

Ability To Thrive – Monthly Program Calendar

August 2026

MEMBERS OF THE MONTH: Eli Allison & Amanda Dostie

Week 1					
Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
Mon 3	Healthy Teeth & Dental Care! Life Skills: Dental hygiene, self-care, healthy choices! 🟦 Circle Time: Why do we brush our teeth? How often should we brush? What foods and drinks can affect our teeth? What happens when we visit the dentist? 🟢 Games & Activities: 🌟 Clean the Teeth: Draw/laminate a large mouth with teeth. Color the teeth with dry-erase marker as “plaque,” then let participants use toothbrushes to clean the teeth. Brush in Order: Put picture cards showing brushing steps in the correct order. Good for My Teeth Sort: Sort food pictures into tooth-friendly choices and treats. Dental Supply Mystery Bag: Feel an item in a bag—toothbrush, floss container, toothpaste, mouthwash cup—and guess what it is. Two-Minute Brush Challenge: Practice how long two minutes actually feels using a timer and model teeth. Lunch: chicken parm	Pack lunch	Bowl: Panda Express Swim: arbys	N/A	
Tues 4	Wheelchair Car Wash Day! 🌟 Main Activity: Wheelchair Car Wash! Set up a pretend car wash station. Staff can gently wipe down safe parts of each wheelchair with cleaning cloths. Participants can help spray water onto a cloth, choose cleaning supplies, or direct staff. Finish with a “shining station” where they can choose ribbons or removable decorations for their chair. Play upbeat car-themed music while going through the “wash.” 🎨 Art Activity: Design Your Own License Plate: Give each person a cardstock license plate. Add their name or nickname. Let them decorate it with stickers, markers, foam shapes, etc. Temporarily display it on their wheelchair if appropriate. 🟡 Games & Activities: Red Light, Green Light: Staff pushes the wheelchair when the participant chooses “green” and stops on “red.” Car Color Hunt: Find different colored cars in pictures or outside the window. What’s That Vehicle? Show pictures of a bus, truck, motorcycle, ambulance, tractor, etc. Car Wash Playlist: Let each person choose songs while participating. 😊 Circle Time: What’s your favorite kind of vehicle? What color would you want your car to be? Would you rather have a fast car or a fancy car? Look at pictures of unusual or funny cars.	Tinkers Treasures/ culvers	Hueston woods nature center and picnic	Liberty center, north west lanes bring 10\$	
Wed 5	Sunshine & Flower Power Day! 🎨 Art & Activities: Cut Tissue Paper Flowers 🌸 – Cut colorful tissue paper into petals and layer them to create flowers. Build a Giant Group Garden – Everyone makes a flower, butterfly, bee, or sun to add to a wall mural. Sunshine Plate Craft – Decorate paper plates with yellow/orange materials and add sun rays. Flower Vase Collage – Create paper vases and fill them with handmade flowers. Nature Suncatchers – Contact paper with tissue paper, leaves, or flower shapes. Q-Tip Flower Painting – Create fields of tiny flowers using dots. Decorate a Flower Pot – Paper pots or inexpensive real pots. 🎮 Games: Flower Pot Toss – Toss beanbags or pom-poms into different “flower pots.” Build-a-Flower Dice Game – Each number adds a stem, leaf, petal, center, etc. Bee to the Flower – Match colored bees to matching flowers. Garden Bingo. What’s Missing From the Garden? – Display several garden items, hide one, and guess what’s missing. Butterfly Landing – Toss paper butterflies toward different colored flowers. Sunshine Scavenger Hunt – Find yellow items around the room. Flower Memory Match. Garden Charades – Act out watering, digging, growing, buzzing, etc. 😊 Circle Time – “Things That Make Us Happy” Discuss favorite flowers, colors, outdoor activities, and things that brighten everyone’s day. Circle activity: Create a “Sunshine Circle.” Pass around a paper sun. Whoever has it names something that makes them happy.	Pack Lunch	Wendys	Tinkers treasure Kfc	N/A

