

Ability To Thrive – Monthly Program Calendar

September 2026

MEMBERS OF THE MONTH: Will Jones & Sarah Whitenack

Week 1					
Date	Routson House / Life Skills	Fairfield Planet Fitness	Hamilton Planet Fitness	Day Outing Group	Educational Day Group
Tues 1	🍏 Main Activity: Apple Stamp Art Cut apples in half and use them as easy-to-hold paint stampers. Participants can choose their paint colors and make an apple-themed picture. For an easier option, staff can hold the apple while the individual helps press it onto the paper. 🎯 Games & Activities Pick the Apple: Put red, green, and yellow paper apples on the table and call out a color to find. Apple Basket Toss: Toss or place soft red balls into a basket. Apple Match: Match identical apple pictures. What's Inside an Apple? Cut open an apple and explore the seeds, stem, skin, and inside. Apple Taste Test: If appropriate for their diets, try small pieces of different apples and vote for a favorite. 😊 Circle Time Red apples vs. green apples. Favorite apple foods: pie, applesauce, juice, etc. What happens to trees as summer ends? Would you rather pick apples or pumpkins?	Freddys Meijer	Hanover park Canes	Spirit Halloween Steak & shake Gabe's (Middletown)	
Wed 2	🍎 Arts & Activities Apple Stamp Painting – Cut apples in half and use them as paint stamps. Paper Bag Apple Trees – Create trees and add tissue-paper apples. Design an Apple Basket – Decorate a paper basket and fill it with paper apples. Apple Mosaic Art – Fill an apple outline with torn red, green, and yellow paper. My Perfect Apple – Design a silly or colorful imaginary apple. Apple Taste Test – Try different varieties and vote for favorites 🍎 Games Apple Basket Toss – Toss red/green balls or beanbags into baskets. Roll an Apple Tree – Dice determine how many apples get added to a tree. Apple Bowling – Roll a ball toward apple-decorated cups. Red Apple, Green Apple – Hold up a color and complete the matching action. Apple Memory Match Guess How Many Apples – Estimate the number of paper apples in a container. Apple Picking Race – Use tongs to move pom-pom “apples” into baskets. Apple Bingo What's Missing From the Orchard? – Remove one pictured item and have the group identify it. Apple Pattern Challenge – Continue red/green/yellow apple patterns. 🍌 Circle Time – Fall Is Coming Talk about signs that summer is ending and fall is beginning. Discuss favorite fall foods, weather, activities, smells, and traditions. Circle activity: Apple Question Pass – Pass around a fake apple. Whoever receives it answers a fun question such as “Would you rather have apple pie or apple cider?”	Pack Lunch	Larosas	Mcallisters Bridgewater	N/A
Thur 3	Circle Time Discussion What does it mean to appreciate someone? What is something you're good at? How can we make someone feel included? What is a compliment you like receiving? Circle Time Activity – “Spotlight of the Day” Choose one participant at a time. The group names positive qualities about that person. Staff can offer choices such as <i>funny, helpful, friendly, caring, or hardworking</i>. Activities Compliment Cards: Make small cards with positive messages to give to other Routson House members or staff. Our Strengths Board: Everyone decorates a paper apple and adds something they're good at. Put them together on a large “Our Group Has A Lot to Offer!” display. Positive Word Decorating: Give each person a word such as KIND, STRONG, HELPFUL, FUNNY, FRIENDLY, or CARING to decorate. Games Compliment Cup Knockdown: Put positive words on plastic cups and knock them over with a ball. Read the word that falls. Who Am I? – Positive Edition: Give clues about someone in the group based on their interests or strengths. Pass the Smile: Pass a ball around while music plays. When it stops, that person chooses someone to compliment.	Hot heads	Richards	N/A	American sign museum \$20 Pack

