wash plastic dishes in soapy water, rinse, and place them on a drying rack. Kitchen Cabinet Organizer: Put dishes, cups, and utensils in their proper locations. Make Your Own Snack: Prepare a simple snack such as crackers with toppings, fruit cups, or sandwiches.	Pack Lunch	Swim: McDonald's Bowling: Richards	N/A	N/A
Tue 17	🍂 Tuesday, November 17 — Fall Minute-to-Win-It Challenge ⭐ Main Activity: Fall Game Challenge Set up different physical game stations. Each game lasts approximately 1–2 minutes, and participants can take turns competing against staff or simply trying to beat their own score. 🎯 Games & Activities 1. Knock Down the Leaves 🍁 Attach artificial leaves to plastic cups and knock them over using a soft ball. 2. Pumpkin Push 🎃 Push or roll a small foam pumpkin across the table toward a finish line. 3. Cup Stack Attack 🥤 Stack plastic cups into towers and knock them over with a ball. 4. Fall Pom-Pom Transfer 🍂 Move large pom-poms from one bowl to another using hands, a scoop, or adapted tongs. 5. Don't Drop the Ball 🎾 Keep a lightweight ball moving across a tray without letting it fall off. 6. Basket Challenge 🧺 Try to land as many beanbags as possible in a basket. 💬 Circle Time Which game looks the most fun? Would you rather knock things down or build things up? Pick your favorite challenge. Let participants predict which staff member will win a silly challenge.	The Web / $20	Oxford Putt-Putt / $15	VOA Shopping / Chick-fil-A	N/A
Wed 18	🦃 Wednesday, November 18 – Turkey Trot & Thanksgiving Games Theme: Thanksgiving fun, movement, and gratitude 🏃 Physical Games & Activities Turkey Feather Toss – Toss colorful feathers or lightweight fabric pieces toward turkey targets. Feed the Turkey – Toss beanbags or soft balls into a large cardboard turkey's mouth. Turkey Waddle Relay – Carry a soft ball between the knees or hands while traveling toward a finish line.	Larosa's	Jocko's	Bass Pro Shop / Wendy's / Barnes & Noble	N/A

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
	Turkey Bowling – Knock down turkey-decorated cups. Turkey Tail Tag – Participants collect fabric "feathers" from designated targets rather than pulling them from others. Stuff the Turkey – Race to fill a large turkey-shaped container with soft balls. Thanksgiving Dinner Relay – Carry pretend food items to a Thanksgiving table. Turkey Balloon Volleyball – Decorate balloons like turkeys and play volleyball. Turkey Feather Pick-Up – Use grabbers or tongs to collect feathers. Turkey Target Toss – Aim beanbags at numbered turkey targets. Pass the Gravy – Pass a lightweight container around the circle while music plays. Turkey Freeze Dance – Dance and freeze in a turkey pose when the music stops. Thanksgiving Table Challenge – Work together to set a pretend dinner table correctly. Turkey Hunt – Search for hidden turkey figures around the room. 🎨 Hands-On Activities Build a Giant Turkey – Everyone adds feathers, eyes, wings, and other decorations to a large cardboard turkey. Thanksgiving Table Decorating – Arrange centerpieces, tablecloths, and decorations. Turkey Play-Doh Creations – Build silly turkeys using modeling dough and craft accessories. 🗣️ Circle Time – Thanksgiving & Gratitude Discussion Topics What are you thankful for? What is your favorite Thanksgiving food? Who do you enjoy spending holidays with? What is one way we can show kindness? Interactive Circle Time Thankful Ball Toss – Toss a soft ball to someone, who shares something they're thankful for. Thanksgiving This or That – Turkey or ham? Mashed potatoes or stuffing? Pumpkin pie or apple pie? Build a Thanksgiving Dinner – Pass around pretend foods and work together to create the perfect meal.				
Thu 19	🥧 Thursday, November 19 – Thanksgiving Giving Games Focus: Sharing, cooperation, and helping people in need. Circle Time Discussion: Why is it important to help people who need something? What can we share with others? How does giving make us feel? Circle Time Activity – Gratitude Ball Roll: Sit in a circle and roll a ball to someone else. Whoever receives it shares something they appreciate or names someone who has helped them. Physical Activities: Fill the Food Basket – Collect empty food containers from stations and place them into donation baskets. Thanksgiving Table Challenge – Work together to set a table with plastic plates, cups, and utensils. Pumpkin Push – Roll an orange ball through an obstacle course. Pass the Harvest – Pass pretend fruits and vegetables along a line to fill a basket. Games: Food Basket Toss – Toss beanbags into baskets labeled by food group. Thanksgiving Hot Potato – Pass a soft object while music plays. Harvest Bowling – Knock over plastic bottles or cups with a soft ball. Thanksgiving Movement Dice – Roll a die and do five claps, three arm raises, or march in place. Community Giving Activity – Thanksgiving Food Drive Helpers: If collecting donations, sort nonperishable food, count items, and organize donation bags for a local pantry. Supplies: Empty food containers, baskets, plastic dishes, orange ball, beanbags, dice.	Larosa’s	Hot Heads	N/A	Lane Library / CiCi’s / Jungle Jim’s
Fri 20	🧥 Friday, November 20 — Getting Ready to Go Out Life Skills: Dressing, preparation, independence, personal belongings	Pack Lunch	McDonald’s	PBS Station	N/A

