

**Ability To Thrive – Monthly Program Calendar**

**March 2026**

**MEMBERS OF THE MONTH: TJ (Thomas) Burkhardt & Ashley Szpak**

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
<b>Week 1</b>					
<b>Mon 2</b>	<p><b>Circle Time</b> Weather Check-In Board, What is the weather today?, What should we wear?, What would happen if we didn't wear it?, "What Would You Wear?" Show &amp; Tell, Show clothing items and pass them around. Ask: "When would you wear this?", Spring Safety Talk, Slippery sidewalks, Rain gear, Allergies, Simple group discussion with picture prompts, Layer Challenge Station, Practice adding and removing layers quickly and neatly. <b>Closet Sort Game</b> Sort clothing into: Winter, Spring, Summer, <b>Laundry Label Hunt</b> practice finding size tags and care labels, Pack the Right Bag, Pack a backpack for a rainy day vs sunny day. <b>Lunch:</b> chili Mac</p>	<p><b>Pack Lunch</b></p>	<p><b>Bowling:</b> KFC <b>Swim:</b> Mad Mikes</p>	<p>N/A</p>	<p>N/A</p>
<b>Tues 3</b>	<p><b>"Color &amp; Calm Day" Main Activity:</b> Watercolor Exploration, Pre-tape thick watercolor paper to table, Use large grip brushes or sponge brushes, Offer 2-3 color choices only, Play calming instrumental music, Staff can assist hand-over-hand if tolerated, Drop watercolors onto paper and tilt board (watch colors mix), Or use watercolor markers + water spray bottle, <b>Circle Time:</b> Show 3 paint colors, Ask: "Which color do you like?", Match colored objects in room, Feel different textures (soft cloth, smooth plastic, rough sponge), Warm washcloth hand massage after painting <b>Lunch:</b> pack</p>	<p><b>Target</b> <b>Five below</b> <b>Five guys</b></p>	<p><b>Taco Bell</b> <b>Meijer</b> <b>Walmart</b></p>	<p>Bridgewater shopping  BDubs</p>	<p>N/A</p>
	<p><b>Spring Into Creativity Day! Art Activities</b> Learn new TikTok dances, Tissue paper flower collages, "Planting Kindness" – decorate paper flower pots with kind words, Paint a spring landscape (guided step-by-step option available), Decorate mini seed packets (real or paper), Fingerprint blossom trees,</p>				

<p><b>Wed 4</b></p>	<p><b>Games</b> Spring Bingo (flowers, rain, birds, sun), “Bloom or Freeze” (like freeze dance with spring music), Flower color sorting relay, Spring scavenger hunt (picture-based), Roll &amp; Draw a Garden (dice choose elements), <b>Circle Time</b> Growth &amp; New Beginnings: “What is something new you would like to try?”, “What helps you grow as a person?”, Weather mood check-in ☀️🌧️, Share your favorite spring activity, Compliment circle: Say one positive thing about someone</p>	<p>Pack Lunch</p>	<p>Taco Bell</p>	<p>American sign museum (\$20)  Pack lunch</p>	<p>N/A</p>
<p><b>Thur 5</b></p>	<p>Growing Kindness <b>Circle Time</b> What does it mean to “grow” as a person?, What is one good habit you want to grow this month?, Share: “I grow when I try...”, Each person writes one positive trait on a paper flower petal. <b>Activities</b> Make paper flowers with kindness words in the center. Create a “Kindness Garden” bulletin board. Start a small seed cup (if available) OR draw what you would plant. <b>Games</b> Bloom &amp; Freeze – Dance to music, freeze when it stops. Garden Guess – Guess spring items from clues. Kindness Seed Toss – Toss paper “seeds” into labeled cups (Helping, Sharing, Listening).</p>	<p>Freddys</p>	<p>Wendy’s</p>	<p>N/A</p>	<p>Store scavenger hunt in jungle Jim’s  Cicis pizza</p>
<p><b>Fri 6</b></p>	<p><b>Circle Time</b> Personal Bubble Demonstration: Arm-length distance practice. Public vs Private Talk: Bathroom behavior, Library behavior, At home behavior, Voice Level Practice: Whisper, Talking, Outside voice, <b>Games &amp; Activities</b> Line Up Practice: Practice waiting appropriately in a line. Community Scenario Role-Play: At a store, At a park, At a doctor’s office, Respect Bingo: Wait turn, listen, say excuse me. Body Language Match: Match facial expressions to proper responses. <b>Lunch:</b> chicken stir fry</p>	<p>Pack Lunch</p>	<p>Jersey Mikes</p>	<p>N/A</p>	<p>N/A</p>
<p><b>Week 2</b></p>					

