





October

DC Day Service Class Catalog: October 3rd-31st

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Monster Cookies Exercise Personal Care- Face Masks Group Choice</p> <p>Painting: Customize Art with P Group Choice Gardening Blow Painting Monsters</p>	<p>4</p> <p>Lake Shawnee Guest Teacher Ceramics-Glaze/Paint Projects Music Therapy</p> <p>Exercise Scrapbooking Club Group Choice Frankenstein Craft</p>	<p>5</p> <p>Super Science- Helping Hands GL Coffee Cafe- Dragon's Blood Punch Halloween Toilet Paper Rolls</p> <p>Walk Outside Fork Painted Black Cat Group Choice Coloring Club</p>	<p>6</p> <p>Dance and Movement Mindful Minutes Flying Ghosts Mass St.</p> <p>Bowling Outdoor Games Mummy Dogs Gardening</p>	<p>7</p> <p>Group Choice Board Games BINGO Paper Cup Spiders</p> <p>Exercise Guest Teacher Karaoke Group Choice</p>
<p>10</p> <p>Pumpkin Patch Dirt Cups Exercise Witch Wreath Group Choice</p> <p>Painting: Customize Art with P Gardening Walk Downtown Personal Care- Spider Soap</p>	<p>11</p> <p>Exercise Ceramics- Pumpkin Pinch Pots Group Choice DIY Air Freshener Coasters</p> <p>Group Choice Guest Teacher Scrapbooking Club Music Therapy</p>	<p>12</p> <p>Super Science- GL Coffee Cafe- Swamp Juice Helping Hands Monster Paintings</p> <p>Chair Yoga Boo Door Hanger Group Choice Coloring Club</p>	<p>13</p> <p>Dance and Movement Mindful Minutes Coffee Filter Bats Mass St.</p> <p>Bowling Outdoor Games Corn Dip Gardening</p>	<p>14</p> <p>Group Choice Pom Pom Pumpkin Coasters Board Games Movie: Group Choice</p> <p>Exercise Karaoke Group Choice BINGO</p>
<p>17</p> <p>Rice Crispy Treat Pumpkins Exercise Beaded Bracelets Group Choice</p> <p>Painting: Customize Art with P Gardening Group Choice Personal Care- Pumpkin Spice Lip Balm</p>	<p>18</p> <p>Botanical Garden Guest Teacher Ceramics-Glaze Projects Music Therapy</p> <p>Exercise Spider Rings Group Choice Scrapbooking Club</p>	<p>19</p> <p>Super Science- Helping Hands Bat Craft Movie: Group Choice</p> <p>Walk Outside Spider Web Watercolor GL Coffee Cafe- Purple People Eater Punch Group Choice</p>	<p>20</p> <p>Dance and Movement Mindful Minutes Day of Dead Masks Group Choice</p> <p>Bowling Outdoor Games Loaded Baked Potato Dip Gardening</p>	<p>21</p> <p>Group Choice Scratch Spiders Board Games BINGO</p> <p>Exercise Guest Teacher Karaoke Group Choice</p>
<p>24</p> <p>Candy Corn Fudge Exercise Q Tip Skeleton Group Choice</p> <p>Personal Care- Face Painting Nature Center Gardening Painting: Customize Art with P</p>	<p>25</p> <p>Museums Guest Teacher Ceramics- Ghosts Music Therapy</p> <p>Exercise Monster Sand Art Group Choice Scrapbooking Club</p>	<p>26</p> <p>Super Science- Helping Hands GL Coffee Cafe- Candy Corn Punch Tissue Paper Skull</p> <p>Chair Yoga Face Painting Mass St. Soda Coloring Club</p>	<p>27</p> <p>Midnight Farm Haunted House</p>  <p>Bowling Dance and Movement Bean Dip Movie: Group Choice</p>	<p>28</p> <p>Group Choice Board Games Hocus Crocus Sign BINGO</p> <p>Exercise Guest Teacher Karaoke Group Choice</p>
<p>31</p> <p>Mummy Cookies Exercise</p>  <p>Painting: Customize Art with P Group Choice</p>				

Want to Join a Class or Visit? Email kofiboye-doe@mygoodlife.org

Day Service Class Descriptions

Exercise - Pound Workout- Walking Club- Chair Yoga- Stretching- Being active and healthy by walking, dancing, stretching and moving our bodies!

Guest Teacher- Staff will take turns sharing and creating activities that they enjoy!

Community Outings- Exploring the community and getting involved!

Helping Hands- Working together and building life skills.

Movie- Enjoying watching favorites or classic movies.

Cooking: Baking Pies and Making Healthy Snacks- Measuring and following a recipe are great life skills to practice!

Ceramics- Build ceramics by molding clay and firing it in the kiln then adding color by glazing it.

Game Time- Having fun and playing games while building healthy social skills.

Music Therapy and Karaoke- Singing and enjoying a variety of songs!

Crafting- Making a wide variety of crafts.

GL Coffee Cafe- Making drinks, listening to music and socializing with friends. We are bringing the coffee house experience to Goodlife.

Mindful Minutes- Taking time to promote and practice having a positive mindset.

Gardening- Planting, growing and caring for a wide variety of plants on the back patio.