Thur 6	❤️ “Make Someone’s Day”! Circle Time Discussion: How can we make someone’s day better? How does it feel when someone gives you a compliment? Who could use a little encouragement? Can kindness be something small? Circle Activity — Finish the Kind Thought Staff starts a sentence and participants finish it: “A good friend is...” “I can help someone by...” “Something nice I can say is...” Main Activity — Make the Card: Have everyone create a card for someone who could use encouragement—another Routson House group, staff, community helpers, a local nursing facility, etc. Give participants simple message choices such as: “Have a great day!” “You are awesome!” “Thank you for all you do!” “Someone is thinking about you!” Games: Knock Over the Cup: Stack plastic cups with positive words written on them. Participants roll or toss a soft ball to knock them down. When they knock one over, read the positive word together. Kindness Cup Challenge: Put different kind actions under cups. Knock down a cup and complete the action: “Give someone a compliment,” “High-five a friend,” etc. Compliment Ball. Roll a ball across the circle and give the person receiving it a compliment.	KFC	Arbys	N/A	Green towne center Chipotle Books a million
Fri 7	Colors in Everyday Life! Life Skills: Matching, sorting, following directions, recognizing everyday items! 🟦 Circle Time: What is your favorite color? Where do we see colors in everyday life? Why are colors important on traffic lights and signs? 🟢 Games & Activities: ★ Match the Color: Match colored objects to colored bowls, construction paper, or cards. Color Scavenger Hunt: Call out a color and find something in the room that matches. Laundry Color Sort: Sort pretend clothing by color like you’re preparing laundry. Traffic Light Challenge: Red = stop, yellow = slow, green = go. Color Grocery Sort: Sort pretend fruits and vegetables by color. Color Bingo: Use colored squares instead of numbers. Lunch: chicken & rice	Pack lunch	Jockos	Movies Pack lunch Harbin park Bring money	N/A
Week 2					
Mon 10	Taking Care of Shared Spaces! Life Skills: Responsibility, cleaning, teamwork! 🟦 Circle Time: What does “shared space” mean? Why should everyone help clean? How do we show respect for spaces other people use? 🟢 Games & Activities: Cleaning Job Wheel: Spin to receive a simple cleaning task. Spot the Mess: Look at pictures and identify what needs cleaned or put away. Table Reset Race: Wipe a table and return supplies to their proper places. Where Does It Belong?: Sort common objects into their proper storage areas. Trash Can Toss: Toss clean paper “trash” into a bin from different distances. Team Tidy-Up: Give the group five minutes to work together to straighten an area. Lunch: sloppy Joe	Pack Lunch	Bowling: Richard’s Swim: skyline	N/A	N/A
Tues 11	Finger Number Bugs! ★ Main Activity: Finger Number Bugs Create different bugs using fingerprints/finger painting and numbers. For example: 🐞 1 ladybug, 🐝 2 bees, 🦋 3 butterflies, 🐛 4 caterpillars, 🐜 5 ants, 🐜 Games & Activities: Bug Bingo! Find the Bug: Hide large paper bugs around the room for them to spot. Bug or Not? Show pictures and decide whether each animal is a bug. Butterfly Color Match. How Many Spots? Add large dot stickers to ladybugs. 😊 Circle Time: Which bugs do you like? Which bugs do you NOT like? Butterfly vs. ladybug. Look at close-up pictures of colorful insects. Make silly buzzing, chirping, and flying sounds together.	Codtles park/ jack in the box	The web bring 25\$	National Underground Railroad museum 20\$, pack lunch and Eden park	N/A

