














MCU MARCH 2023



WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe: Recreational Director

Stephaine Williams: Assistant Recreational Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Owned and operated by <u>VIRGINIA HEALTH SERVICES</u>	ALL ACTIVITIES ARE SUBJECT TO CHANGE		1 10:00 PIANO WITH STEVE=A 10:00 BALLOON BOP=M 11:30 FANCY NAILS=A/M 2:30 BOWLING=A 3:00 FOLD AND SORT=M	2 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 TEA TIME=A 12:00 PAINTING TIME=M 2:30 BOWLING=A 3:00 NURSERY TIME=M	3 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 OFF TO THE RACES=A 12:00 POP IT=M 2:30 CORN HOLE=A 3:00 NURSERY TIME=M	4 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ & SHARE =A&M
5 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 2:30 SCRIPTURE READING =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ AND SHARE =A&M 	6 10:00 BALLOON BOP=A 10:30 BALLOON BOP=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	7 10:00 BALLOON BOP=A 10:30 BALLOON BOP=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	8  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 TEA TIME=A 12:00 PAINTING TIME=M 2:30 SANDY/ BOOK MOBILE STORIES=A 3:00 NURSERY TIME=M	9  10:00 BALLOON BOP =D 11:30 FANCY NAILS & MUSIC=D 12:00 FANCY NAILS AND MUSIC= D 2:30 BEAN BAG TOSS =D	10  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 STRING CHEERIOS=A 12:00 MATCH CARDS=M 2:00 BOWLING=A 2:30 SORT SOCKS=M	11 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ & SHARE =A&M 
12 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 2:30 SCRIPTURE READING =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ AND SHARE =A&M <u>DAY LIGHT SAVINGS TIME</u>	13 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 DANCE PARTY=A 12:00 MATCH COLORS =M 2:30 PUTT PUTT=A 3:00 COLOR MATCHING= M 3:30 PUZZLES &	14 10:00 BALLOON BOP=A/M 11:30 CHEERIO BIRDFEEDERS=A 12:00 MATCHING GAME=M 2:30 MAKE A SHAMROCK=A 3:30 BINGO=A 	15 10:00 PIANO WITH STEVE=A 10:00 BALLOON BOP=M 11:30 FANCY NAILS=A/M 12:00 GREEN SHAKES=A/M 2:30 BOWLING=A 3:00 FOLD AND SORT=M	16 10:00 BALLOON BOP=A 10:30 BALLOON BOP=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	17 <u>ST. PATRICK'S DAY</u> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 GREEN COOKIES=A 12:00 MATCH COLORS =M 2:30 TASTE THE RAINBOW=A 3:30 MOVIE & A SNACK=A/M 	18 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ & SHARE =A&M
19 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 2:30 SCRIPTURE READING =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ AND SHARE =A&M	20 <u>FIRST DAY OF Spring</u> 10:00 MORNING FUN=A 10:30 MORNING FUN=M 11:30 OFF TO THE RACES 2:30 MANICURES=A/M 3:00 MANICURES=M 3:30 FINISH LYRICS=A	21 10:00 BALLOON BOP=A 10:30 BALLOON BOP=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	22 10:00 PIANO WITH STEVE=A 11:30 YOUR FAVORITES =A 12:00 SING ALONG=M 2:00 GIANT KICKBALL=M 2:30 SANDY/ BOOK MOBILE STORIES=A 3:30 CUT OUT PICTURES=M	23 10:00 BALLOON BOP =D 10:30 11:30 FANCY NAILS & MUSIC=D 12:00 FANCY NAILS AND MUSIC= D 2:30 BEAN BAG TOSS =D 	24 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 STRING CHEERIOS=A 12:00 MATCH CARDS=M 2:00 BOWLING=A 2:30 SORT SOCKS=M 3:30 PICK A MOVIE=A&M	25 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ & SHARE =A&M
26 10:30 CLAP AND DANCE TO THE MUSIC =A&M 12:00 BALLOON FUN =A&M 2:30 SCRIPTURE READING =A&M 3:00 DRAW AND COLOR =A&M 5:30 READ AND SHARE =A&M 	27 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 DANCE PARTY=A 12:00 MATCH COLORS =M 2:30 PUTT PUTT=A 3:00 COLOR MATCHING= M 3:30 PUZZLES & GAMES=A	28 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 FANCY NAILS & MUSIC=A 12:00 FANCY NAILS AND MUSIC= M 2:30 BEAN BAG TOSS =A/M 3:30 BINGO=A	29  10:00 PIANO WITH STEVE=A 10:00 BALLOON BOP=M 11:30 DO A PUZZLE=A/M 12:00 SORT LETTERS=M 2:30 BOWLING=A 3:00 FOLD AND SORT=M	30 10:00 BALLOON BOP=A 10:30 BALLOON BOP=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	31 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES=A 12:00 2:30 MANICURES=A 3:00 MANICURES=M 3:30 FINISH THE LYRICS=A	Dining Room =D Botetourt Room=B Strolling=S Court yard=C Recreation Room=R