

Ability To Thrive – Monthly Program Calendar

October 2026

MEMBERS OF THE MONTH: Jonathan Klosterman & Michele Garrison

Saturday October 3 Movie Night Fundraiser • Friday October 16 Zoo Trip • Friday October 30 Halloween Party

Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
Week 1 October 1-2					
Thu 1	<p>Pass It On! Focus: Doing good deeds without expecting something in return. Circle Time: Talk about what a good deed is, how one kind action can lead to another, and ways participants can help someone without spending money. For the circle activity, play "Pass the Good Deed": pass a ball around the circle; whoever receives it names one helpful thing they could do for someone. Activities: Create Good Deed Tickets with simple actions such as "help clean a table," "invite someone to join you," "give a compliment," or "help carry something." Participants can complete one during the day. Make a large "We Passed It On!" poster and add a mark each time someone completes a good deed. Games: Play Good Deed Bingo, Kindness Bowling by rolling a ball at cups labeled with helpful actions, and Good Choice Corners, where participants move or point to YES/NO signs after hearing different social situations.</p>	Mcdonalds q	Wendys	N/A	VOAUSS Cincinnati Submarine Memorial Chick-fil- A Target
Fri 2	<p>Keys, Locks & Keeping Belongings Secure Life Skills: Personal responsibility, security, keeping track of belongings Circle Time What important things do we need to keep secure? What should you do if you lose your keys? Why shouldn't we give our keys or passwords to just anyone? Games & Activities Key Match: Match different keys to labeled pretend locks/doors. What's Worth Protecting?: Sort pictures into important belongings vs everyday items. Lost Keys! Scenario Game: Discuss what to do if keys are lost at home, work, or in the community. Lock-It-Up Relay: Practice opening/closing padlocks, combination locks, zippers, and clasps. Before You Leave Checklist: Phone Wallet Keys ID Belongings Scavenger Hunt: Participants receive a list of personal items to locate and safely return to a</p>	Pack Lunch	Arbys	The Studio Richards Walmart	N/A

	designated spot.				
Week 2 October 5-9					
Mon 5	Making Drinks & Kitchen Basics Life Skills: Following directions, measuring, kitchen safety. Circle Time What drinks can we make ourselves? Why should we limit certain drinks? What kitchen appliances require extra care? Games & Activities Drink Station: Make lemonade, flavored water, hot chocolate, or another simple drink. Measure It: Practice measuring cups of water. Drink Recipe Sequence: Put picture directions in the correct order. Cup Size Challenge: Small, medium, or large—compare different amounts. Kitchen Spill Drill: Practice safely cleaning a pretend spill. Build a Smoothie: Use picture cards to create pretend smoothie recipes.	Pack Lunch	Swim: SubwayBowling: Hot Heads	N/A	N/A
Tue 6	Friendly Ghost Day Main Activity: Give the Ghost a Face Prepare large white ghost cutouts. Have different eyes, mouths, hats, bows, glasses, and other accessories ready. Instead of requiring them to make the ghost themselves, ask questions like: "Happy or scary?" "Big eyes or little eyes?" "Does your ghost need a hat?" "Should we give him a mustache?" Staff can assemble everything based on their choices. Games & Activities Ghost Bowling: Knock over white cups decorated like ghosts using a soft ball. Find the Ghost: Hide large paper ghosts around the room. Ghost Feelings: Match different ghost faces to happy, sad, angry, scared, or silly. Ghost Toss: Toss white pom-poms into a ghost bucket. What's Under the Ghost? Hide an object underneath one of three ghost cups and have them guess where it is. Circle Time Have a Silly or Spooky? discussion. Show pictures of Halloween items and decide whether they're silly, spooky, or both.	Bridgewater shoppingFir ehouse Subs	Mini golf (Oxford)\$15	Movies\$20P ack Lunch	N/A
Wed 7	Cozy Fall Day Theme: Everything warm, cozy, and autumn Arts & Activities Sweater Design Challenge – Decorate a paper sweater with patterns, buttons, yarn, and fall colors. Fall Window Art – Tissue paper leaves on contact paper. Yarn-Wrapped Pumpkins – Wrap cardboard pumpkin shapes with yarn. Mug Decorating Craft – Design a paper mug of hot chocolate, cider, or coffee. Fall Leaf People – Turn artificial or paper leaves into funny characters. Cozy Collage – Cut out pictures of blankets, drinks, foods, fireplaces,	Pack lunch	Taco Bell	Liberty Mall	N/A