Wed 12	Game Room Challenge Day! 🎮 Main Activities: Table Air Hockey – Play one-on-one or create teams and rotate players. Table Pool 🎱 – Give everyone turns practicing shots before playing short games. Balloon Volleyball 🏐 – Play seated or standing with a table/net separating teams. Game Room Rotation – Set up stations and rotate every 15–20 minutes. 🎯 More Games: Cup Bowling – Stack cups and knock them over with a soft ball. Tabletop Beanbag Shuffleboard – Slide beanbags toward numbered scoring areas. Ping-Pong Cup Bounce – Bounce balls into cups for points. Dice Target Challenge – Roll a die and try to hit the matching numbered target. Balloon Tennis – Paper plates attached to craft sticks become rackets. Cup Flip Challenge. Roll to 50 – Teams roll dice and race to reach exactly 50. Mystery Game Challenge – Draw a card to determine which game you'll play next. Pass-the-Ball Challenge – Pass a ball around without dropping it. Tabletop Basketball – Toss ping-pong balls into cups. Beat Your Own Score – Instead of competing against others, participants try to improve their previous score. 🎨 Art Activity: Design your own game-team logo, Make team pennants, Decorate participation medals, Create a Game Room scoreboard, 🗣️ Circle Time – “Being a Good Sport” Talk about winning, losing, taking turns, encouraging friends, and trying something even when you're unsure you'll be good at it. Circle activity: Everyone draws a Good Sport Card with an action such as: Give someone a compliment. Cheer for someone. Give someone a high five. Tell someone “good job.” Name something you're good at.	Pack Lunch	Wingstop	Harbin park Fairfield aquatic center 15\$	N/A
Thur 13	🌀 “Working Together”! Circle Time Discussion: What does teamwork mean? What makes someone a good teammate? Is it okay to ask for help? What happens when everyone has a job? Circle Activity — Team Challenge Give the group a simple task, such as arranging themselves by birthday month or favorite color, while encouraging everyone to communicate. Main Activity — Roll the Ball in the Hole: Create a cardboard target with several holes. Participants roll balls toward the holes. Add words around the holes such as: HELP, SHARE, LISTEN, KIND, RESPECT, TEAMWORK, When the ball goes through a hole, discuss an example of that word. Build It Together: Teams use cups, blocks, or recycled boxes to build the tallest structure they can. Community Puzzle: Cut a large picture into simple puzzle pieces. Everyone works together to rebuild it. Games: Team Ball Roll – Partners try to roll a ball back and forth through a goal. Keep It Going – Keep a balloon in the air as a group. Follow My Directions – Staff gives simple two-step directions for everyone to complete.	Dairy Queen	Jockos	N/A	Cincy museum Jurassic park Lego exhibition 20\$ Pack
Fri 14	Counting & Everyday Number Skills! Life Skills: Counting, number recognition, quantities, simple math! 🟦 Circle Time: Where do we use numbers every day? What things do we have to count? Why is knowing how much we have important? 🟢 Games & Activities: ⭐ Counting Flowers: Provide artificial/paper flowers and number cards. Pick a number and place that many flowers into a vase. Count & Shop: Participants receive a shopping list such as “3 apples, 2 drinks, 4 crackers” and collect the correct amount. Number Hunt: Hide numbers around the room and find them in order. Count the Coins: Practice counting groups of play coins. Roll & Count: Roll dice and count out the matching number of objects. Number Bingo: Traditional bingo adapted to the group's skill level. Lunch: pizza rolls.	Pack Lunch	Arby's	Cincy museum Jurassic park Lego exhibition 20\$ Pack	N/A
Week 3					
Mon 17	Clothing Choices & Taking Care of Clothes! Life Skills: Dressing, clothing care, organization! 🟦 Circle Time: How do we decide what to wear? Why do clothes need to be washed? Where should dirty clothes go? 🟢 Games & Activities: Dress for the Occasion: Choose outfits for work, home, restaurant, exercise, etc. Laundry Symbol Detective: Look at basic clothing-care symbols. Sock Matching Race: Match pairs of socks. Fold-It Challenge: Practice folding towels, shirts, and washcloths. Missing Clothing Item: Show an outfit and determine what's missing. Closet Organizer: Sort clothes into shirts, pants, socks, underwear, etc. Lunch: sheet pan chicken	Pack Lunch	Bowling: bubbakoos Swim: Panda Express	N/A	N/A

