

RFYP May 2021 Engagement Calendar

May is Asian American Pacific Islander Heritage Month

RFYP May 2021 Engagement Calendar					
May is Asian American Pacific Islander Heritage Month					
	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Holidays & Events	National Scavenger Hunt Day Eid al-Fitr	National Tap Dance Day BL Birthday	National Paper Airplane Day	National Senior Health and Fitness Day	National Hamburger Day MG Birthday
Option 1	Physical Effects of Anger - Mindfulness Activity	Rock Painting	Paper Chain Octopus	Tissue Paper Art	Balloon Volleyball
Option 2	Birthday Cards	My Values - Life Skills Activity	Charades	Values Important To Me - Life Skills Activity	Gratitude Journal
Daily Outing	Lake McBride	Walk Jimmy Jacks	Kent Park	Go to Walmart/Casco	Tees Ice Cream
Wellness	Bowling at Home Challenge				
	Favorite Character Fitness				
Click on the underlined activity to see the instructions.					
Weather permitting, members should get out of the house daily for their wellness :)					
<u>Click HERE to submit ideas for games, activities, outings, and exercise for future engagement calendars.</u>					
<u>Click HERE to request additional activity supplies.</u>					