	<p>pets, etc. Fall Tree Dot Painting – Use Q-tips or bingo daubers. Games Sweater Match – Match identical patterned sweaters. Acorn Toss – Toss brown pom-poms or beanbags into</p> <p>containers. Leaf Sweep Challenge – Use small brooms or paper plates to move fake leaves toward a finish line.</p> <p>Pumpkin Roll Target – Roll an orange ball toward numbered targets. Fall Categories – Name a fall food, color, activity, clothing item, etc. Leaf Color Sorting Race Cozy Bingo – Blankets, candles, cider, sweaters, leaves, etc. Build-a-Scarecrow Dice Game Fall What's Missing? – Study several fall objects before one disappears. Pass the Pumpkin – Pass an orange ball while music plays. Autumn Picture Hunt – Hide fall pictures throughout the room.</p> <p>Circle Time – What Makes You Comfortable? Talk about favorite ways to relax, favorite fall weather, foods, clothing, and activities. Circle Activity: Cozy Choices – Coffee or cocoa? Hoodie or blanket? Movie or music? Morning or nighttime? Everyone votes and discusses their choices.</p>				
Thu 8	<p>Boo Someone's Day Brighter! Focus: Combining Halloween fun with encouragement. Circle Time: Discuss what makes someone feel welcome, how you can cheer someone up, and the difference between laughing with someone versus laughing at someone. For the circle activity, have everyone finish the sentence, "I can make someone smile by..." Activities: Make inexpensive "You've Been Boo'd With Kindness" cards for another Routson House group or staff. Create paper ghosts and put a positive message on each one, then combine them into a "Ghosts of Good Vibes" display. Participants can also decorate Halloween joke cards to share with others. Games: Play Ghost Cup Knockdown, Pumpkin Roll by rolling an orange ball toward numbered targets, Halloween Picture Bingo, and What's in the Mystery Bag? using safe everyday objects participants identify by touch.</p>	Arby's	Jocko's	N/A	Barn & Bunk Richards
Fri 9	<p>Waiting, Patience & Handling Delays Life Skills: Patience, emotional regulation, community independence Circle Time Discuss situations where adults have to wait: doctor's offices, restaurants, checkout lines, transportation, appointments. Talk about appropriate things we can do while waiting. Games & Activities Waiting Room Role-Play: Practice checking in, sitting appropriately, and waiting to be called. What Can I</p>	Pack Lunch	Penn Station	Hidden Valley Orchard \$10 Pack Lunch	N/A

	<p>Do While I Wait?: Sort appropriate and inappropriate choices. Patience Timer: Complete quiet activities while watching a visual timer. Delayed! Scenario Cards: "Your ride is 15 minutes late—what could you do?" Line-Up Challenge: Practice maintaining personal space and waiting your turn. Pass & Wait Game: Pass an object around the circle while practicing waiting patiently.</p>				
Week 3 October 12–16					
Mon 12	<p>Using Household Products Safely Life Skills: Household safety, reading directions, recognizing hazards Circle Time Why do some products have warning labels? Should we mix cleaning products? No. What should you do if you don't know how to use something? Games & Activities Product or Food?: Sort pictures of household products and food items. Warning Symbol Hunt: Find warning symbols on empty, clean containers. Where Does It Belong?: Decide where common household supplies should be safely stored. Ask Before Using: Determine which items participants can use independently and which require assistance based on their individual support plan. Safety Detective: Find unsafe household-product situations in pictures. Glove Practice: Practice safely putting on and removing disposable cleaning gloves.</p>	Pack Lunch	Swim: Gold Star Bowling: Penn Station	N/A	N/A
Tue 13	<p>Spider Web Challenge Main Activity: Sticky Spider Web Create a large spider web using contact paper or painter's tape with the sticky side accessible. Give participants lightweight: Pom-pom spiders Paper spiders Cotton balls Foam bugs Have them toss, place, or direct staff where to put the items on the web. Art Activity: Build a Silly Spider Start with a large spider body and let them decide: How many eyes? What color legs? Does it need a hat? Does it need shoes? Is it a friendly or grumpy spider? Games & Activities Spider Web Toss Count the Spider Legs Find the Hidden Spider Bug vs. Spider Sorting Spider Cup Knockdown Spider Color Match Circle Time Talk about spiders without making it too educational: Are spiders scary or cool? Where have you seen one? Would you hold a spider? What would you do if a giant spider walked into the room?</p>	Tom's Maze Pack Lunch No gym	Butterfield Farms	Spirit Halloween McDonald's Ross Dress for Less	N/A