Tue 18	Give the Monster Hair! 🌟 Main Activity: Give the Monster Hair Create large monster faces on poster board or cardstock. Give them different “hair” choices: Yarn, Ribbon, Tissue paper, Pipe cleaners, Pom-poms, Feathers, Curled paper 😊 Game: Monster Makeover: Staff asks questions like: Should he have THREE eyes or FIVE? Pink hair or green hair? Big teeth or tiny teeth? Does he need a mustache?” “Should his hair be crazy or fancy?” 🌀 More Activities: Feed the Monster: Toss or place pretend food into a monster-mouth box. Monster Feelings: Match monster faces to happy, sad, angry, tired, silly, etc. Monster Music: Play songs and make the monster “dance.” Name That Monster: Everyone helps give the finished monsters ridiculous names. Monster Says: An adapted version of Simon Says. 🗣️ Circle Time: Ask silly questions: Would you rather have purple hair or blue teeth? Would you rather have three eyes or four arms? What would your monster eat? Would your monster be nice or mean? What would you name it?	Pinball garage & all 8 up	Mcdonalds and Pohlman lanes	The green Towne center, Waffle House books a million	N/A
Wed 19	Silly & Creative Day! 🎨 Art & Activities: Make the Stick Figures – Create stick people and give them funny outfits, hairstyles, accessories, and personalities. Stick Figure Scenes – Put the figures into silly situations: at the beach, dancing, playing sports, cooking, etc. Finish the Silly Picture – Staff starts a strange drawing and participants finish it. Funny Face Collages – Mix magazine eyes, noses, mouths, and hairstyles. Create a Silly Creature – Combine different animals into one creature. Monster Portraits – Roll dice to determine eyes, arms, horns, etc. Silly Self-Portraits – Draw yourself with crazy hair, giant glasses, funny hats, etc. 🎮 Games: Silly Simon Says – “Touch your nose and moo!” Wrong Answers Only – Ask easy questions and everyone has to give a silly wrong answer. Mystery Sound Challenge – Guess funny or everyday sounds. Draw It With Your Eyes Closed What Am I? – Guess silly objects from clues. Pass the Funny Face – Make a face; the next person copies it and creates another. Silly Charades. Don’t Laugh Challenge – Try to make one another laugh without touching. Mystery Drawing – One person describes a picture while everyone else draws it without seeing it. Would You Rather: Silly Edition. What’s in the Bag? – Feel mystery objects without looking. Minute-to-Win-It: Cup Stack. Balloon Waddle/ Carry Challenge – Adapt as needed for mobility. 🗣️ Circle Time – “Laughter & Personality”, Discuss what makes everyone laugh, favorite jokes, funny memories, and what makes each person’s personality unique. Circle activity: Finish the Silly Sentence. “If my dog could talk, it would say...” “If I woke up with purple hair...” “If I could turn into an animal...” “If I had a million balloons...”	Pack Lunch	Arbys	Outlet mall	N/A
Thur 20	📖 “Communication Counts” Circle Time Discussion: Why is communication important? What can we do if we don’t understand someone? How can we be a good listener? What are different ways people communicate? Circle Activity — Guess My Word: Give clues about an easy word without saying it and have the group guess. Main Activities — What Letter Is Missing? Write familiar community and kindness words with one missing letter. Participants choose or write the missing letter. Community Word Wall: Everyone chooses one positive/community word and decorates it. Put all the words together on a bulletin board. Games: Letter Hunt – Hide large paper letters around the room and find the letters needed to spell a word. Community Word Bingo – Use simple words or pictures. Pass the Message – Give one person a simple message to pass around the circle and see what reaches the	Jockos	Go	N/A	Oxford putt putt 11\$ McDonald's

Fri 21	Everyday Math & Money Skills! Life Skills: Basic math, counting money, purchasing, problem solving! 🟦 Circle Time: What do we use money for? How can math help us when shopping? Why should we count our money before buying something? 🟢 Games & Activities: 🌟 Bead Math: Give participants beads and simple math cards. For 3 + 2, count three beads, add two more, then count the total. Adapt with larger or smaller numbers. Bead Shopping: Different bead colors have pretend prices such as \$1, \$2, and \$5. “Purchase” beads using play money. Dollar Match: Match \$1, \$5, \$10, and \$20 bills to their values. Can I Afford It?: Give participants \$10 in play money and show different-priced items. Money Roll: Roll dice, collect that many \$1 bills, and count your total. Mini Checkout: Take turns being customer and cashier. Lunch: chicken Alfredo	Pack lunch	Subway	Millikin woods Canes Pohlman lanes 10\$	N/A
Week 4					
Mon 24	Personal Care Supplies & Knowing What We Need! Life Skills: Hygiene, organization, independence! 🟦 Circle Time: What items do we use to take care of ourselves? Which personal-care items shouldn't we share? How do we know when supplies need replaced? 🟢 Games & Activities: What's It Used For?: Match deodorant, shampoo, soap, comb, tissue, etc. to their purpose. Pack the Bathroom Bag: Choose supplies needed for an overnight trip. Personal or Shared?: Sort items into things we can share and things we shouldn't. Hygiene Supply Bingo, Empty or Full?: Practice recognizing when toiletries need replaced. Self-Care Scavenger Hunt: Find pictured hygiene supplies around the room. Lunch: pack. Snacks: Popsicles, water, muffins	Pack Lunch	Bowling: jimmy John's Swim: wendys	N/A	N/A
Tue 25	Giant Rainbow Art & Color Party! 🌟 Main Activity: Giant Collaborative Rainbow Put a large piece of paper/poster board on an accessible table. Fill each rainbow section using different materials: Red tissue paper, Orange pom-poms, Yellow stickers, Green paint, Blue fabric, Purple foam pieces 🎨 Second Activity: Color Squish Painting! Put several paint colors inside a sealed plastic bag. Tape it securely over white cardstock. 🎯 Games & Activities: Color Wheel Spin: Spin and find something in the room matching that color. What's Missing? Show 3 colorful objects, hide one, and guess what's gone. Color Sorting: Sort large objects into colored containers. Rainbow Scavenger Hunt: Find something red, orange, yellow, green, blue, and purple. Pick a Color Song: Associate different songs with colors and let them choose. 🗣️ Circle Time: What's your favorite color? What color makes you happy? Choose between two colors: “Red or blue?” “Green or purple?” Find everyone's favorite color around the room	Vance's & Arbys	All 8 up and pinball garage	Fairfield fun center 10\$ McDonald's Dollar tree	N/A
Wed 26	End-of-Summer Bash: 🎨 Art & Activities: Summer Memory Collage – Pictures/drawings of favorite things from summer., Decorate Sunglasses 🕶️ – Paper templates or inexpensive plastic glasses., Summer Bucket List Poster, Watermelon Sponge Painting, Sunset Painting – Sponge blend a colorful summer sunset., Summer Friendship Bracelets, Decorate Beach Balls on Paper, End-of-Summer Group Mural, 🏐 Games: Balloon Volleyball Tournament 🏆 – Bring it back for a bigger group competition. Beach Ball Hot Potato. Summer Picture Bingo. Watermelon Roll – Roll a green ball toward targets. Sunglasses Ring Toss – Toss rings toward summer-themed targets. Beach Ball Question Toss – Catch the ball and answer a fun question. Summer Categories – Name something you'd take to the beach, something cold, a summer food, etc. Keep the Beach Ball Up Challenge. Summer Song Guessing Game. Flip-Flop Toss – Toss clean inexpensive flip-flops toward targets. Ice Cream Flavor Match. Summer Pictionary. Summer Would You Rather. Pass the Sunshine – Like hot potato with a yellow ball. Water Transfer Relay – Outdoors, if appropriate; use cups/sponges to move water between containers. 🗣️ Circle Time – “Summer Memories” Talk about favorite things everyone did this summer, favorite foods, music, weather, outings, and what they're looking forward to next. Circle activity: Summer Awards 🌟 Have everyone vote or draw categories such as Best Summer Food, Best Summer Song, Best Summer Activity, Best Summer Weather and Best Thing We Did as a Group	Kfc	Tacobell	Millikin woods All 8 up Pinball garage	N/A

