

Loveland Center™
Equality Through Opportunity

Day Programs Activities Catalogue

Updated Fall 2024





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Day Programs Activities Catalogue

Updated Fall 2024

Dear Loveland Center Community,

We are excited to share this day program activity catalogue with you! We believe that these programs belong to the participants and that we as staff and administrators are here to help facilitate the programs. Every one of Loveland's day programs are unique, with their own style and activities, based on the wants and needs of the individuals who attend.

The purpose of this catalogue is to give you a feeling and basic understanding of the types of activities offered at each program, however, please note that we cannot guarantee any specific activity will be offered on a given day. Between Florida's unpredictable weather, changes in the schedules of community partners, and special events and trips planned throughout the year, there may be on the fly adjustments made to each activity calendar.

It is also important to note that programs implement their schedules differently. In one program you may choose the activities you would like to participate in at the beginning of each session and do those same activities for 4 months. In others, you are more likely to stay with your main group of peers but rotate through the different activities offered week to week.

If you have questions about a program's schedule or activities we encourage you to visit, ask questions, and get a feel for that specific program.

Becca R. Eldredge
Chief Programs Officer



LOVELAND BRADENTON

Updated Fall 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|---|---|---|--|
| 8:30-9:00 | Morning Meeting | Morning Meeting | Morning Meeting | Morning Meeting | Morning Meeting |
| 9:10 -10:50 | Activity A: Volunteer @ MPAC Activity B: Computer Skills Activity C: Games & Puzzles Activity D: Indoor Exercise | Activity A: Sports Activity B: Library Activity C: Wellness Activity D: Communication Skills | Activity A: Art Activity B: Volunteering Activity C: Gardening Activity D: Cultural Exploration | Activity A: Shopping Activity B: Art Activity C: Community Exploration Activity D: Cooking | Activity A: Dance Party Activity B: Nature Outing Activity C: Art Activity D: Indoor Exercise |
| 11:00-12:00 | Lunch, Break & Cleaning Tasks | Lunch, Break & Cleaning Tasks | Lunch, Break & Cleaning Tasks | Lunch, Break & Cleaning Tasks | Lunch, Break & Cleaning Tasks |
| 12:10-1:50 | Activity A: Corn Hole Activity B: Money Skills Activity C: Music Activity D: Daily Living Skills | Activity A: Science Activity B: Art Activity C: Hygiene Skills Activity D: Nutrition | Activity A: Grocery Shopping Activity B: Dance Exercise Activity C: Academic Games Activity D: Reading | Activity A: Science Activity B: Art Activity C: Safety Skills Activity D: Scenic Adventure | Activity A: Shopping Activity B: Movie Activity C: Games & Puzzles Activity D: Music |
| 2:00-2:30 | Choice Activities | Choice Activities | Choice Activities | Choice Activities | Choice Activities |



LOVELAND BRADENTON

Updated Fall 2024

Volunteer at MPAC

This volunteering opportunity allows participants to interact with the community while giving back at the Manatee Performing Arts Center. Folding and hanging up linens, wiping down tables, setting up the ballroom for events, organizing costumes, and more.

Computer Skills

Aimed at helping individuals explore their individual interests and become more independent online, this group uses the computer to learn how to look up information online and share information about topics of interest with friends, family, and care givers, while remaining safe.

Games & Puzzels

A variety of games and puzzles are offered each week for participants to choose from. Whether its Uno, Guess Who, or other activities, participants work on socialization and collaboration.

Indoor Exercise

Whether its riding the tricycle, doing adaptive yoga, or a workout video, this session allows participants of all abilities to get some physical activity in their day.

Corn Hole

Great for gross motor skills, physical activity, math skills, and just having fun! Corn hole participants practice together and compete in teams of 2 to reach 21 points before the other team.

Money Skills

Focusing on both in center and practical applications, money skills works with participants to recognize different money amounts, budget for different wants and needs, and practice purchasing items.





LOVELAND BRADENTON

Updated Fall 2024

Music

Whether its singing solos or singing as a group, playing an instrument, or sharing music they enjoy with their friends, this activity allows participants to enjoy time together and express themselves through music. This group will be invited to join the Loveland Creates performance in December for a small cameo.

Library

At the public library participants have the opportunity to interact with their community while choosing books they would like to read at program or at home. Staff supports participants to check books out as independently as possible.

Daily Living Skills

Whether its practicing folding laundry, how to organize a room, or put away dishes, this session focuses on different skills that help individuals live as independently as possible.

Wellness

This session focuses on taking care of your physical and mental health. Interactive activities, such as going for a walk at a park, when to go to the doctor, or practicing stress management techniques are all part of this session.

Sports

Participants go into the community to play different sports at local parks, such as basketball and kickball.