<p><b>Mon 9</b></p>	<p><b>Circle Time!</b> What's on My Plate? Build a healthy meal together using picture food cards. Budget Talk! "If I have \$20, what should I buy first?" Store Manners Discussion! Waiting in line, Saying thank you, Asking for help, <b>Games &amp; Activities</b> Coupon Match! Match coupon discounts to correct items. Price Comparison Game! Two brands of same item — which is cheaper? Grocery Aisle Walk! Sort items into: Produce, Frozen, Dairy, Meal Builder Challenge: Build breakfast, lunch, or dinner from picture cards. <b>Lunch:</b> chicken &amp; rice casserole</p>	<p>Pack Lunch</p>	<p><b>Bowling:</b> Mad Mikes <b>Swim:</b> Skyline</p>	<p>N/A</p>	<p>N/A</p>
<p><b>Tue 10</b></p>	<p><b>Spring "Sensory Garden"</b>Main Activity: Indoor Planting, Pre-fill small pots with soil, Let them drop in seed or small plant, Water using small squeeze bottle, Decorate pot with stickers, Smell fresh herbs (mint, basil), Touch fake vs real flowers, Decorate a paper flower instead, <b>Circle Time:</b> Talk about spring, Show pictures of flowers, Ask: "Do you like warm weather or cold weather?", Essential oil cotton ball (lavender or citrus), Soft nature sounds playing, <b>Lunch:</b> pack <b>Celebration of Vickie Rogers retirement</b></p>	<p>Freddy's  Celebration of Vickie Rogers retirement</p>	<p>KFC  Celebration of Vickie Rogers retirement</p>	<p>Burger King  Celebration of Vickie Rogers retirement</p>	<p>N/A</p>
<p><b>Wed 11</b></p>	<p><b>Around the World Day! Art Activities</b> Learn new TikTok dances, Create mini passports, Flag collage art, Design a suitcase with items you would pack, Cultural pattern art (inspired by different countries), World map coloring project, <b>Games</b> Around-the-World trivia (simple &amp; visual), "Guess the Country" using picture clues, International music freeze dance, Roll the Globe (spin and learn a fact), Food picture match game, <b>Circle Time</b> Learning About Others: "If you could visit any country, where would you go?", Try saying hello in different languages, Discuss favorite foods, What does respect mean in different places?, Look at a world map together</p>	<p>Pack Lunch</p>	<p>Jersey Mikes</p>	<p>Hobby lobby scavenger hunt</p>	<p>N/A</p>

<p><b>Thur 12</b></p>	<p><b>“Lucky to Have...” (Gratitude Week)</b>  <b>Circle Time</b> What are you lucky to have in your life? Who makes you feel supported?  Complete the sentence: “I feel lucky when...”, Make a quick gratitude list together on chart paper. <b>Activities</b> Learn new TikTok dance, Create shamrock cutouts with thankful thoughts. Make a “Lucky to Have You” poster for staff or peers. Write short appreciation notes. <b>Games</b> Shamrock Scavenger Hunt, Hide paper shamrocks with positive words. Would You Rather – Gratitude Edition, Pass the Clover Compliment</p>	<p>Larosas</p>	<p>Raising Cane’s</p>	<p>N/A</p>	<p>Museum center:  Omnimax theater (\$20)</p> <p>Pack lunch</p>
<p><b>Fri 13</b></p>	<p><b>Circle Time</b> Real-Life Money Talk: What bills do adults pay? Why is saving important? Group Scenario Discussion: “You want candy but need lunch.” Savings Goal Share: What would you save for? <b>Games &amp; Activities</b> Envelope Budget Game: Divide play money into: Bills, Fun, Savings, Impulse vs Smart Choice Sorting: Example: Buying fast food daily vs groceries. Money Matching: Match item price to correct bill amount. Savings Tracker Craft: Decorate a savings jar chart.  <b>Lunch:</b> smoked sausage w/ potatoes</p>	<p>Pack Lunch</p>	<p>Frisches</p>	<p>N/A</p>	<p>N/A</p>
<p><b>Week 3</b></p>					
<p><b>Mon 16</b></p>	<p><b>Circle Time</b> Why Clean? Discussion: How does a messy space feel? How does a clean space feel? Responsibility Talk: What is YOUR job at home? What is shared? Cleaning Safety: Gloves, Not mixing chemicals, Asking for help, <b>Games &amp; Activities</b> Timer Tidy-Up: 5-minute cleaning burst with a visual timer. Supply Scavenger Hunt: Find broom, sponge, trash can, etc. Donation Box Sorting: Practice deciding what to keep or donate. Cleaning Charades: Act out sweeping, wiping, vacuuming. <b>Lunch:</b> breakfast burritos</p>	<p>Pack Lunch</p>	<p><b>Bowling:</b> Jersey Mikes  <b>Swim:</b> Burger King</p>	<p>N/A</p>	<p>N/A</p>

