

March Lake Havasu City 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Contact your support coordinator for Habilitation hours and come join the fun.	For question contact Carolyn 928-575-6485	There are many more activities and outings to come. Don't miss out!	Boot Camp Walk the Channel 8:00-10:00 Proper hygiene 10:00-12:00	Boot Camp Walk the park 8:00-10:00	Boot Camp Work out path at Rotary Park 8:00-10:00	Bowling 12:00-2:00 Rotary Park 2:00-4:00 \$10.00
5	6	7	8	9	10	11
	Boot Camp Walk Rotary Park 8:00-10:00	Boot Camp Walk in the park. 8:00-10:00 Bake Cookies 1:00-4:00	Boot Camp Walk the Channel 8:00-10:00 Proper cleaning techniques 10:00-12:00	Boot Camp Walk in the park. 8:00-10:00	Boot Camp Work out path at Rotary Park 8:00-10:00	Day at the park. Bring a sack lunch. Basketball fun
12	13	14	15	16	17	18
	Boot Camp Walk Rotary Park 8:00-10:00	Boot Camp Walk the park. 8:00-10:00 Food Safety 1:00-3:00	Boot Camp Walk the Channel 8:00-10:00	Boot Camp Walk in the park. 8:00-10:00	Boot Camp Work out path at Rotary Park 8:00-10:00 Wear Green	The Spot Arcade 11:00-3:00 \$10.00-\$20.00
	20	21	22	23	24	25
	Boot Camp Walk the Park 8:00-10:00	Boot camp Walk the park. 8:00-10:00	Boot Camp Walk the Channel 8:00-10:00 Independent Living skills 10:00-12:00	Boot Camp Walk the Park 8:00-10:00	Boot Camp Work out path Rotary Park 8:00-10:00	Movie Day and make lunch at Milemarkers. 9:00-1:00
	27	28	29	30	31	-1
	Boot Camp Walk the park. 8:00-10:00	Boot Camp Walk the Park 8:00-10:00 Review Kitchen safety 1:00-3:00	Boot Camp Rotary Park work out path 8:00-10:00	Boot Camp Walk the channel! 8:00-10:00	Boot Camp Walk the Park 8:00-10:00	

* **Bootcamp:** getting out working out and getting exercise at the parks within your community.

***Craft**
Saturdays: Our members can get creative with planned arts and craft activities.

***Independent Living Prep:** Our members can work on skills needed to increase independence

***Shop & Dine**
Restaurant Skills: fostering the skills to shop and dine independently.

***Planned Outings:** Movies, or special events taking place within your community.

***Nutrition & Cooking:** How to follow a recipe, safely use kitchen appliances, and healthy eating habits.