

M.I.N.D. Calendar Index

May 2025

THE GROWTH SEASON

<p>CHANGING MINDS</p> <p>Explore emotional healing and inner resilience. Learn how to tend to emotional wounds and move toward forgiveness.</p> <p>★★</p>	<p>LIFE SKILLS</p> <p>Building self-awareness, confidence, and motivation. Learn practical tools to take ownership of your choices and speak up for your needs.</p> <p>★★</p>	<p>CREATIVE CORNER</p> <p>An open art session where you can explore different materials and work on your own projects in a peaceful and creative environment. All skill levels are welcome!</p> <p>★★</p>	<p>DIAMOND PAINTING</p> <p>A mindful, creative activity using tiny gems to create beautiful artwork. A great way to relax and focus.</p> <p>★★★</p>
<p>TANGLED UP IN THREAD</p> <p>Relax and create with knitting, crochet, and cross-stitch. Bring a project or start fresh—everyone is welcome!</p> <p>★★★</p>	<p>WALK AND TALK</p> <p>A morning walk to get moving, connect, and chat in a relaxed setting.</p> <p>★★★</p>	<p>LIP SYNC BATTLE</p> <p>Pick your song, bring your best moves, and let the fun unfold — no singing skills needed, just good vibes and big energy!</p> <p>★★★★</p>	<p>GARDENING CLUB</p> <p>Get your hands in the dirt, plant something new, and help our garden grow — no green thumb required!</p> <p>★★★</p>
<p>MAC & CHEESE MASHUP</p> <p>Build your own cheesy masterpiece with fun mix-ins and toppings — comfort food creativity at its finest!</p> <p>★★★★</p>	<p>THE GREAT GAMES DAY</p> <p>A laid-back afternoon of board games, cards, and friendly competition — play your favorites or try something new!</p> <p>★★★★</p>	<p>BOCCE AND BEVS</p> <p>Head to the park for a sunny afternoon of bocce ball and cold drinks — easygoing fun with fresh air and good company!</p> <p>★★★★</p>	<p>LOADED MASHED POTATO BOWLS</p> <p>Pile on the comfort with build-your-own mashed potato bowls — cheesy, crispy, and totally satisfying!</p> <p>★★★★</p>
<p>TANGLED UP IN THREAD MARATHON</p> <p>A full day of stitching, chatting, and relaxing — bring your thread project or start something new and cozy!</p> <p>★★★★</p>	<p>THE GRATITUDE GARDEN PARTY</p> <p>Walk & Talk, prep a picnic, enjoy lunch at the park, then wrap it up with potluck affirmations and fun outdoor games!</p> <p>★★★★</p>	<p>May is all about blooming — at your own pace. From walks and gardens to comfort food and fun Fridays, this month is rooted in simple joys, fresh air, and moments that help us grow.</p>	

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).