<p><b>Tue 17</b></p>	<p><b>“Spring Sensory Garden” Main Activity:</b> Indoor Planting, Pre-fill small pots with soil, Let them drop in seed or small plant, Water using small squeeze bottle, Decorate pot with stickers, Smell fresh herbs (mint, basil), Touch fake vs real flowers, Decorate a paper flower instead, <b>Circle Time:</b> Talk about spring, Show pictures of flowers, Ask: “Do you like warm weather or cold weather?”, Essential oil cotton ball (lavender or citrus), Soft nature sounds playing <b>Lunch:</b> pack</p>	<p>Middletown shopping  Dairy Queen</p>	<p>Chick-fil-A  VOA shopping</p>	<p>Monroe outlet</p>	<p>N/A</p>
<p><b>Wed 18</b></p>	<p><b>Creative Challenge Day! Art Activities</b> Build something using only 3 supplies, Team mural challenge, Mystery art bag (create with surprise materials), Paper tower building contest, Collaborative abstract painting, <b>Games</b> Minute-to-Win-It style challenges, Team drawing challenge (one draws, one directs), Puzzle race (no elimination), Pass the Sketch (each person adds to drawing), Build-a-Bridge with limited materials, <b>Circle Time</b> Teamwork &amp; Encouragement: “What makes a good teammate?”, Share a time someone helped you, Practice giving positive feedback, Group problem-solving scenario, Vote on team names</p>	<p>Pack Lunch</p>	<p>KFC</p>	<p>Walmart  McDonald’s  Bowling at Gilmore lanes</p>	<p>N/A</p>
<p><b>Thur 19</b></p>	<p><b>“Community Around the World”</b> (Tie into global awareness or your passport theme if desired.) <b>Circle Time</b> What makes a community strong? How are communities the same everywhere? What does respect look like? Look at a simple world map and identify a few countries. <b>Activities</b> Create a “We Are Connected” paper chain (each link = a positive value). Design small flags with words like kindness, respect, teamwork. Practice simple greetings in different languages. <b>Games</b> Cultural Charades (foods, celebrations, greetings), Around the World Relay (simple movement stations), Respect Match-Up (match respectful behavior to pictures)</p>	<p>Panera</p>	<p>Burger King</p>	<p>N/A</p>	<p>American sign museum (\$20)  Pack lunch</p>