Communication Skills

Practicing self expression, communication, and bravery participants in this session are given the opportunity to stand up in front of their peers. Whether they choose to tell a story, sing, or tell jokes participants will gain skills to help them advocate and communicate.



LOVELAND BRADENTON

Updated Fall 2024

Science

Filled with different experiments and hands on learning. Projects could include building a volcano, making an egg bounce, finding and extracting fossils, and more.



Nutrition

Focused on healthy eating and food, this session allows participants to learn about and practice healthy food choices.

Art

Great for individuals interested in trying different types of art, this session allows participants to try new things, practice fine motor skills, and explore their creativity. Activities may include, but are not limited to, painting bird houses, jewelry, pottery, looming, and more.

Volunteering

Different Volunteering opportunities are available throughout the month. This activity helps participants work on following directions, working with their peers, and being a part of their community.

Hygiene Skills

In partnership with Special Olympics Florida, Loveland Center staff offer guided instruction on different hygiene activities such as brushing teeth, bathing, and more.

Gardening

Gardening helps participants learn how to take care of the spaces around them, connect with nature, learn about different plants, and work as a team. Whether its planting new flowers, weeding, watering, painting rocks or pots, gardening allows participants to explore the world around them.





LOVELAND BRADENTON

Updated Fall 2024

Cultural Exploration

Each session takes participants on virtual tours of different areas they may have never been to before. Whether its one state away, or the other side of the world, this session lets participants learn about different cultures, customs, and activities throughout the world.

Academic Games

Whether its trivia style or jeopardy, have fun practicing math, reading, and other academic skills. Support is offered to individuals at any level who would like to strengthen their academic skills.

Grocery Shopping

Cooking starts long before the stove is turned on. We like to say that we don't have magic refrigerators at program. Participants learn organizational, preparation, and money skills during weekly shopping trips to purchase the ingredients needed to prepare meals.

Reading

With support from staff, participants in reading select a book from the library to read together and then discuss the book as a group. Books vary depending on the participants involved and different participants are given the lead to choose throughout the session.

Dance Exercise

Whether its standing or in a chair, dance exercise is a great way to take care of your body and have fun at the same time!

Shopping

A different adventure every week, participants in this group get to pick if they would like to go to a store, out to lunch, or more. Participants practice making their own purchases, socialize, and enjoy being in the community. Must bring your own money for purchases.



LOVELAND BRADENTON

Updated Fall 2024

Community Exploration

Participants choose their own adventure in this weekly activity, heading out in the community with no pre-planned destination. Aimed at helping participants make choices and advocate for what they want to do, this activity also allows for the discovery of new places in our community.

Safety

This session focuses on different aspects of safety from recognizing stop signs, to learning not to give out personal information, and safe ways to interact online. Skills are learned through conversations, role play, and practice in real world settings.

Cooking

Whether making their favorite meal, or preparing food to share with friends, this activity helps participants gain the skills to be more independent with cooking. From no-heat recipes, like salads and puddings, to

Science

Filled with different experiments and hands on learning. Projects could include building a volcano, making an egg bounce, finding and extracting fossils, and more.



Movie

Participants work together to choose a movie they would like to watch together. A great way to wind down at the end of the week.



LOVELAND CREATES

Updated Fall 2024

Loveland
Center™

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|---|--|--|---|
| 8:30-9:00 | Warm-ups Human Rights | Warm-ups Safety Review | Warm-ups Health Review | Warm-Ups Safety Review | Warm-Ups Human Rights |
| 9:00 -11:00 | Activity A: Rehearsal Activity B: Scene Shop | Activity A: Loveland Store Sales Activity B: Art Creation | Activity A: Rehearsal Activity B: Loveland Store Sales | Activity A: Rehearsal Activity B: Loveland Store Sales | Activity A: Costumes & Makeup Activity B: Wood Shop |
| 11:00-12:00 | Lunch & Break | Lunch & Break | Lunch & Break | Lunch & Break | Lunch & Break |
| 12:00-2:00 | Activity A: Marketing & Sponsorships Activity B: Art Creation | Activity A: Community Outing Activity B: Lighting | Activity A: Sound Activity B: Art Creation | Activity A: Marketing & Sponsorships Activity B: Community Outing | Activity A: Music Activity B: Art Creation |
| 2:00-2:30 | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks |



LOVELAND CREATES

Updated Fall 2024

Loveland Creates is a specialized program where participants learn life skills through visual and performing arts.

Rehearsal

Those cast in the fall/winter performance have rehearsal on Monday, Wednesday, and Thursday mornings with our guest director, Liz Pascoe. Through rehearsing and performing participants learn how to work together, be creative, follow directions, memorize lines, improvise, and so much more.

