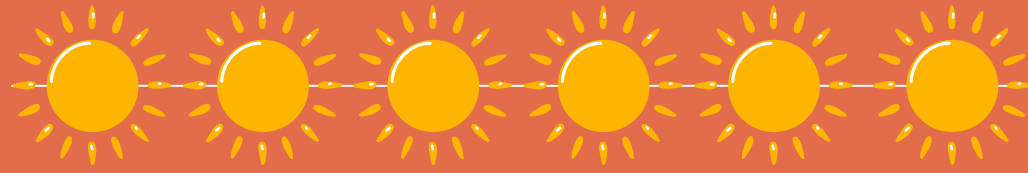


31 SUMMER ACTIVITIES FOR INDIVIDUALS WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES



JULY 2024



MON

TUE

WED

THU

FRI

SAT

SUN

1 Day at the Pool/Lake	2 Go on a Hike	3 Spend Time Gardening	4 Drive-In Movies	5 Go out for Ice Cream	6 Pick Your Own Fresh Fruit	7 Play Lawn Games
8 Go to a Farmer's Market	9 Make Homemade Popsicles	10 Go Fishing	11 Do Yoga	12 Visit Family	13 Sign Up for a Sport	14 Visit a Playground
15 Visit a Zoo	16 Spend Time at a Museum	17 Make a Scrapbook	18 Use Sidewalk Chalk	19 Go to Your Local Library	20 Do a Science Experiment	21 Make Homemade Fruit Smoothies
22 Visit a Waterpark	23 Write a Song	24 Do a Puzzle	25 Volunteer	26 Pick Flowers	27 Make Lemonade	28 Go on a Nature Walk
29 Have a Dance Party	30 Blow Bubbles	31 Go See a Movie				