




















# MCU NOVEMBER 2022



## WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe : Recreation Director

Stephanie Williams: Assistant Recreation Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:00 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PRICE IS RIGHT =A 12:00 MATCHING GAME=M 2:00 SING AND DANCE=A 2:30 SING AND DANCE=M 3:30 BINGO=A	<b>12</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 FINISH PHRASES =A 12:00 BIG BEACH BALL=M 2:00 BOWLING=A 2:30 BOWLING=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M	<b>3</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PAINTING TIME =A 12:00 PAINTING TIME=M 2:00 CORN HOLE=A 2:30 NURSERY TIME=M 3:30 BINGO=A 4:00 SNACK TIME=A&M	<b>4</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 MANICURES =A 12:00 MANICURES=M 2:00 SING AND DANCE=A 2:30 MOVE TO THE MUSIC=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M 4:15 MOVIE TIME=A	<b>5</b> 10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 3:00 SEASONAL DRAW AND COLOR =D 5:30 READ AND SHARE =D 
<b>6</b> <b>FALL BACK</b>  10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 2:30 SCRITUTRE READING =D 3:00 DRAW AND COLOR =D 5:30 READ AND SHARE =D	<b>7</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 DANCE PARTY=A 12:00 MATCH COLORS =M 2:00 BEAN BAG TOSS=A 2:30 BEAN BAG TOSS=M 3:30 PUZZLES & GAMES=A	<b>8</b>  10:30 LIVE PIANO =D 11:00 MUSIC TIME =D 12:00 BEAN BAG TOSS =D 2:30 FANCY NAILS & MUSIC =D 4:00 BINGO =D	<b>9</b>  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 YOUR FAVORITES =A 12:00 MATCH CARDS=M 2:00 BOWLING=A 2:30 BOWLING=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M	<b>10</b>  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PAINTING TIME =A 12:00 PAINTING TIME=M 2:00 CORN HOLE=A 2:30 NURSERY TIME=M 3:30 BINGO=A 4:00 SNACK TIME=A&M	<b>11</b>  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M 3:30 FINISH THE LYRICS=A 4:00 SNACK TIME=A&M 4:15 MOVIE=A	<b>12</b> 10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 3:00 SEASONAL DRAW AND COLOR =D 5:30 READ AND SHARE =D
<b>13</b> 10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 2:30 SCRIPTURE READONG =D 3:00 DRAW AND COLOR =D 5:30 READ AND SHARE =D 	<b>14</b>  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 I SPY =A 12:00 FOLD & SORT=M 2:00 BALLOON TOSS=A 2:30 TOSS A CROSS=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M	<b>15</b> 10:00 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PAINTING TIME =A 12:00 PAINTING TIME=M 2:00 CORN HOLE=A 2:30 NURSERY TIME=M 3:30 BINGO=A 4:00 SNACK TIME=A&M	<b>16</b>  10:00 MORNING STRETCH=A 11:00 SNACK TIME=A&M 11:30 YOUR FAVORITES =A 12:00 SING ALONG=M 2:00 GIANT KICKBALL=A 2:30 GIANT KICKBALL=M 3:30 MAKE A TURKEY=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>17</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PRICE IS RIGHT =A 12:00 MATCHING GAME=M 2:00 SING AND DANCE=A 2:30 SING AND DANCE=M 3:30 BINGO=A 4:00 SNACK TIME=A&M	<b>18</b>  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 MANICURES =A 12:00 MANICURES=M 2:00 SING AND DANCE=A 2:30 MOVE TO THE MUSIC=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M 4:15 MOVIE TIME=A	<b>19</b>  10:30 BALLOON TOSS =D 11:00 SING-A-LONGS =D 12:00 MAGAZINE SCAVENGER HUNT =D 2:30 ART TIME=D 4:00 MUSIC AND INSTRUMENTS =D
<b>20</b>  10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 2:03 SCRIPTURE READING =D 3:00 DRAW AND COLOR =D 5:30 READ AND SHARE =D	<b>21</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 OFF TO THE RACES =A 12:00 FOLD & SORT =M 2:00 FOOTBALL TOSS=A 2:30 TOSS A CROSS=M 3:30 PUZZLES AND GAMES=A	<b>22</b> 10:00 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PRICE IS RIGHT =A 12:00 MATCHING GAME=M 2:00 SING AND DANCE=A 2:30 SING AND DANCE=M 3:30 BINGO=A 4:00 SNACK TIME=A&M	<b>23</b>  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 FALL CRAFT=A 12:00 FALL LEAF CRAFT=M 1:30 MANICURES=A 2:00 MANICURES=M 3:00 BOARD GAMES=A 4:00 SNACK TIME=A&M	<b>24</b> 	<b>25</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 FINISH PHRASES =A 12:00 MATCH CARDS=M 2:00 BOWLING=A 2:30 BOWLING=M 3:30 KINETIC SAND FUN=A 4:00 SNACK TIME=A&M	<b>26</b> 10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 3:00 SEASONAL DRAW AND COLOR =D 5:30 READ AND SHARE =D
<b>27</b>  10:30 CLAP AND DANCE TO THE MUSIC =D 12:00 BALLOON FUN =D 2:03 SCRIPTURE READING =D 3:00 DRAW AND COLOR =D 5:30 READ AND SHARE =D	<b>28</b>  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PRICE IS RIGHT =A 12:00 MATCHING GAME=M 2:00 SING AND DANCE=A 2:30 SING AND DANCE=M 3:30 KINETIC SAND=A 4:00 SNACK TIME=A&M	<b>29</b> 10:00 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 PAINTING TIME =A 12:00 PAINTING TIME=M 2:00 CORN HOLE=A 2:30 NURSERY TIME=M 3:30 BINGO=A 4:00 SNACK TIME=A&M	<b>30</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 KINETIC SAND=A 12:00 MATCH CARDS=M 2:00 BOWLING=A 2:30 BOWLING=M 3:30 DANCE PARTY=A 4:00 SNACK TIME=A&M	<b>November 29th</b> Happy Birthday with visits from Bubbles the clown	<b>Activities are subject to change</b>	Owned and operated by VIRGINIA HEALTH SERVICES