Art Creation

The Loveland Store houses art made by participants in the Loveland Creates program. In Art Creation, participants learn how to make new types of art that can be sold. When they find a type of art they like they can keep working on that style, creating pieces for the store. Participants keep the profits of any piece of art that they sell,

Scene Shop

Loveland's state of the art shop is built with safety in mind first. In our weekly Scene Shop activity, participants help to design, build, and paint scenery for the current production. Through this process, participants learn how to problem solve, work as a team, safely use tools, and create something they are proud of.

Loveland Store Sales

As part of the hands on learning of the Loveland Creates program, participants learn all aspects of entrepreneurship. In this activity, participants manage the inventory for the store, update the store's Etsy shop, package and ship orders, and more.

Marketing & Sponsorships

Making sure the community knows about an upcoming production and gathering their support is vital to its success! Participants learn how to market a show, take posters to local businesses, learn why sponsorships are important, and even call businesses asking if they will support the show.

Community Outings

Outings vary week to week based on the needs of the participants and the program. They can be going to home depot to pick up supplies, taking a break at the beach, gathering research for a set by looking at architecture around town, and so much more.



Lighting

In this activity, participants learn how to design, cable, hang, and focus lighting equipment for theatrical performances.

Additionally, participants learn how to operate the lighting board, record cues, and more. Through this activity participants learn how to use non-verbal communication, work as a team, and follow directions.

Wood Shop

Similar to scene shop, Wood Shop has participants learning wood working skills, creating pieces that can be shared or sold. Potential projects include bird houses, cutting boards, custom signs, and more.

Sound

In this activity, participants learn how to design, cable, and run sound equipment for theatrical productions. Participants learn how to balance sounds, listen closely for changes, and make changes quickly.

Music

In this activity participant learn music for upcoming performance or share songs they are working on individually with each other.

Costumes & Make Up

Participants learn how to research, design, shop for, and sew costumes. Studying a character's clothing choices helps participants learn non-verbal communication, while the practical life skills of sewing and staying on budget are also important parts of this program.





LOVELAND NORTH PORT

Updated Fall 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|--|--|---|--|
| 8:30-9:20 | Arrival & Morning Meeting | Arrival & Morning Meeting | Arrival & Morning Meeting | Arrival & Morning Meeting | Arrival & Morning Meeting |
| 9:30 -11:10 | Activity A: Bingo Activity B: Volunteering Activity C: Sports | Activity A: Art Activity B: Meals On Wheels Activity C: Farm | Activity A: Bowling Activity B: Money Skills Activity C: Wellness | Activity A: Volunteer @ Food Pantry Activity B: Reading Activity C: Cooking @ FSC | Activity A: NPAC Activity B: Corn Hole Activity C: Academic Skills |
| 11:15-12:15 | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals |
| 12:20-1:50 | Activity A: Library Activity B: Communication Skills Activity C: Trivia | Activity A: Safety Skills Activity B: Nutrition Activity D: Shopping | Activity A: Grocery Shopping Activity B: Games & Puzzles Activity C: Science | Activity A: Social Skills Activity B: Art Activity C: Trivia | Activity A: Shopping Activity B: Movie & Music Activity C: Games & Puzzles |
| 2:00-2:30 | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks |



LOVELAND NORTH PORT

Updated Fall 2024

Bingo

An exciting past time, Bingo is a great way to socialize with friends while working on number recognition. Bingo players win prizes throughout the fall session.

Library

At the public library participants have the opportunity to interact with their community while choosing books they would like to read at program or at home. Staff supports participants to check books out as independently as possible.

Volunteering

Different Volunteering opportunities are available throughout the month. This activity helps participants work on following directions, working with their peers, and being a part of their community.

Communication Skills

Practicing self expression, communication, and bravery participants in this session are given the opportunity to stand up in front of their peers. Whether they choose to tell a story, sing, or tell jokes participants will gain skills to help them advocate and communicate.

Sports

Whether its going to the Mullen Center to participant in T-Rec sports activities, going to a local tennis or basketball court, or playing corn hole outside at program, this activity gives participants the opportunity to try different sports, work as a team, and spend time being physically active.

Trivia

Whether we are playing trivia on teams or independently, this activity is a fun filled way to learn information! Each week, trivia games will revolve around different topics including, but not limited to, animals, money, safety, making choices, music, movies, spelling, nature, and more.



LOVELAND NORTH PORT

Updated Fall 2024

Art

Great for individuals interested in trying different types of art, this session allows participants to try new things, practice fine motor skills, and explore their creativity. Activities may include, but are not limited to, painting bird houses, seasonal crafts, jewelry, pottery, and more.

Safety

This session focuses on different aspects of safety from recognizing stop signs, to learning not to give out personal information, and safe ways to interact online. Skills are learned through conversations, role play, and practice in real world settings.

Meals On Wheels

In this volunteering opportunity, participants deliver meals to those in need. A great way to give back to the community, learn how to navigate, follow directions, and make someone else's day a little better.