Fri 4	🟦 Circle Time Where do we see labels? Why should we read directions before using something? What do words like warning, caution, open, close, hot, and cold mean? 🟢 Games & Activities: Label Detective: Examine empty food and household containers and find the name, directions, warnings, and expiration dates. Follow the Label: Match simple direction cards to the correct item. Warning or Information?: Sort labels into warnings vs regular information. Symbol Match: Match common symbols such as recycling, fragile, flammable, and do not touch. What's Inside?: Use package labels to determine what an item contains. Direction Dice: Roll a die and complete a simple 1–3 step direction.	Pack lunch	Subway	Outlet mall	N/A
Week 2					
Mon 7	CLOSED	CLOSED	CLOSED	N/A	N/A
Tues 8	🧁 Main Activity: Design a Giant Cupcake Give each individual a large paper cupcake and provide: Pompoms Foam shapes Stickers Tissue paper Markers Yarn “sprinkles” They choose the frosting color and decorations. Very low-motivation version: Hold up two decorations at a time and let them choose what staff adds. 🧁 Games & Activities Build-a-Cupcake: Roll a die to determine how many toppings to add. Cupcake Color Match Where is the Cupcake? Hide a paper cupcake underneath one of three cups and have them guess. Cupcake Decorating Competition: Staff members decorate ridiculous cupcakes and let the individuals judge them. 😊 Favorite Dessert Vote: Cake, cookies, brownies, donuts, or ice cream? 😊 Circle Time Create the group's dream cupcake together. Ask questions like: Chocolate or vanilla? What color frosting? Sprinkles or no sprinkles? What crazy topping should we add?	Spirit Halloween Culver's	Arbys Flubs Millikin woods	Voa shopping Pardon my cheesesteak	N/A
Wed 9	🧩 Arts & Activities Design Your Own Puzzle – Draw a picture on cardstock, cut it into pieces, and put it back together. Puzzle Piece Collage Optical Illusion Coloring Pages Finish the Other Half Drawing Hidden Picture Pages Create Your Own Maze 🧩 Games What's Under the Cup? – Hide an object and shuffle the cups. Memory Tray – Look at 8–10 objects, cover them, and remember what's there. Mystery Picture Reveal – Slowly uncover a picture while everyone guesses. Which One Doesn't Belong? Complete the Pattern Riddle Me This – Use easy and funny riddles. Spot the Difference Puzzle Race – Small teams complete simple puzzles. Mystery Box – Feel an object without looking and guess what it is. Copy My Pattern – Recreate patterns using blocks, cups, or colored objects. What's Changed? – Someone leaves the room while one thing is changed. Who Am I? – Give clues about animals, objects, foods, or famous characters. Picture Sequence Challenge – Put everyday activities into the correct order. 🟦 Circle Time – Problem Solving Discuss what we can do when something is difficult, why asking for help is okay, and how working together can make problems easier. Circle activity: Give the group silly problems to solve: “<i>You packed for the beach but forgot your towel. What could you do?</i>”	Pack Lunch	Bubbakoos	Voa park and shopping Chick-fil-A	N/A
Thur 10	Circle Time Discussion What might make someone feel better on a difficult day? Do gifts always have to cost money? What are things we can give besides money? How can a simple message help someone? Circle Time Activity – “What Would You Give?” Name different people—someone who is sad, a new friend, a community helper, someone who is sick, etc. Participants choose something they could “give”: a smile, compliment, help, card, conversation, or hug/high-five when appropriate. Activities Paper Happiness Bags: Decorate lunch bags and fill them with handmade items: jokes, positive messages, drawings, puzzles, or coloring pages. Joke Cards: Make simple “Make Someone Smile” joke cards. Positive Bookmarks: Create bookmarks that can be shared with others. Community Delivery Sort: Sort completed items into labeled bags for different groups or recipients. Games Pack the Bag: Participants receive picture cards and decide which positive items belong in a “Happiness Bag.” Deliver the Package: Roll a ball toward different “delivery locations” made from boxes. What is in the Bag? Feel an everyday object inside a bag without looking and guess what it is.	Culvers	Wendys	N/A	Boonshoft \$20 Pack
Fri 11	🟦 Circle Time: What foods belong in the refrigerator? Why do we put leftovers away? How can we tell when food may no longer be good? 🟢 Games & Activities: Fridge, Freezer or Pantry?: Sort food pictures into the correct storage location. Put Away the Groceries: Set up pretend groceries and have participants store everything correctly. Container Match: Match different foods to	Pack Lunch	Kfc	Barnes and noble IKEA Chick-fil-A	N/A

