

MCU JANUARY 2023

WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe: Recreation Director

Stephanie Williams: Assistant Recreation Director

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Owned and operated by
VIRGINIA HEALTH SERVICES



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2

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 OFF TO THE RACES=A
12:00 PAINTING TIME=M
2:30 CORN HOLE=A
3:00 NURSERY TIME=M
3:30 KINETIC SAND

3

10:00 BALLOON BOP=D
11:00 SNACK TIME=D
11:30 FANCY NAILS & MUSIC=D
12:00 FANCY NAILS AND MUSIC= D
2:30 PING PONG=D
3:00 BINGO=D

4

10:00 PIANO WITH STEVE=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 DANCE PARTY=A
12:00 MATCH COLORS =M
2:30 PUTT PUTT=A
3:00 CRAFTING= M
3:30 PUZZLES & GAMES=A

5

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 =A
12:00 PAINTING TIME=M
2:30 BOWLING=A
3:00 NURSERY TIME
3:30 BINGO=A

6

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

7

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
3:00 SNOW DRAW AND COLOR =D
5:30 READ AND SHARE =D

8

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
2:30 SCRIPTURE READING =D
3:00 DRAW AND COLOR =D
5:30 READ AND SHARE =D

9

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 DANCE PARTY=A
12:00 MATCH COLORS =M
2:30 PUTT PUTT=A
3:00 =CRAFTING= M
3:30 PUZZLES & GAMES=A

10

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
2:30 SING AND DANCE=A
3:00 SING AND DANCE=M
3:30 BINGO=A

11

10:00 LIVE PIANO=A
10:30 MORNING STRETCH=M
11:00 SNACK TIME=A&M
11:30 OFF TO THE RACES =A
12:00 FOLD & SORT =M
2:30 DO A PUZZLE=A
3:00 SING ALONGS=M

12

10:00 BALLOON BOP =D
11:00 SNACK TIME=D
11:30 FANCY NAILS & MUSIC=D
12:00 FANCY NAILS AND MUSIC= D
2:30 PING PONG=D
3:00 BINGO=D

13

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

14

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
3:00 SNOW DRAW AND COLOR =D
5:30 READ AND SHARE =D

15

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
2:30 SCRIPTURE READING =D
3:00 DRAW AND COLOR =D

16 Martin Luther King, Jr. Day

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 DANCE PARTY=A
12:00 MATCH COLORS =M

17

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 TEA TIME=A
12:00 PAINTING TIME=M
2:30 BOWLING=A
3:00 NURSERY TIME

18

10:00 PIANO WITH STEVE=A
10:30 BALLOON BOP= M
11:00 SNACK TIME=A&M
11:30 YOUR FAVORITES =A
12:00 SING ALONG=M
2:30 GIANT KICKBALL=A
3:00 GIANT KICKBALL=M
4:00 SNACK TIME=A&M

19

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

20

10:00 MORNING STRETCH=A
10:30 MORNING STRETCH=M
11:00 SNACK TIME=A&M
11:30 SNACK TIME=A&M
12:00 MANICURES=M
2:00 SING AND DANCE=A
2:30 MOVE TO THE MUSIC=M
3:30 CRAFTING FUN=A

21

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
3:00 SNOW DRAW AND COLOR =D
5:30 READ AND SHARE =D

22

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
2:30 SCRIPTURE READING =D
3:00 DRAW & COLOR =D
5:30 READ & SHARE =D

23

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 OFF TO THE RACES=A
12:00 PAINTING TIME=M
2:30 CORN HOLE=A
3:00 NURSERY TIME=M
3:30 KINETIC SAND

24

10:00 BALLOON BOP =M
11:00 SNACK TIME=D
11:30 FANCY NAILS & MUSIC=D
12:00 FANCY NAILS AND MUSIC= D
2:30 PING PONG=D
3:00 BINGO=D

25

10:00 LIVE PIANO=A
10:30 MORNING STRETCH=M
11:00 SNACK TIME=A&M
11:30 OFF TO THE RACES =A
12:00 FOLD & SORT =M
2:30 DANCE PARTY=A
3:30 PUZZLES AND GAMES=M

26

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
2:30 SING AND DANCE=A
3:00 SING AND DANCE=M
3:30 BINGO=A

27

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

28

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
3:00 SNOW DRAW AND COLOR =D
5:30 READ AND SHARE =D

29

10:30 CLAP AND DANCE TO THE MUSIC =D
12:00 BALLOON FUN =D
2:30 SCRIPTURE READING =D
3:00 DRAW AND COLOR =D
5:30 READ & SHARE =D

30

10:00 BALLOON BOP=A
10:30 BALLOON BOP=M
11:00 SNACK TIME=A&M
11:30 DANCE PARTY=A
12:00 MATCH COLORS =M
2:30 PUTT PUTT=A
3:00 CRAFTING= M
3:30 PUZZLES & GAMES=A

31

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
2:30 SING AND DANCE=A
3:00 SING AND DANCE=M
3:30 BINGO=A

MAY 2023 BE A HEALTHY ONE FOR ALL

ALL ACTIVITIES ARE SUBJECT TO CHANGE

*Dining Room =D
Botetourt Room=B
Strolling=S
Courtyard=C
Recreation Room=R*