



ArizonaAbility

Empowering Abilities, Enriching Lives

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NEW YEARS DAY 2025 PARTY Stretch & Move New Year's Resolution Project.	2 National Personal Trainer Day (Let's make Personal Thank You Cards for Parker) Stretch & Move Health w/Parker SAVERS \$ Optional	3 National Drinking Straw Day (History and Craft) Stretch & Move Culinary/Lunch Onsite Movie
6 National Bean Day (History and Bean ART) Stretch & Move Self-Advocacy (Speak Up Activity)	7 Russian Christmas Celebration (Kepka, Music, & Snack) Stretch & Move Grocery Shop Health Matters (Nutrition)	8 National Lotion Day (Sensory Activities) Stretch & Move Lunch Out (Peter Piper Pizza) \$15	9 National Law Enforcement Day (History of Police Hat Craft and Thank You letters to our local police Department). Stretch & Move Health w/Parker	10 National Save the Eagles Day (History & ART) Stretch & Move Culinary/Lunch On-site Movie
13 National Sticker Day (History of & Button Craft) Stretch & Move BINGO	14 National Dress Up Your Pet Day (Send Pictures) Stretch & Move Grocery Shop Health Matters (Exercise)	15 National Bagel Day Stretch & Move Goodwill \$ Optional Self Advocacy (Bullying Activity)	16 National Nothing Day (Create Something out of nothing Project) Stretch & Move Music w/ Carl	17 National POPEYE the Sailor Day (History) Stretch & Move Culinary/Lunch On-site Movie Health w/Parker
20 Martin Luther King Day (History) Stretch & Move Movie Outing \$20	21 Squirrel Appreciation Day (History & Nut Art) Stretch & Move Grocery Shop	22 National Polka Dot Day (Wear Polka Dots) Stretch & Move Mall Walking Health Matters (Portions)	23 National Pie Day (Pie for Snack) Stretch & Move Health w/Parker	24 National Compliment Day (Compliment Activity) Stretch & Move Culinary/Lunch On-site Movie
27 Holocaust Remembrance Day (History) Stretch & Move Health Matters (Menu Planning)	28 National Lady Bug Day (History & Craft) Stretch & Move Grocery Shop Self Advocacy BINGO	29 National Puzzle Day (History) (Activity) Stretch & Move Bowling \$15	30 National Croissant Day (History & Snack) Stretch & Move Health w/Parker	31 National Hot Chocolate Day (History & Snack) Stretch & Move Culinary/Lunch On-site Movie

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