

M.I.N.D Calendar Index

DECEMBER 2024

CHANGING MINDS

Discover the art of **Social Skills** to enhance connections, navigate conversations, and build meaningful relationships with confidence

★ ★ ★ ★ ★

LIFE SKILLS

Learn how quick **Brain Breaks** can refresh your mind, reduce stress, and improve focus.

★ ★ ★ ★ ★

CREATIVE CORNER

Unleash your creativity in this open art session. Explore different materials, work on your own projects, and enjoy a peaceful space to create and express yourself.

★ ★ ★ ★ ★

DIAMOND PAINTING

Enjoy a relaxing, creative activity by placing tiny beads onto a canvas to create beautiful designs. Easy, fun, and no experience needed!

★ ★ ★ ★ ★

CROSS STITCH WITH ANTHONY

Relax and enjoy the art of cross-stitching in a calm, creative setting. Whether you're a beginner or experienced, this is a great opportunity to work on your project and unwind.

★ ★ ★ ★ ★

LISTENING LOUNGE

Relax in the Listening Lounge with engaging audiobooks and discussions that inspire mental health and personal growth.

★ ★ ★ ★ ★

DIY STUDIO

A pottery painting studio where you can choose from a variety of pottery pieces, paint them, and have them fired on-site.

★ ★ ★ ★ ★

ZUMBA FOR BEGINNERS

Join us for a fun, beginner-friendly Zumba session, perfect for getting active and lifting your mood! No experience needed—just bring your energy and comfortable clothing

★ ★ ★ ★ ★

COFFEE AND REBUS PUZZLE

Join us for coffee and fun brain teasers! Solve visual puzzles while enjoying a cozy afternoon with friends.

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ERGON BREAKFAST

Start your day with a tasty breakfast at Ergon, enjoying good food and great company in a relaxed setting.

★ ★ ★ ★ ★

MOVIE AFTERNOON

Join us for a fun movie afternoon! Vote for the movie on Facebook and come enjoy a relaxing time with friends.

★ ★ ★ ★ ★

ONE ON ONE CHAT

Book a one-on-one chat for personalized support, guidance, or just a friendly conversation in a private, relaxed setting.

★ ★ ★ ★ ★

MINUTE TO WIN IT GAMES

Enjoy 60-second challenges that will have everyone laughing and competing. Fun, fast, and no experience needed!

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BOARD GAMES

Join us for a fun session of board games! Enjoy a variety of classic and modern games, perfect for socializing and friendly competition.

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SENSORY RATING SCALE: Each activity is rated for sensory stimulation to help you choose what's most comfortable for you.

- 1 STAR ★ Very low sensory stimulation (quiet, calm, relaxing).
- 2 STAR ★★ Low sensory stimulation (minimal noise, relaxed pace).
- 3 STAR ★★★ Moderate sensory stimulation (some activity and interaction).
- 4 STAR ★★★★ High sensory stimulation (louder, more engaging or interactive)
- 5 STAR ★★★★★ Very high sensory stimulation (active, lively, high energy).