	appropriate storage containers. Leftover Labeling: Practice adding the food name and date to pretend leftover containers. Fresh or Toss?: Use picture scenarios to decide whether food looks okay or should be thrown away. Fridge Organization Challenge: Arrange pretend refrigerator items in an organized way.				
Week 3					
Mon 14	🟦 Circle Time: What things do adults need to remember? What happens when we forget something important? What can help us remember? 🟢 Games & Activities: Memory Tray: Show several everyday objects, cover them, and see which ones participants remember. Do not Forget the 3: Give three simple things to remember and check back later. Reminder Match: Match a situation with the best tool: alarm, calendar, sticky note, checklist. What's Missing?: Remove an object from a group and identify what's gone. Pack From Memory: Show a packing list briefly, hide it, and see what participants remember. Set the Reminder: Practice setting pretend or real phone alarms for appointments, work, or activities.	Pack Lunch	Bowling: JOCKOS Swim: Penn station	N/A	N/A
Tue 15	🐸 Main Activity: Lily Pad Frog Art Give each individual a large paper lily pad and frog cutout. They can decorate their frog using: Googly eyes Dot stickers Markers Paint dabbers Foam pieces Then add the frog to its lily pad 😊 Games & Activities Feed the Frog: Create a large frog mouth and toss/put pretend flies into it. Frog Color Match: Match colorful frogs to the correct lily pads. How Many Frogs? Practice counting 1–5 using large frog pictures. Find the Frog: Hide paper frogs around the room where they can easily be spotted. Frog or Not? Show different animal pictures and decide if it's a frog. Frog Sounds: Listen to different frog sounds. 🗣️ Circle Time: Where do frogs live? What do frogs eat? What color are frogs? Do you think frogs are cute or gross? 😊 Look at pictures of unusual colorful frogs.	Barnes & noble Chick-fil-A (west Chester)	Mcdonalds Barnes n bunk	Highfield discovery garden \$10 Pack	N/A
Wed 16	🍷 Arts & Activities Create Your Own Food Truck – Decorate a large paper food truck. Design a Restaurant Logo Create a Menu – Draw or cut out foods and decide prices. Design a Chef Hat Paper Plate Pizza Art Build-a-Burger Craft – Layer paper ingredients. 🎲 Games Build the Burger – Race or take turns assembling pictured ingredients in the correct order. Pizza Toss – Toss beanbags onto a large pizza target. What is on My Plate? – Remember food items before they're covered. Food Categories – Name a fruit, vegetable, dessert, drink, etc. Mystery Food Guessing – Identify foods using clues. Order Up! – Staff calls an order and participants find the correct food pictures. Food Truck Bingo Roll-a-Pizza – Dice determine which toppings you add. Menu Memory Would You Eat It? – Show unusual food combinations and vote yes/no. Restaurant Charades – Act out cooking, stirring, serving, washing dishes, etc. What is the Ingredient? – Guess common ingredients from clues. 🟦 Circle Time – Food & Choices Discuss favorite meals, restaurants, snacks, cooking, and foods everyone would like to try. Circle activity: Create a Group Restaurant. Decide together on a restaurant name, what kind of food it serves, the most popular meal, dessert, and drink.	Pack Lunch	Jockos	Dill dinkers \$20 Pack	N/A
Thur 17	Circle Time Discussion What does it mean to belong? How can we make a new person feel welcome? Does everyone have to be good at the same things? Why does a community need different people? Circle Time Activity – "My Piece of the Group" Give everyone a large paper puzzle piece. Ask them to name or draw one thing they bring to the group—humor, kindness, music, helping, art, friendship, etc Activities Giant Community Puzzle: Decorate individual puzzle pieces and connect them into one large display. Welcome Signs: Make signs that could be displayed for new members or visitors. Find Your Match: Match halves of simple pictures, words, shapes, or community symbols. Partner Creation: Partners decorate one piece of paper together, taking turns adding something. Games Puzzle Piece Hunt: Hide oversized paper puzzle pieces around the room. Find and assemble them. Partner Cup Stack: Two people work together to build a cup tower. Same & Different: Staff names two objects or people and the group identifies something the same and something different. Team Balloon Challenge: Keep one balloon from touching the floor as a group.	Kfc	Taco Bell	N/A	Lane library VOA shopping Pardon my cheesesteak
Fri 18	🟦 Circle Time: Should we open the door for everyone? What can we do when someone unexpected knocks? Why do we keep doors locked? 🟢 Games & Activities: Knock, Knock—What Do I Do?: Role-play a delivery person, neighbor, friend, or unknown visitor. Open or Don't Open?: Sort different door scenarios. Home Alone	Pack lunch	Mcdonalds	Spirit Halloween Firehouse subs Hobby lobby	N/A