Wed 14	Pumpkin Palooza Arts & Activities No-Carve Pumpkin Decorating – Paint, stickers, googly eyes, yarn, etc. Pumpkin Face Mix & Match – Create interchangeable eyes, noses, and mouths. Pumpkin Patch Painting Paper Pumpkin Weaving Pumpkin Name Signs Pumpkin Stamp Art – Use sponges or paper rolls. Design the World's Craziest Pumpkin – Rainbow, superhero, animal, fancy, etc. Games Pumpkin Cup Knockdown – Stack orange cups and knock them down with a soft ball. Pumpkin Ring Toss Roll-a-Pumpkin – Dice determine which facial feature to add. Pumpkin Patch Pick – Choose numbered pumpkins containing questions or challenges. Pumpkin Bowling Pumpkin Tic-Tac-Toe Pumpkin Beanbag Balance Challenge Find the Pumpkin – One person hides a mini pumpkin while everyone searches. Pumpkin Pattern Copy Pumpkin Stack Challenge – Stack orange cups/containers as high as possible. Hot Pumpkin – Fall version of Hot Potato. Pumpkin True or False – Mix real pumpkin facts with silly statements. Circle Time – Favorites & Choices Discuss favorite fall foods and activities and whether everyone likes pumpkin-flavored things. Circle Activity: Build Our Perfect Pumpkin – Everyone chooses one feature for a giant group pumpkin. Someone picks the eyes, another the mouth, another the hair, etc. The stranger it becomes, the better!	Pack lunch	Wendy's	Burwinkels Farms \$15 Pa ck Lunch	N/A
Thu 15	Helping Hands Headquarters Circle Time: Discuss why everyone should help take care of places they use, what would happen if nobody cleaned up, and which jobs participants feel confident doing. Then have each person select a Helper Job of the Day. Activities: Turn normal Routson House chores into stations: organize games, straighten books, sort craft supplies, wipe tables, match markers with lids, straighten chairs, and check supplies that need replenished. Afterwards, make "Official Community Helper" certificates for participants. Games: Try a Sock Matching Race, Sort It Out Challenge, Trash or Keep? picture sorting, and Cleanup Scavenger Hunt, where staff give clues such as "Find something that belongs in the art cabinet."	Burger King	Panda Express	N/A	Kenwood Mall
Fri 16	ZOO TRIP	ZOO TRIP	ZOO TRIP	ZOO TRIP	ZOO TRIP
Week 4 October 19-23					

Mon 19	<p>Checking In for an Appointment Life Skills: Appointments, communication, waiting-room independence Circle Time Talk about what happens when we arrive for a doctor, dentist, haircut, or other appointment. Practice information a receptionist may ask for and emphasize getting trusted support for information a participant doesn't know. Games & Activities Reception Desk Role-Play: "Hi, I'm ___ and I'm here for my appointment."</p> <p>Appointment Card Detective: Find the person's name, date, location, and time on pretend cards. Early, Late or On Time?: Sort different arrival scenarios. Waiting Room Manners: Identify appropriate behaviors. What Should I Bring?: Choose items needed for different appointments. Question Practice: Practice asking, "How long is the wait?" or "Where should I go?"</p>	Pack Lunch	Swim: Panda Express Bowling: Subway	N/A	N/A
Tue 20	<p>Pumpkin Patch Fun Main Activity: Pumpkin Face Makeover Instead of carving pumpkins, use a real or artificial pumpkin and create removable faces. Prepare: Eyes Mouths Noses Eyebrows Mustaches Glasses Hats Let each individual direct staff in creating the funniest pumpkin possible. Take everything off and create another one! Games & Activities Roll-a-Pumpkin Roll a large foam die. Each number adds something to the pumpkin: 1 = Eyes 2 = Nose 3 = Mouth 4 = Hat 5 = Glasses 6 = Something silly Other activities: Pumpkin ring toss Roll a small pumpkin toward bowling pins Guess which pumpkin is heavier Pumpkin picture matching Pass around different-sized pumpkins Pumpkin decorating with stickers Circle Time Have a Pumpkin This-or-That: Pumpkin pie or apple pie? Big pumpkin or little pumpkin? Scary face or funny face? Orange pumpkin or white pumpkin? Carve it or paint it?</p>	Liberty Mall	Pickleball Golf Star	Butterfield Farms	N/A
Wed 21	<p>Mad Scientist Day Activities Walking Water Experiment – Colored water travels between cups using paper towels. Magic Milk Experiment – Milk, food coloring, and dish soap create moving colors. Sink or Float Predictions Static Balloon Experiment Color Mixing Lab Make Slime or Sensory Dough Fizzing Colors – Baking soda, colored vinegar, and droppers. Build the Tallest Cup Tower Invent Something – Draw an invention that solves a silly problem. Art Mad Scientist Portraits – Crazy hair is required! Decorate Lab Coats – Use paper templates. Paint Splatter Science Art Design a Potion Bottle Create Your Own Laboratory Sign Games Potion Toss – Toss colored balls into matching "potion"</p>	Pack lunch	Arby's	Spirit Halloween Culver's Vance's	N/A