Nutrition

Focused on healthy eating and food, this session allows participants to learn about and practice healthy food choices.

Farm

The Fandango Sanctuary, located in Englewood, is a safe haven for rescued farm animals. Participants work on projects at the farm, like fixing fences, gardening, and taking care of the animals.

Shopping

A different adventure every week, participants in this group get to pick if they would like to go to a store, out to lunch, or more. Participants practice making their own purchases, socialize, and enjoy being in the community. Must bring your own money for purchases.



LOVELAND NORTH PORT

Updated Fall 2024

Bowling

A favorite activity for participants, this group visits the local bowling alley where they compete against their friends and work to improve on their own personal scores while practicing independently ordering their food.

Money Skills

Focusing on both in center and practical applications, money skills works with participants to recognize different money amounts, budget for different wants and needs, and practice purchasing items.

Wellness

This session focuses on physical exercise and taking care of your physical and mental health. Interactive activities, such as going for a walk at a park, playing a sport, or practicing stress management techniques are all part of this session.

Grocery Shopping

Cooking starts long before the stove is turned on. We like to say that we don't have magic refrigerators at program. Participants learn organizational, preparation, and money skills during weekly shopping trips to purchase the ingredients needed to prepare meals.

Games & Puzzles

A variety of games and puzzles are offered each week for participants to choose from. Whether its Uno, Guess Who, or other activities, participants work on socialization and collaboration.

Science

Filled with different experiments and hands on learning. Projects could include building a volcano, making an egg bounce, finding and extracting fossils, and more.



LOVELAND NORTH PORT

Updated Fall 2024

Volunteering At Food Pantry

This volunteering opportunity has participants picking up donated food and bringing it to the local homeless shelter. Once at the shelter, participants help sort the food for distribution.

Social Skills

Using a variety of hands on learning activities, social skills offers program participants the opportunity to grow with their peers. Whether its role playing social scenarios or learning how to host a dinner party, social skills activities are based on the specific needs and goals of the individuals in the group.

Reading

With support from staff, participants in reading select a book from the library to read together and then discuss the book as a group. Books vary depending on the participants involved and different participants are given the lead to choose throughout the session.

NPAC

Participants travel to the North Port Art Center where a teaching artists helps participants make fun and dynamic art work. This year's long partnership is a favorite of Loveland North Port participants.

Cooking at Charlotte FSC

Participants go to the beautiful Charlotte County Family Services Center where they are able to practice cooking skills in their state of the art teaching kitchen. Equipped with many different tools and innovations, this space allows participants to practice cooking for larger group settings.

Corn Hole

Great for gross motor skills, physical activity, math skills, and just having fun! Corn hole participants practice together and compete in teams of 2 to reach 21 points before the other team.





LOVELAND NORTH PORT

Updated Fall 2024

Academic Skills

Focused on supporting participants to learn the academic skills that will help them be the most independent, sessions are tailored to the individuals present. Whether that is helping them to write their name and address, or research specific information that will help them to obtain a job they are interested in, the topics in this session are as unique as the individuals we serve.

Movies & Music

Participants work together to choose a movie they would like to watch together or music they would like to listen to. A fun and relaxing way to wind down at the end of the week.





LOVELAND PORT CHARLOTTE

Updated Fall 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|--|--|---|---|
| 8:30-9:00 | Morning Meeting | Morning Meeting | Morning Meeting | Morning Meeting | Morning Meeting |
| 9:10 -10:50 | Activity A: Volunteer @ Resale Shop Activity B: Garden @ PRBG Activity C: Games & Puzzles Activity D: Academic Games | Activity A: Pottery @ VAC Activity B: Library Activity C: Wellness Activity D: Communication Skills | Activity A: Bowling Activity B: Volunteer @ Food Pantry Activity C: Gardening | Activity A: Spanish Activity B: CARE Activity C: Farm Activity D: Cooking @ FSC | Activity A: Coffee Talk Activity B: Gardening |
| 11:00-12:00 | Lunch, Break & Small Groups | Lunch, Break & Small Groups | Lunch, Break & Small Groups | Lunch, Break & Small Groups | Lunch, Break & Small Groups |
| 12:10-1:50 | Activity A: Corn Hole Activity B: Money Skills Activity C: Music Activity D: Daily Living Skills | Activity A: Science Activity B: Art Activity C: Social Skills Activity D: Nutrition | Activity A: Grocery Shopping Activity B: Dance Exercise Activity C: Computers & Research | Activity A: Science Activity B: Art Activity C: Safety Skills Activity D: Scenic Adventure | Activity A: Shopping Activity B: Movie Activity C: Games & Puzzles Activity D: Music |
| 2:00-2:30 | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks |



LOVELAND PORT CHARLOTTE

Updated Fall 2024

Volunteer at Resale Shop

This volunteering opportunity allows participants to interact with the community while giving back at the Homeless Coalition's Resale Shop. Folding and hanging up clothes, wiping down shelves, organizing books on a shelf are all possible tasks done during a volunteering session.