Thur 27	 “Our Community Is a Work of Art”! Circle Time Discussion: What makes you unique? What are you good at? Does everyone’s artwork have to look the same? How are different people important to a community? Circle Activity — Complete the Picture: Show half of a simple picture and ask everyone what they think the missing half might look like. Main Activity — Draw the Rest of the Shape: Give participants worksheets with half-finished shapes or pictures. There is no wrong answer— participants can complete the picture however they want. Second Activity — Roll and Circle: Create a simple worksheet with different community/kindness pictures or words. Participants: Roll a die. Find the matching number on their sheet. Circle one picture or word in that section. Say something about what they circled. For example, if they circle HELPING, they name one way they can help someone. More Activities: Finish My Picture – One person starts a drawing and passes it to someone else to finish. Community Mural – Everyone adds one drawing to a large group poster titled “We All Belong.” Games: Shape Hunt – Find circles, squares, rectangles, etc. around Routson House. Roll & Do – Roll a die: 1 = compliment someone, 2 = clap 3 times, 3 = name a community helper, 4 = name something you’re good at, 5 = give someone a high-five, 6 = choose a group celebration move	Hothead burritos	Kfc	N/A	Lane library Culver’s Bridgewater
Fri 28	Asking Questions & Getting Information! Life Skills: Communication, self-advocacy, asking for assistance!  Circle Time: Is it okay to ask questions when we’re confused? Who can we ask for help? What are polite ways to get someone’s attention?  Games & Activities: Who Should I Ask?: “I can’t find something at the store.” Who could help? Question Ball: Toss a ball and answer or ask a simple question. Help Desk Role-Play: One participant needs information while another plays the employee. Finish the Question: “Where is ___?” “Can you help me ___?” Directions Challenge: Participants must ask for directions before completing a task. Communication Charades: Act out common needs and have the group identify them. Lunch: French toast	Pack Lunch	Goldstar	Oxford putt putt 11\$ Arbys	N/A
Week 5					
Mon 31	Calendar Skills & Remembering Important Things! Life Skills: Calendar use, appointments, dates, planning!  Circle Time: What do we use calendars for? What kinds of things should we remember? How can a phone or calendar help us?  Games & Activities: Build the Month: Put days of the week in the correct order. Calendar Detective: “Find the 15th.” “Circle every Monday.” “What day comes after Tuesday?” Appointment Match: Match pretend appointments to calendar dates. What’s Happening Today?: Practice checking a daily schedule. Don’t Forget! Game: Decide whether you’d use an alarm, calendar, note, or checklist for different situations. Plan My Week: Participants choose a few pretend activities and place them on a weekly calendar. Lunch: cheese ravioli	Pack Lunch	Bowling: hothead burritos Swim: richards	N/A	N/A

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