	<p>containers. Science Mystery Bag Guess the Experiment – Show materials and predict what they'll do. Magnet Hunt – Test objects to discover which are magnetic. Mad Scientist Says – Simon Says with silly laboratory actions. Test Tube Color Match Science Bingo Balloon Rocket Race Cup Tower Challenge Pom-Pom Transfer Challenge – Use tongs to transfer “chemicals.” What's That Smell? – Safely identify familiar scents. Mystery Sound Lab – Identify hidden sounds. Circle Time – Curiosity & Trying New Things Talk about what a scientist does, why we ask questions, and why it's okay when something doesn't work the first time. Circle Activity: Make a Prediction – Show everyone an object or simple experiment and have them vote on what they think will happen before testing it.</p>				
Thu 22	<p>Caught Being a Good Friend Circle Time: Discuss what makes someone a trustworthy friend, what to do when someone is left out, how to disagree respectfully, and ways to tell someone you need space. For the activity, create a Friendship Web by passing a ball of yarn around the circle while each person says something positive about another participant. Activities: Make a giant paper spiderweb called “Caught Being Kind.” Throughout the day, add paper spiders whenever staff or participants notice someone being helpful or friendly. Participants can also make friendship coupons such as “Sit with me at lunch,” “Let's play a game,” or “I'll help you.” Games: Play Spiderweb Ball Toss, Friendship Scenario Challenge, Find Your Match using matching Halloween pictures, and Partner Pumpkin Drawing, where one person describes a silly pumpkin face while their partner tries to draw it.</p>	Richards	McDonald's	N/A	Hidden Valley Orchard \$10 Pack Lunch
Fri 23	<p>Bedroom Skills & Making Your Space Comfortable Life Skills: Bed making, organization, caring for personal space Circle Time Why is it helpful to keep our sleeping space organized? What belongs beside your bed? What can help create a good bedtime environment? Games & Activities Make-the-Bed Practice: Use a real bed if available or practice with blankets and pillows on a table. Pillowcase Challenge: Practice putting pillowcases on pillows. Bedroom or Not?: Sort household objects by where they belong. Nightstand Organization: Decide which items are useful to keep nearby. Blanket Folding Challenge: Practice folding different sizes. Bedroom Reset: Create a pretend</p>	Pack Lunch	Burger King	Tom's Maze Pack Lunch	N/A

	messy bedroom area and work together to organize it.				
Week 5 October 26–30					
Mon 26	Comparing Sizes, Amounts & Everyday Measurements Life Skills: Practical math, shopping, cooking, household tasks Circle Time Talk about more/less, heavy/light, full/empty, long/short, and where we use measurements in everyday life. Games & Activities Heavy or Light?: Hold safe objects and predict which weighs more. Fill It Up: Practice full, half-full, and empty using cups and water. Which Is Longer?: Compare household objects using rulers or measuring tape. Size Sorting: Sort objects into small, medium, and large. Guess Then Measure: Estimate an object's length before measuring it. Which Container Holds More?: Compare different cups and containers by filling them with water or dry materials.	Pack Lunch	Swim: Taco Bell Bowling: Gold Star	N/A	N/A
Tue 27	Halloween Monster Fun Main Activity: Build-a-Monster Challenge Have a large blank monster body on poster board. Prepare ridiculous body parts: 1–5 eyes Different mouths Horns Ears Arms Feet Tails Wings Hats Glasses The individuals direct staff in building one giant group monster. The goal is to make it as ridiculous as possible! Monster Mash Games Eyeball Toss Use ping-pong balls decorated like eyeballs and toss/roll them toward Halloween cups. Feed the Monster Create a cardboard monster with a large mouth and have them toss or place soft objects into it. Halloween Mystery Box Place safe objects inside a box or bag. Let them feel the object and guess what it is. Ideas: Cotton balls Sponge Fake spider Feather Squishy ball Yarn Monster Freeze Dance Play Halloween music. Participants can move any part of their body they're comfortable moving—or simply tell staff when to stop the music. Halloween Would You Rather? Be a ghost or vampire? Have a pet spider or pet bat? Live in a haunted house or sleep in a graveyard? Have pumpkin hands or skeleton feet? Eat only candy corn or never eat candy again? Circle Time: Halloween Favorites Talk about: Favorite Halloween candy Favorite costumes Funny vs. scary movies Halloween memories What would you dress up as?	Barn & Bunk Richard s	Blooms & Berries \$15P ack Lunch	Tom's Maze Pack Lunch	N/A
Wed 28	Halloween Monster Fun Arts & Activities Mummy Self-Portraits – Add strips of white paper over a	Cane's	Panda	Hidden	N/A

