



MAY 2019

Mindset Creative Community Resources is a high-energy program, designed to provide clients with diverse, stimulating activities for both the mind and the body, enhancing the lives of adults with disabilities ages 18 and up.


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>Activities and Locations are Subject to Change</p>	<p>Calendar Key</p> <p>MAC - Mindset Activity Center SLC- Skills For Life Club FAC- Foothills Activity Center CSU - Colorado State University FIT - Fitness in Transition</p>	<p>1</p> <p>SLC 1 A.M. Make Tamales for Cinco De Mayo P.M. Cleaning and Meal Planning</p> <p>SLC 2 A.M. Meals on Wheels P.M. Science Club</p> <p>SLC 3 A.M. Swimming P.M. Bacon Elementary - Ms. Harter's 4th Grade</p>	<p>2</p> <p>SLC 1 (FIT) A.M. Research Cinco De Mayo at Library P.M. Creative Arts: Murals at Lincoln Center</p> <p>SLC 2 A.M. Creative Arts: Murals at Lincoln Center P.M. Creative Arts: Create Mindset Mural</p> <p>SLC 3 A.M. Chipper's P.M. Vern's</p>	<p>3</p> <p>SLC 1 A.M. Special Olympics at Fossil Ridge High School P.M. Cinco de Mayo Party</p> <p>SLC 2 A.M. Special Olympics at Fossil Ridge High School P.M. Cinco de Mayo Party</p> <p>SLC 3 A.M. Special Olympics at Fossil Ridge High School P.M. Cinco de Mayo Party</p>
<p>6</p> <p>SLC 1 A.M./P.M. Travel Training to ARC for Volunteering</p> <p>SLC 2 (FIT) Dream Dancers A.M. Performance Planning P.M. Dance Session</p> <p>SLC 3 A.M. Learn about Paper Crafts @ Library P.M. Make Stained Glass Bookmarks</p>	<p>7</p> <p>SLC 1 (FIT) A.M. FAC P.M. Games in the Park (Gross Motor, Coordination, & Team Building)</p> <p>SLC 2 (FIT) A.M. Yoga in the Park P.M. Brain Game Stations</p> <p>SLC 3 A.M. Create Kinetic Sand Kits P.M. Museum of Discovery Free Zone</p>	<p>8</p> <p>SLC 1 A.M. Shop and Cook P.M. Clean and Meal Plan</p> <p>SLC 2 A.M. Meals on Wheels P.M. Science Club</p> <p>SLC 3 A.M. Swimming P.M. Bacon Elementary - Ms. Kurtz's 4th Grade</p>	<p>9</p> <p>SLC 1 (FIT) A.M. Dollar Tree for Pots P.M. Decorate Pots & Plant Flowers for Mother's Day</p> <p>SLC 2 A.M. Explore Benson Sculpture Garden P.M. Decorate Pots & Plant Flowers for Mother's Day</p> <p>SLC 3 A.M./P.M. Day Trip to Estes Park</p>	<p>10</p> <p>SLC 1 A.M./P.M. Angeler's Fishing</p> <p>SLC 2 A.M. Make Cards for Mother's Day P.M. Mother's Day Tea</p> <p>SLC 3 A.M. Scavenger Hunt Downtown FoCo A.M. Make Cards for Mother's Day</p>
<p>13</p> <p>MAC - Mindset Monday</p> <p>SLC 1 A.M./P.M. Travel Training to ARC for Volunteering</p> <p>SLC 2 (FIT) Dream Dancers A.M. Dance Session P.M. Music Therapy w/ Heather</p>	<p>14</p> <p>MAC - Tech Tuesday</p> <p>SLC 1 (FIT) A.M. FAC P.M. Health and Hygiene Workshop</p> <p>SLC 2 (FIT) A.M. Ball Games P.M. Fun and Fine (Motor) Relays</p>	<p>15</p> <p>MAC - Wellness Wednesday</p> <p>SLC 1 A.M. Shop and Cook P.M. Clean and Meal Plan</p> <p>SLC 2 A.M. Meals on Wheels P.M. Science Club</p>	<p>16</p> <p>MAC - Thriving Thursday</p> <p>SLC 1 (FIT) A.M. Swimming P.M. Create Rube Goldberg Machine</p> <p>SLC 2 A.M. Balance Games and Balance Screen w/ Covell P.M. Chipper's</p>	<p>17</p> <p>MAC - Fun Friday</p> <p>SLC 1 A.M./P.M. Travel Training to Historic Downtown FoCo</p> <p>SLC 2 A.M. Farm at Lee Martinez P.M. Outdoor Party Games</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>20</p> <p>MAC - Mindset Monday</p> <p>SLC 1 A.M./P.M. Travel Training CSU OT Garden</p> <p>SLC 2 (FIT) Dream Dancers A.M. Dance Session P.M. Facilitate Bingo @ Claire Bridge</p>	<p>21</p> <p>MAC - Tech Tuesday</p> <p>SLC 1 (FIT) A.M. FAC P.M. Memory Games</p> <p>SLC 2 (FIT) A.M. Yard Games P.M. Health and Hygiene Workshop</p>	<p>22</p> <p>MAC - Wellness Wednesday</p> <p>SLC 1 A.M. Shop and Cook P.M. Clean and Meal Plan</p> <p>SLC 2 A.M. Meals on Wheels P.M. Science Club</p>	<p>23</p> <p>MAC - Thriving Thursday</p> <p>SLC 1 (FIT) A.M. Swimming</p> <p>SLC 2 A.M. Gallery Walk P.M. Gallery Inspired Painting Session</p>	<p>24</p> <p>MAC- Fun Friday</p> <p>SLC 1 A.M. Memorial Day Games and BBQ P.M. Everyday Joe's</p> <p>SLC 2 A.M. Animal Scavenger Hunt @ Scheels P.M. Chapungu Sculpture Park</p>
<p>27 Memorial Day</p> <p>Elderhaus Closed</p>	<p>28</p> <p>MAC - Tech Tuesday</p> <p>SLC 1 (FIT) A.M. FAC P.M. Coping Skills Workshop</p> <p>SLC 2 A.M. Create Your Own Musical Instrument P.M. Shake Your Music Maker @ City Park</p>	<p>29</p> <p>MAC - Wellness Wednesday</p> <p>SLC 1 A.M. Shop and Cook P.M. Clean and Meal Plan</p> <p>SLC 2 A.M. Meals on Wheels P.M. Science Club</p>	<p>30</p> <p>MAC - Thriving Thursday</p> <p>SLC 1 (FIT) A.M. Swimming P.M. Art Gallery at CSU Student Center</p> <p>SLC 2 A.M. Garden Walk @ Spring Creek Gardens P.M. Create your own Garden Art</p>	

Much Gratitude to our Sponsors and Donors