Gardening @ PRBG

Gardening at Peace River Botanical Gardens helps participants learn how to take care of the spaces around them, connect with nature, learn about different plants, and work as a team. Whether its planting new flowers, weeding, or watering, gardening allows participants to explore the world around them.

Games & Puzzles

A variety of games and puzzles are offered each week for participants to choose from. Whether its Uno, Guess Who, or other activities, participants work on socialization and collaboration.



Academic Games

Whether its trivia style or jeopardy, have fun practicing math, reading, and other academic skills. Support is offered to individuals at any level who would like to strengthen their academic skills.

Corn Hole

Great for gross motor skills, physical activity, math skills, and just having fun! Corn hole participants practice together and compete in teams of 2 to reach 21 points before the other team.

Money Skills

Focusing on both in center and practical applications, money skills works with participants to recognize different money amounts, budget for different wants and needs, and practice purchasing items.



LOVELAND PORT CHARLOTTE

Updated Fall 2024

Music

Whether its singing solos or singing as a group, playing an instrument, or sharing music they enjoy with their friends, this activity allows participants to enjoy time together and express themselves through music. This group will be invited to join the Loveland Creates performance in December for a small cameo.

Pottery at the VAC

Held at the Visual Art Center in Punta Gorda, these classes allow participants to make different types of pottery, from cups and bowls to figurines. Pottery is a great medium for not only self expression but sensory integration.

Library

At the public library participants have the opportunity to interact with their community while choosing books they would like to read at program or at home. Staff supports participants to check books out as independently as possible.

Wellness

This session focuses on physical exercise and taking care of your physical and mental health. Interactive activities, such as going for a walk at a park, playing a sport, or practicing stress management techniques are all part of this session.

Communication Skills

Practicing self expression, communication, and bravery participants in this session are given the opportunity to stand up in front of their peers. Whether they choose to tell a story, sing, or tell jokes participants will gain skills to help them advocate and communicate.

Science

Filled with different experiments and hands on learning. Projects could include building a volcano, making an egg bounce, finding and extracting fossils, and more.



LOVELAND PORT CHARLOTTE

Updated Fall 2024

Art

Great for individuals interested in trying different types of art, this session allows participants to try new things, practice fine motor skills, and explore their creativity. Activities may include, but are not limited to, painting bird houses, jewelry, pottery, looming, and more.

Nutrition

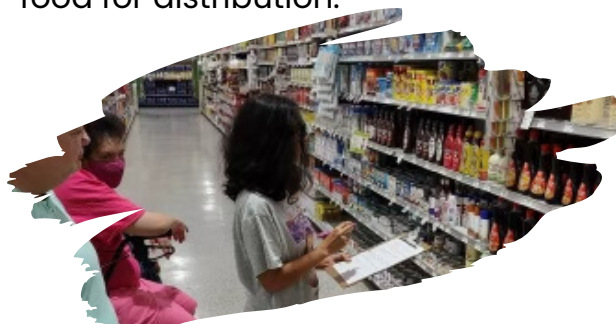
Focused on healthy eating and food, this session allows participants to learn about and practice healthy food choices.

Social Skills

Using a variety of hands on learning activities, social skills offers program participants the opportunity to grow with their peers. Whether its role playing social scenarios or learning how to host a dinner party, social skills activities are based on the specific needs and goals of the individuals in the group.

Volunteering At Food Pantry

This volunteering opportunity has participants picking up donated food and bringing it to the local homeless shelter. Once at the shelter, participants help sort the food for distribution.



Bowling

A favorite activity for participants, this group visits the local bowling alley where they compete against their friends and work to improve on their own personal scores while practicing independently ordering their food.

Gardening

Gardening helps participants learn how to take care of the spaces around them, connect with nature, learn about different plants, and work as a team. Whether its planting new flowers, weeding, watering, painting rocks or pots, gardening allows participants to explore the world around them.



LOVELAND PORT CHARLOTTE

Updated Fall 2024

Grocery Shopping

Cooking starts long before the stove is turned on. We like to say that we don't have magic refrigerators at program.

Participants learn organizational, preparation, and money skills during weekly shopping trips to purchase the ingredients needed to prepare meals.

Spanish

Focused on conversational interactions participants may have with friends, family, and caregivers who are Spanish speakers.

Dance Exercise

Whether its standing or in a chair, dance exercise is a great way to take care of your body and have fun at the same time!

CARE

Lead by staff from the Center for Abuse and Rape Emergencies, these sessions use hands on activities to help teach participants about what is appropriate and not appropriate touch, how to report if they feel unsafe with a person in their lives, and more.