	<p>picture/drawing. Cotton Ball Ghosts Decorate Mini Trick-or-Treat Bags Paper Plate Witches Halloween Door Hangers Build-a-Skeleton Craft Create a Halloween Mask Spider Web Yarn Art Halloween Rock Painting Decorate Paper Candy Buckets Games Mummy Wrap Challenge – Wrap a teammate, chair, or stuffed animal with toilet paper. Witch Hat Ring Toss Spider Races – Blow lightweight plastic/paper spiders across a table using straws. Ghost Cup Bowling Candy Corn Toss Skeleton Bone Hunt – Hide paper bones and assemble the skeleton afterward. Halloween Bingo Pumpkin Balloon Keep-Up Witch's Broom Balloon Sweep – Move balloons across the floor using a broom. Eyeball Pong – Bounce decorated ping-pong balls into cups. Halloween Freeze Dance Pin the Face on the Pumpkin Spider Web Ball Toss – Toss sticky/lightweight balls toward a web target. Candy Guessing Jar Halloween Picture Charades What's in the Cauldron? – Reach into a covered container and identify mystery objects by touch. Circle Time – Halloween Fun & Traditions Talk about costumes, candy, decorations, favorite Halloween memories, and things that are funny versus scary. Circle Activities: Have a Costume Would You Rather discussion—witch or vampire, superhero or cartoon character; funny costume or scary costume, homemade or store-bought. Then play Halloween A–Z, taking turns naming Halloween/fall words for different letters. Group Finale End the day with a Monster Mash Party. Put on Halloween music and let everyone dance, use instruments, participate from their seat, or request songs. You could also give out funny awards such as Best Dance Moves, Silliest Monster, Best Halloween Spirit, and Most Creative Craft.</p>		Express	Valley Orchard\$10 Pack Lunch	
Thu 29	<p>Trick or Treat for a Good Deed Focus: A Halloween Community Connections celebration centered around giving rather than receiving. Circle Time: Ask, "What can we give besides candy or money?" Participants might suggest time, friendship, compliments, help, drawings, or smiles. Then play Trick or Treat: Kindness Edition: participants choose a paper pumpkin from a bucket and complete the positive action written on it. Activities: Create Halloween Goodie Bags of Positivity using paper bags—no purchased treats necessary. Fill them with handmade jokes, coloring pages, positive notes, puzzles, and drawings to share with another group. Make Monster Compliment Cards and a large</p>	Wendy's	Burger King	N/A	Lane LibraryWendy'sAntique Mall

	<p>"Routson House Monster of Kindness" poster where everyone contributes one piece. Games: Have a mini Halloween Game Circuit with Pumpkin Bowling (ball + cups), Feed the Monster (toss paper balls into a decorated box), Spider Ring Toss, and Roll-a-Monster—roll a die to determine which body part to draw until everyone has a ridiculous monster.</p>				
Fri 30	<p>HALLOWEEN PARTYNormal morning activitiesPizza lunch and afternoon party\$5 for pizza</p>	<p>HALLOWEEN PARTY\$5 for pizzaLunch / afternoon</p>	<p>HALLOWEEN PARTY\$5 for pizzaLunch / afternoon</p>	<p>HALLOWEEN PARTY\$5 for pizzaLunch / afternoon</p>	<p>HALLOWEEN PARTY\$5 for pizzaLunch / afternoon</p>

Notes: Pack Lunch means lunch is brought from home. Activities may adjust due to weather or community availability. Blank cells have no outing or lunch listed in the October plans.