	Safety Hunt: Find safety concerns in pictures of a home. Door Safety Steps: Put “check who it is,” “ask who is there,” and other safe steps in order. Trusted Person Match: Identify who could be contacted when unsure. What Would You Do?: Discuss scenarios such as hearing a strange noise or losing a key.				
Week 4					
Mon 21	 Circle Time: What is an errand? What errands do adults need to do? How can we plan several errands without forgetting something?  Games & Activities: Where Do I Go?: “I need stamps” → post office; “I need groceries” → grocery store. Errand Bag Challenge: Pick what you need to bring for different errands. Put the Errands in Order: Decide which stops to make first, second, and third. Errand Scavenger Hunt: Set up different “community locations” around the room and complete a task at each. Forgot Something!: Participants figure out what to do when something is forgotten. Errand Checklist: Check off tasks as they’re completed during a pretend trip.	Pack Lunch	Bowling: mad mikes Swim: jersey mikes	N/A	N/A
Tue 22	 Main Activity: Build Your Own Paper Pizza Give each individual a large cardboard/paper “pizza crust.” Provide pre-cut toppings: Pepperoni Cheese Mushrooms Peppers Pineapple Olives They choose what goes onto their pizza while staff assists with gluing.  Games & Activities  Pizza Order Game Staff becomes the “pizza chef.” Give silly orders such as: “I need a pizza with TWO pepperonis and THREE pieces of cheese!” They can help select the correct toppings Other options: Pizza topping matching Pizza picture bingo Count the pepperonis Pizza topping sorting “Would You Eat It?” — show normal AND ridiculous pizza toppings and vote yes/no. Make a pretend pizza shop menu.  Circle Time Build the ultimate group pizza: Thick or thin crust? Cheese or pepperoni? Pineapple — YES or NO?  What is the strangest thing you would put on a pizza?	Mcallisters Bridgewater	Spirit Halloween Culver's	Jungle Jim's Cicis pizza Pet store	N/A
Wed 23	Arts & Activities Design Your Own Toy Make Friendship Bracelets Paper Fortune Tellers Decorate a Paper Yo-Yo Create a Childhood Memory Picture Color Your Own Board Game Make Paper Airplanes and decorate them before a flying challenge.  Games Paper Airplane Distance Challenge Hot Potato Red Light, Green Light – Seated Version Available Musical Statues Rock, Paper, Scissors Tournament I Spy Telephone Game Follow the Leader Tic-Tac-Toe Tournament Old-School Simon Says Pass the Drawing – Everyone adds something before passing it along. Toy Guessing Game – Guess classic toys from pictures or clues. Name That Childhood TV Show Sock Toss – Rolled-up socks tossed toward laundry baskets for points.  Circle Time – Favorite Memories Talk about favorite toys, games, TV shows, school memories, snacks, and things everyone enjoyed when they were younger. Circle activity: Then or Now? Give choices such as board games/video games, cartoons/movies, playground/phone, coloring/video games, etc., and let everyone vote.	Pack lunch	Arbys	Fairfield fun center subway	N/A
Thur 24	Circle Time Discussion What does being helpful mean? What jobs can we help with at Routson House? Who helps you during your day? Can you help someone without being asked? How do you know when someone might need help? Circle Time Activity – “ Would You Help? ” Read simple situations and let the group decide what they could do. Example: <i>Someone drops their papers on the floor.</i> “What could you do?” Example: <i>Someone is sitting alone.</i> “What could you say? Activities Helping Leaves: Cut out fall leaves and write one helpful action on each. Create a “ Leaves of Helping ” wall. Community Cleanup Challenge: Give participants actual jobs around Routson House—organizing games, wiping tables, straightening chairs, sorting craft supplies, etc. Thank-a-Helper Cards: Make cards for people who regularly help the group. Helping Job Board: Participants choose a weekly job they’re willing to help with. Games Leaf Toss: Toss paper leaves or beanbags into baskets labeled HOME, PROGRAM, FRIENDS, COMMUNITY. Name a way to help in whichever basket you land in. Helping Charades: Act out sweeping, cooking, carrying groceries, opening a door, setting a table, etc. Helpful or Not? Staff reads silly scenarios and participants hold up  or  . Fall Roll & Do: Roll a die to determine a task—give a compliment, name a helper, demonstrate a chore, name a good deed, help a friend, or choose a group celebration.	Taco Bell	Kfc	N/A	Spirit Halloween Wendys Colerain towne center
Fri 25	 Circle Time: Why do recipes use measurements? What is the difference between a cup and a spoon? Why is it important to follow recipe directions?  Games & Activities: Fill the Cup: Practice measuring water, dry cereal, rice, or another safe material into measuring cups.	Pack Lunch	Frishes	Booms and berries \$15 Pack	N/A