Computers & Research

Aimed at helping individuals explore their individual interests, this group uses the computer to learn how to look up information online and share information about topics of interest with friends, family, and care givers.

Farm

The Fandango Sanctuary, located in Englewood, is a safe haven for rescued farm animals. Participants work on projects at the farm, like fixing fences, gardening, and taking care of the animals.



LOVELAND PORT CHARLOTTE

Updated Fall 2024

Cooking at FSC

Participants go to the beautiful Family Services Center where they are able to practice cooking skills in their state of the art teaching kitchen. Equipped with many different tools and innovations, this space allows participants to practice cooking for larger group settings.

Safety

This session focuses on different aspects of safety from recognizing stop signs, to learning not to give out personal information, and safe ways to interact online. Skills are learned through conversations, role play, and practice in real world settings.

Scenic Adventure

Participants choose their own adventure in this weekly activity, heading out in the community with no pre-planned destination. Aimed at helping participants make choices and advocate for what they want to do, this activity also allows for the discovery of new places in our community.

Coffee Talk

This weekly session allows participants to get together as a large group to discuss the week and what they would like to do in the week to come. They also discuss current events, and enjoy some coffee or hot chocolate as they converse with friends.

Shopping

A different adventure every week, participants in this group get to pick if they would like to go to a store, out to lunch, or more. Participants practice making their own purchases, socialize, and enjoy being in the community. Must bring your own money for purchases.

Movie

Participants work together to choose a movie they would like to watch together.





LOVELAND VENICE, BUILDING C

Updated Fall 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|--|--|---|--|
| 8:30-9:00 | Morning Meeting | Morning Meeting | Morning Meeting | Morning Meeting | Morning Meeting |
| 9:10 -10:50 | <p>Activity A: Monday Mentors</p> <p>Activity B: Mural Painting</p> <p>Activity C: Gardening</p> <p>Hearty Kitchen: Volunteer @ Food Pantry</p> | <p>Activity A: Corn Hole</p> <p>Activity B: Wood Shop</p> <p>Activity C: Volunteer @ Farm</p> <p>Hearty Kitchen: Gardening & Food Prep</p> | <p>Activity A: Money Skills</p> <p>Activity B: Volunteer @ Habitat Restore</p> <p>Activity C: Exploratory Art</p> <p>Hearty Kitchen: Gardening & Food Prep</p> | <p>Activity A: Volunteer @ Farm</p> <p>Activity B: Basketball</p> <p>Activity C: Gardening</p> <p>Hearty Kitchen: Cooking for residents</p> | <p>Activity A: Chorus</p> <p>Activity B: Volunteer @ Habitat Restore</p> <p>Activity C: Silver Sneakers</p> <p>Hearty Kitchen: Kitchen Reset</p> |
| 11:00-12:00 | Lunch & Break | Lunch & Break | Lunch & Break | Lunch & Break | Lunch & Break |
| 12:10-12:40 | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks |
| 12:50-2:30 | <p>Activity A: Social Skills</p> <p>Activity B: Karate</p> <p>Activity C: Reading</p> <p>Hearty Kitchen: Food Shopping</p> | <p>Activity A: Bingo</p> <p>Activity B: Kick Ball</p> <p>Activity C: Volunteer @ Farm</p> <p>Hearty Kitchen: Cooking</p> | <p>Activity A: Safety Skills</p> <p>Activity B: Karate</p> <p>Activity C: Library</p> <p>Hearty Kitchen: Cooking</p> | <p>Activity A: Volunteer @ Farm</p> <p>Activity B: Spanish</p> <p>Activity C: Science</p> <p>Hearty Kitchen: Food Service</p> | <p>Activity A: Shopping</p> <p>Activity B: Games & Puzzles</p> <p>Activity C: Movie</p> <p>Hearty Kitchen: Kitchen Prep</p> |



LOVELAND VENICE, BUILDING C

Updated Fall 2024

Hearty Kitchen Academy

A specialized micro program within building C, individuals who sign up for the Hearty Kitchen Academy are signing up to be learning life skills through food every day they attend program.

HKA activities include:

Volunteering

Working with a local food pantry or food bank, participants learn the importance of giving back, about food insecurity, and gain first hand experience sorting and preparing food to be distributed. Food bank and pantries vary week to week and can include working with All Faith's Food Bank, The Awaken Food Pantry, and more.

Shopping

Cooking starts long before the stove is turned on. We like to say that we don't have magic refrigerators at program. Participants learn organizational, preparation, and money skills during weekly shopping trips to purchase the ingredients needed to prepare meals at program.

Gardening

We believe that learning where our food comes from is invaluable. During gardening, participants learn to take care of the fruits and vegetables in Loveland's kitchen garden, harvesting the ingredients when they are ready to be used in a meal.