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
	CIRCLE TIME What do we need before leaving home? Why should we check the weather? What happens if we forget something important? GAMES & ACTIVITIES Coat & Zipper Challenge: Practice putting on coats and using zippers. Shoe Match Hunt: Find matching shoes from a mixed pile. Pack & Go: Fill a backpack with items needed for different outings. Ready, Set, Go!: Complete a sequence of getting-ready tasks at stations. What's Missing?: Staff removes one item from an outing bag. Participants identify what's missing. Keys, Wallet, Phone: Set up a pretend doorway and practice checking belongings before leaving.				
Week 4 November 23–27					
Mon 23	🦃 Monday, November 23 — Thanksgiving Meal Preparation & Helping Others Life Skills: Meal preparation, teamwork, serving food, table manners CIRCLE TIME What foods do we enjoy during Thanksgiving? How can we help prepare for a family gathering? What are some ways to show appreciation? GAMES & ACTIVITIES Thanksgiving Table Setup: Work together to set a pretend holiday dinner table. Pass the Potatoes: Pass a lightweight bowl around the circle while practicing safe handling. Turkey Dinner Assembly: Build a pretend Thanksgiving plate using plastic or felt foods. Serving Station: Practice scooping pretend food onto plates and passing dishes. Napkin Folding Challenge: Fold napkins into simple shapes for the table. Thanksgiving Cleanup Crew: Clear the table, stack dishes, and organize supplies.	Pack Lunch	Swim: KFC Bowling: Skyline	N/A	N/A
Tue 24	🥧 Tuesday, November 24 — Thanksgiving Games & Gobble Party ⭐ Main Activity: Thanksgiving Tabletop Games Turn the activity room into a small Thanksgiving game area with several fun challenges. 🎯 Games & Activities 1. Pumpkin Roll 🎃 Roll a lightweight pumpkin-shaped ball toward a target. 2. Thanksgiving Cornhole 🌽 Set up a mini tabletop cornhole board and use small beanbags to score points. 3. Pass the Pumpkin 🎵 Pass a soft pumpkin back and forth while music plays. Whoever has it when the music stops gets to choose a silly challenge for staff. 4. Thanksgiving Cup Knockdown 🥤 Stack orange, yellow, and brown cups and use a ball to knock them down. 5. Stuff the Turkey 🦃 Use a turkey-shaped container and have participants toss large soft objects inside. 6. Turkey Race 🏁 Place two lightweight toy turkeys on a table and use a gentle handheld fan to move them toward the finish line. Staff can help operate the fans. 💬 Circle Time What's your favorite Thanksgiving tradition? Would you rather eat mashed potatoes or stuffing? What are you thankful for? What's your favorite part of the holidays?	The Studio / Pack Lunch / $20	Dill Dinkers / McDonald's	Carillon Historical Park / Pack Lunch / $15	N/A
Wed 25	Thanksgiving Party	Thanksgiving Party	Thanksgiving Party	Thanksgiving Party	Thanksgiving Party
Thu 26	CLOSED – Thanksgiving Break	CLOSED	CLOSED	CLOSED	CLOSED

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
Fri 27	CLOSED – Thanksgiving Break	CLOSED	CLOSED	CLOSED	CLOSED
Week 5 November 30					
Mon 30	🧰 Monday, November 30 — Handy Helpers & Everyday Fix-It Skills Life Skills: Basic repairs, hand coordination, household maintenance, safety CIRCLE TIME What things sometimes break around the house? What tools do we use to fix things? When should we ask someone for help? GAMES & ACTIVITIES Screwdriver Station: Practice turning large plastic screws into a toy workbench. Hammer the Pegs: Use toy hammers to push pegs into a pegboard. Nuts & Bolts Challenge: Match and twist together large plastic nuts and bolts. Build a Shelf: Assemble a simple structure using large blocks or interlocking pieces. Fix-It Stations: Rotate between toy tools, building materials, and simple repair tasks. Toolbox Treasure Hunt: Find safe tools around the room and return them to the toolbox.	Pack Lunch	Swim: Richards Bowling: McDonald’s	N/A	N/A

Notes: Pack Lunch means lunch is brought from home. November 11 and November 26–27 are closures. Activities may adjust due to weather or community availability.