

Commons Enrichment & Life Skills Activities : October 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Kelli Tarquino DTA Manager (Interim) ktarquino@campcivitan.org</p> <p>Jeff Wilhelm – Transportation Manager jwilhelm@campcivitan.org</p> | <p>1</p> <p>Music w/ Elliott – AM and PM Sessions Life Skill topic for this week: Dogs! Introduction to Dogs, how to meet them, establish member comfort level</p> | <p>2</p> <p>Movement w/ Doris AM Session – Yoga PM Session – Zumba Dogs Continued: Safety around dogs</p> | <p>3</p> <p>Media w/ Ryan – Mid Morning Session Culinary w/Bobbie – AM & PM Sessions Caring for Dogs & Appropriate handling</p> | <p>4</p> <p>Introductory Visit with Dirks the Bassett Hound!! Alternate activity for those who do not want to interact will be available</p> |
| <p>7 ART! (2 sessions AM & PM)</p> <p>Life Skills topic: Restaurant Manners and Conduct</p> | <p>8 Music! (2 sessions AM & PM)</p> <p>*Ordering at a Restaurant, handling incorrect orders, discuss potential social struggles & how to navigate struggles in public</p> | <p>9 Movement! (2 sessions AM & PM)</p> <p>*Recognizing and choosing foods with criteria – this is a group activity</p> | <p>10 Media & Culinary! Media – mid morning, Culinary AM & PM Sessions</p> <p>*Review all things Restaurant</p> | <p>11 Review Dog discussions and activities *Member planning – choosing activities for next months calendar</p> |
| <p>14 ART! (2 sessions AM & PM)</p> <p>Life Skills topic: Clothing, identify articles of clothing, match appropriate clothing to the weather</p> | <p>15 Music! (2 sessions AM & PM)</p> <p>Too big, too small, just right – how you know clothes fit and how to find and shop for sizing in stores and online</p> | <p>16 Movement! (2 sessions AM & PM)</p> <p>Laundry and hygiene – washing and drying, folding and storing. How to know when it is time to replace clothing</p> | <p>17 Media & Culinary!</p> <p>Small Group Activity – choose an outfit that is appropriate for the weather using tablet/computers</p> | <p>18 Review Dogs, Restaurant skills, Clothing and Hygiene Discuss the Halloween event on the 31st</p> |
| <p>21 ART! (2 sessions AM & PM)</p> <p>Life Skills Topic: Boundaries</p> | <p>22 Music! (2 sessions AM & PM)</p> <p>Identify situations & determine what the boundaries look like and implementation – session 1</p> | <p>23 Movement! (2 sessions AM & PM)</p> <p>Identify situations & determine what the boundaries look like and implementation – session 1</p> | <p>24 Media & Culinary!</p> <p>Group Activity – Role play w/ staff and peers how to implement boundaries in a variety of scenarios</p> | <p>25 Review Dogs, Restaurant skills, Clothing & Hygiene and Boundaries Next Week is Halloween Week!!</p> |
| <p>28 ART! (2 sessions AM & PM)</p> <p>Life Skills: planning the menu for Thursday's BBQ</p> | <p>29 Music! (2 sessions AM & PM)</p> <p>Planning entertainment for Thursdays BBQ and shop for preliminary items</p> | <p>30 Movement! (2 sessions AM & PM)</p> <p>Shopping for items and any applicable meal prep for Thursday</p> | <p>31 Media & Culinary! Halloween Event!</p> | |

Commons Outings: October 2024

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| | <p>1</p> <p>Spirit Halloween Store -Free *Purchases optional, please give details for staff to ensure proper assistance</p> <p>*Tempe Library – Free</p> | <p>2</p> <p>*Walk the Indoor Track @ Tumbleweed – ID Required \$4.00</p> <p>*Scavenger Hunt @ Scheels – Free</p> | <p>3</p> <p>*SoZo Coffee House \$10.00 special diets must specify criteria upon sign-up</p> <p>*Sunset Library – Free</p> | <p>4</p> <p>*Bowling @ Bowlero \$12.00</p> <p>*Visit w/ Dirks the Bassett Hound - Free</p> |
| <p>7</p> <p>*Sea Life Aquarium \$25.00</p> <p>*Volunteer @ Feed My Starving Children 12PM-2PM in Mesa</p> | <p>8</p> <p>*Desert Botanical Garden – Free *This outing requires a lot of walking, weather permitting</p> <p>*Scavenger Hunt @ Costco – Free</p> | <p>9</p> <p>*Lunch at Nando’s Mexican Café \$25.00 special diets must specify criteria upon sign-up</p> <p>*Sunset Library – Free</p> | <p>10</p> <p>*Scavenger Hunt @ Merchant Square – free This is a large place crowded with booths and cases full of antiques of all types.</p> | <p>11</p> <p>*How many steps can you get @ Tempe Marketplace outdoor/indoor -Free</p> |
| <p>14</p> <p>*Movie - \$10.00, if buying snacks/drinks \$20.00 – must specify if buying snacks/drinks at sign up</p> <p>*Sunset Library – Free</p> | <p>15</p> <p>*Basketball @ Carver Park - Free OR *Walk the trail @ Carver Park – Free</p> | <p>16</p> <p>*Visit with Dirks the Bassett Hound -Free</p> <p>*Volunteer @ Feed My Starving Children 12PM-2PM in Tempe</p> | <p>17</p> <p>*SoZo Coffee House \$10.00 special diets must specify criteria upon sign-up.</p> <p>*Bowling @ Bowlero \$12.00</p> | <p>18</p> <p>Spirit Halloween Store -Free *Purchases optional, please give details for staff to ensure proper assistance</p> |
| <p>21</p> <p>*Lunch & Games in the park – Free (equipment provided) Bring a sack lunch that does not require a microwave or refrigeration</p> | <p>22</p> <p>*Lunch at Panda Express \$20.00 special diets must specify criteria upon sign-up</p> | <p>23</p> <p>*Scavenger Hunt @ Merchant Square – free This is a large place crowded with booths and cases full of antiques of all types</p> | <p>24</p> <p>*Visit with Dirks the Bassett Hound - Free</p> <p>*Scavenger Hunt @ AJ's Fine Foods -Free</p> | <p>25</p> <p>*Lunch at Nando’s Mexican Café \$25.00 special diets must specify criteria upon sign-up</p> <p>*Basketball @ Hanger Park</p> |
| <p>28</p> <p>*Movie - \$10.00, if buying snacks/drinks \$20.00 – must specify if buying snacks/drinks at sign up</p> <p>*Sunset Library – Free</p> | <p>29</p> <p>*Basketball @ Carver Park - Free OR *Walk the trail @ Carver Park – Free</p> | <p>30</p> <p>*Preparations (shopping) for Halloween Event -Free to members</p> | <p>31</p> <p>Halloween BBQ Bash @ Commons, Games & Karaoke, Costumes encouraged, prizes for Scariest & Most Creative Costume!</p> <p>*Food Provided – special diets included</p> | <p>November 1st</p> <p>*Volunteer @ Feed My Starving Children 12PM-2PM in Tempe</p> |