Cooking

The meat and potatoes of the HKA program, where it all comes together! During regular cooking sessions participants learn how to make meals and snacks they want to make at home. During cooking for residents, participants learn how to cook in bulk making hot meals for residents of the Nancy Detert Apartments.

Kitchen Reset & Prep

Learning about cooking means learning every part including taking care of your space. During Kitchen reset & prep participants learn how to deep clean kitchen appliances, go through the fridge to see what food needs to be discarded, take inventory of supplies, and prepare for the next cooking project.



LOVELAND VENICE, BUILDING C

Updated Fall 2024

Pick one activity per morning and afternoon time slot on days you attend program.

Monday Mentors

Focused on connecting program participants with members of the community, Monday Mentors offers a interaction with a variety of volunteers who teach new skills about independent living, job skills, sports, and more while building connections with participants.

Social Skills

Using a variety of hands on learning activities, social skills offers program participants the opportunity to grow with their peers. Whether its role playing different social scenarios or learning how to host a dinner party, social skills activities are based on the specific needs and goals of the individuals in the group.

Mural Painting

Working as a team, participants in mural painting with spend 4 months designing & implementing an 8 foot by 8 foot mural that will hang in the hallway of building C. Designed to help build collaborative social skills, work on problem solving, and explore creative expression.

Karate

Lead by Buck Buckmaster of Revolutionary Martial Arts in Venice, participants go to the Karate studio 1 to 2 times per week. Through Karate, participants learn self discipline while building strength and confidence..

Gardening

Gardening helps participants learn how to take care of the spaces around them, connect with nature, learn about different plants, and work as a team. Whether its planting new flowers, weeding, watering, painting rocks or pots, gardening allows participants to explore the world around them.

Reading

With support from staff, participants in reading select a book from the library to read together and then discuss the book as a group. Books vary depending on the participants involved and different participants are given the lead to choose throughout the session.



LOVELAND VENICE, BUILDING C

Updated Fall 2024

Pick one activity per morning and afternoon time slot on days you attend program.

Corn Hole

Great for gross motor skills, physical activity, math skills, and just having fun! Corn hole participants practice together and compete in teams of 2 to reach 21 points before the other team.



Bingo

An exciting past time, Bingo is a great way to socialize with friends while working on number recognition. Bingo players win prizes throughout the fall session.

Wood Shop

With support of a skilled volunteer, and with safety the top priority, wood shop participants learn how to use different tools and techniques to create items out of wood. Fall projects may include charcuterie boards, bird houses, tool boxes, and more.

Kick Ball

Kick Ball participants practice and play together in the quad area of the Venice Campus or at local baseball fields. Participants in this activity are working on physical activity/ health, following directions, team work, and socialization.

Farm

The Fandango Sanctuary, located in Englewood, is a safe haven for rescued farm animals. Participants work on projects at the farm, like fixing fences, gardening, and taking care of the animals.

Money Skills

Focusing on both in center and practical applications, money skills works with participants to recognize different money amounts, budget for different wants and needs, and practice purchasing items.



LOVELAND VENICE, BUILDING C

Updated Fall 2024

Pick one activity per morning and afternoon time slot on days you attend program.

Habitat Restore

This volunteering opportunity allows participants to interact with the community while giving back. Folding and hanging up clothes, wiping down shelves, organizing books on a shelf are all possible tasks done during a volunteering session.

Library

At the public library participants have the opportunity to interact with their community while choosing books they would like to read at program or at home. Staff supports participants to check books out as independently as possible.

Exploratory Art

Great for individuals interested in trying different types of art, this session allows participants to try new things, practice fine motor skills, and explore their creativity. Activities may include, but are not limited to, painting bird houses, jewelry, pottery, looming, and more.

Basketball

Basketball participants practice and play together in the quad area of the Venice Campus or at local parks. Participants in this activity are working on physical activity/health, following directions, team work, and socialization.

Safety

This session focuses on different aspects of safety from recognizing stop signs, to learning not to give out personal information, and safe ways to interact online. Skills are learned through conversations, role play, and practice in real world settings.

Spanish

Focused on conversational interactions participants may have with friends, family, and caregivers who are spanish speakers.



LOVELAND VENICE, BUILDING C

Updated Fall 2024

Pick one activity per morning and afternoon time slot on days you attend program.

Science

Filled with different experiments and hands on learning. Projects could include building a volcano, making an egg bounce, finding and extracting fossils, and more.

Chorus

Whether its singing solos or singing as a group, this activity allows participants to enjoy time with their friends expressing themselves through music. This group will be invited to join the Loveland Creates performance in December for a small cameo.

Silver Sneakers

These workouts allow participants to get exercise and move their bodies while sitting in a chair.