	Scoop the Right Amount: Match number cards to the correct number of scoops. Measuring Cup Line-Up: Arrange ¼, ½, and 1 cup from smallest to largest. Kitchen Tool Hunt: Find measuring cups, spoons, bowls, spatulas, etc. Recipe Builder: Put simple recipe steps in order. Portion My Snack: Divide crackers, cereal, fruit, or another snack into equal portions.				
Week 5					
Mon 28	Circle Time: What papers are important? What papers should we keep private? Where should important documents be stored? 🟢 Games & Activities: Keep, File or Toss: Sort pretend mail and papers into the correct category. Important or Not?: Compare things like an appointment card, receipt, advertisement, ID, and coupon. Build a Filing System: Sort papers into folders such as Medical, Money, Work, and Personal. Find It Fast Challenge: Give participants a pretend filing box and ask them to locate a specific document. Private Information Detective: Find personal information on sample documents that shouldn't be shared with strangers. Folder Decorating: Participants decorate and label a personal organization folder to use for worksheets or program materials.	Pack Lunch	Bowling: wing stop Swim: mad mikes	N/A	N/A
Tues 29	🥗 Main Activity: Color-Mixing Potion. Use clear cups with water and food coloring. Participants choose two colors and staff mixes them together to discover the new color. You could give the creations funny names like: Dragon Juice Monster Slime Unicorn Water Frog Breath Giggle Potion Important: These are pretend potions and aren't for drinking. 🧴 Second Activity: Design a Potion Bottle Provide a large potion-bottle coloring page and let them decorate it with: Stickers Markers Glitter glue Foam shapes Gems Then let them give their potion a funny name. 🕒 Games & Activities What is in the Mystery Bag? Feel an object without seeing it and guess what it is. Potion Color Predictions: Guess what two colors will make when mixed. Mystery Smells: Smell safe, familiar scents and guess what they are. Magic or Real? Show silly pictures and decide whether something could actually happen. Bubble Potion: Blow bubbles and try to pop them. Choose the Ingredient: Let them direct staff in creating a ridiculous pretend potion. 😊 Circle Time: Create a Magic Potion Ask each person what they would want their potion to do: 😄 Make you laugh all day 🦹 Give you super strength 🗣️ Let you talk to animals 🪄 Make you fly 🦋 Make you invisible 🍕 Make unlimited pizza appear	Liberty mall	Burwinkle \$12 Pack lunch	Cincinnati art museum Mcdonalds	
Wed 30	🎨 Arts & Activities Blow-Paint Monsters – Use straws to blow washable paint into monster shapes. Monster Paper Bags Design Your Own Friendly Ghost Monster Handprint Art Create-a-Monster Dice Drawing Paper Plate Monster FacesGoogly Eye Art Challenge – Turn random googly eyes into a picture. 🧸 Games Feed the Monster – Toss beanbags/balls into a monster-mouth target. Ghost Bowling – Decorate cups as ghosts and knock them over. Monster Freeze Dance Eyeball Spoon Challenge – Carry a ping-pong “eyeball” on a spoon. Spider Web Toss – Toss objects toward a taped web target. Monster Parts Match Roll-a-Monster Ghost Hunt – Hide paper ghosts around the room. What's in the Witch's Bag? – Mystery touch-and-guess game. Monster Says – A silly version of Simon Says. Pumpkin Pass Spooky Sound Guessing Game Monster Movement Cards – Pick a card and perform the silly movement. Find the Hidden Eyeball – Hide a large fake/paper eyeball and give hot/cold clues. 🕒 Circle Time – Being Brave & Having Fun Talk about things that may seem scary at first, what helps us feel brave, and the difference between pretend scary and real danger. Circle activity: Make a Friendly Monster Together. Go around the circle and let each person choose one feature—number of eyes, color, hairstyle, name, favorite food, personality, etc. Staff draws the group's ridiculous monster as everyone makes decisions.	Pennstation	Frishes	Spirit Halloween Pack Cattle park	

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