<p><b>Fri 20</b></p>	<p><b>Circle Time!</b> What's on My Plate? Build a healthy meal together using picture food cards. Budget Talk! "If I have \$20, what should I buy first?" Store Manners Discussion! Waiting in line, Saying thank you, Asking for help, <b>Games &amp; Activities</b></p> <p>Coupon Match! Match coupon discounts to correct items. Price Comparison Game! Two brands of same item — which is cheaper?</p> <p>Grocery Aisle Walk! Sort items into: Produce, Frozen, Dairy, Meal Builder Challenge: Build breakfast, lunch, or dinner from picture cards.</p> <p><b>Lunch:</b> enchiladas</p>	<p>Pack Lunch</p>	<p>Arbys</p>	<p>N/A</p>	<p>N/A</p>
<p><b>Week 4</b></p>					
<p><b>Mon 23</b></p>	<p><b>Circle Time</b> Real-Life Money Talk: What bills do adults pay? Why is saving important? Group Scenario Discussion: "You want candy but need lunch." Savings Goal Share: What would you save for? <b>Games &amp; Activities</b></p> <p>Envelope Budget Game: Divide play money into: Bills, Fun, Savings, Impulse vs Smart Choice Sorting: Example: Buying fast food daily vs groceries. Money Matching: Match item price to correct bill amount. Savings Tracker Craft: Decorate a savings jar chart.</p> <p><b>Lunch:</b> spaghetti with garlic bread</p>	<p>Pack Lunch</p>	<p><b>Bowling:</b> Bubbakoos</p> <p><b>Swim:</b> Taco Bell</p>	<p>N/A</p>	<p>N/A</p>
<p><b>Tue 24</b></p>	<p>Combine with all day outing group and go to the Breakout Games escape room (bring \$25 by 3/10)</p>	<p>Hamilton Meijer</p> <p>Chipotle</p>	<p>Wendy's</p> <p>Barnes &amp; Noble</p>	<p>Breakout games escape room (bring \$25 by 3/10)</p> <p>Pack lunch</p>	<p>N/A</p>
<p><b>Wed 25</b></p>	<p>Design your own thread, <b>movie of the day:</b> the Lorax , movie trivia, <b>circle time:</b> listen to peer read her story, discuss and vote on the movie for the next month. <b>Movie snack:</b> everyone please bring a snack to share with your peers (10 people)</p>	<p>LaRosa's</p>	<p>Burger King</p>	<p>Monroe outlet</p>	<p>N/A</p>

<b>Thur 26</b>	<p>“<b>Helping Our Earth</b>” (Earth Month prep — low cost, awareness focus) <b>Circle Time</b> Why is it important to take care of the Earth? What small things can we do every day? What does “reduce, reuse, recycle” mean? Sort picture cards into Reduce / Reuse / Recycle.</p> <p><b>Activities</b> Recycled art using scrap paper. Make “Earth Promise” posters. In-house cleanup (organize bins, wipe tables). <b>Games</b> Recycle Relay – Sort items into correct bins. Earth Bingo (tree, water, sun, recycle). Litter Pick-Up Challenge (paper pieces only indoors).</p>	Dairy Queen	Subway	N/A	Lane public Library  Wendy's
<b>Fri 27</b>	<p><b>Circle Time</b> Weather Check-In Board, What is the weather today?, What should we wear?, What would happen if we didn't wear it?, “What Would You Wear?” Show &amp; Tell, Show clothing items and pass them around. Ask: “When would you wear this?”, Spring Safety Talk, Slippery sidewalks, Rain gear, Allergies, Simple group discussion with picture prompts, Layer Challenge Station, Practice adding and removing layers quickly and neatly. <b>Closet Sort Game</b> Sort clothing into: Winter, Spring, Summer, <b>Laundry Label Hunt</b> practice finding size tags and care labels, Pack the Right Bag, Pack a backpack for a rainy day vs sunny day.</p> <p><b>Lunch:</b> chicken tacos</p>	Pack Lunch	Taco Bell	N/A	N/A
<b>Week 5</b>					
<b>Mon 30</b>	<p><b>Circle Time</b> Personal Bubble Demonstration: Arm-length distance practice. Public vs Private Talk: Bathroom behavior, Library behavior, At home behavior, Voice Level Practice: Whisper, Talking, Outside voice, <b>Games &amp; Activities</b> Line Up Practice: Practice waiting appropriately in a line. Community Scenario Role-Play: At a store, At a park, At a doctor's office, Respect Bingo: Wait turn, listen, say excuse me. Body</p>	Pack Lunch	<b>Bowling:</b> Chipotle  <b>Swim:</b> Goldstar	N/A	N/A

	Language Match: Match facial expressions to proper responses. <b>Lunch:</b> chicken Alfredo				
<b>Tues 31</b>	<p>“Creative Choice Studio” Main Activity:            Coloring pages (large print), Simple collage with pre-cut shapes, Painting with stampers, Keep table set up like “art stations” so it feels new and interesting. Staff creates while individual directs (“Where should I put this?”), <b>Circle Time:</b> “What do you like to do when you feel bored?”, Show finished projects and clap for each other, Fidget basket available, Soft background music <b>lunch:</b> pack</p>	<p>VOA Shopping  Jack In The Box</p>	<p>Mad mikes  Bowling</p>	<p>Carillon museum  Pack lunch</p>	<p>N/A</p>

**Notes: Pack Lunch means lunch is brought from home. Activities may adjust due to weather or community availability.**