Shopping

A different adventure every week, participants in this group get to pick if they would like to go to a store, out to lunch, or more. Participants practice making their own purchases, socialize, and enjoy being in the community. Must bring your own money for purchases.

Games & Puzzels

A variety of games and puzzles are offered each week for participants to choose from. Whether its Uno, Guess Who, or other activities, participants work on socialization and collaboration.

Movie

Participants work together to choose a movie they would like to watch together.



LOVELAND VENICE BUILDING D

Updated Fall 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|---|--|--|--|
| 8:30-9:20 | Arrival & Morning Meeting | Arrival & Morning Meeting | Arrival & Morning Meeting | Arrival & Morning Meeting | Arrival & Morning Meeting |
| 9:30 -11:00 | Activity A: Bingo Activity B: Outdoor Walk Activity C: Cooking | Activity A: Indoor Exercise Activity B: Games & Puzzles Activity C: Community Walk | Activity A: Grocery Shopping Activity B: Gross Motor Skills Activity C: Fine Motor Skills | Activity A: Shopping Activity B: Money Skills Activity C: Music & Dancing | Activity A: Fine Motor Skills Activity B: Indoor Exercise Activity C: Art |
| 11:15-12:15 | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals | Lunch, Break & Individual Goals |
| 12:20-1:50 | Activity A: Library Activity B: Fine Motor Skills Activity C: Art | Activity A: Safety Skills Activity B: Art Activity D: Gross Motor Skills | Activity A: Cooking Activity B: Games & Puzzles Activity C: Reading | Activity A: Social Skills Activity B: Art Activity C: Gross Motor Skills | Activity A: Pet Therapy Activity B: Movie & Music Activity C: Games & Puzzles |
| 2:00-2:30 | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks | Cleaning tasks |



LOVELAND VENICE BUILDING D

Updated Fall 2024

Bingo

An exciting past time, Bingo is a great way to socialize with friends while working on number recognition. Bingo players win prizes throughout the fall session.

Library

At the public library participants have the opportunity to interact with their community while choosing books they would like to read at program or at home. Staff supports participants to check books out as independently as possible.

Outdoor Walk

Whether it is walking through the quad, going on the path behind the apartments, or exploring a new place to walk, participants get exercise and enjoy Florida's natural beauty.

Fine Motor Skills

Practicing skills that allow participants to gain more independence, this activity could be building with legos, practicing holding onto a spoon, sorting items by color, and much more.

Cooking

Whether making their favorite meal, or preparing food to share with friends, this activity helps participants gain the skills to be more independent with cooking. From no-heat recipes, like salads and puddings, to

Art

Great for individuals to try different types of art, this session allows participants to try new things, practice fine motor skills, and explore their creativity.





LOVELAND VENICE BUILDING D

Updated Fall 2024

Indoor Exercise

Whether its doing adaptive yoga, or a workout video, this session allows participants of all abilities to get some physical activity in their day.

Games & Puzzles

A variety of games and puzzles are offered each week for participants to choose from. Whether its Uno, Guess Who, or other activities, participants work on socialization and collaboration.

Community Walk

Participants pick a different area of the community to explore each week. Whether they go to the pier, downtown Wellen Park, or some place they've never been before, this activity allows participants to explore their community.

Safety

This session focuses on different aspects of safety from recognizing stop signs, to learning not to give out personal information, and safe ways to interact online. Skills are learned through conversations, role play, and practice in real world settings.

Gross Motor Skills

Supporting individuals with mobility limitations, Gross Motor Skills helps individuals stretch and move their body.

Grocery Shopping

Cooking starts long before the stove is turned on. We like to say that we don't have magic refrigerators at program. Participants learn organizational, preparation, and money skills during weekly shopping trips to purchase the ingredients needed to prepare meals.





LOVELAND VENICE BUILDING D

Updated Fall 2024

Reading

With support from staff, participants in reading select a book from the library to read together and then discuss the book as a group. Books vary depending on the participants involved and different participants are given the lead to choose throughout the session.

Shopping

A different adventure every week, participants in this group get to pick if they would like to go to a store, out to lunch, or more. Participants practice making their own purchases, socialize, and enjoy being in the community. Must bring your own money for purchases.

Money Skills

Focusing on both in center and practical applications, money skills works with participants to recognize different money amounts, budget for different wants and needs, and practice purchasing items.

Music & Dancing

Participants work on communication while enjoying themselves and dancing to music with their peers.



Social Skills

Using a variety of hands on learning activities, social skills offers program participants the opportunity to grow with their peers. Whether its role playing social scenarios or learning how to host a dinner party, social skills activities are based on the specific needs and goals of the individuals in the group.

Pet Therapy

In partnership with the Humane Society of Sarasota County, 1-3 pet therapy dogs visit the program each week. Participants have the opportunity to spend time with the animals in a relaxing environment.