






# MCU MAY 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	<b>MOTHER'S DAY MAY 14TH</b>	Abingdon Unit=A Memory Care Unit=M Strolling=S Courtyard=C Porch area=P	ALL GROUP ACTIVITIES MAY BE HELD IN THE COURTYARD AS WEATHER			<b>SNACK TIMES: 11:30a.m. &amp; 4:30 p.m. DAILY</b>
	<b>1</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M	<b>2</b> 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	<b>3</b> 10:00 LIVE PIANO =A 10:00 BALLOON BOP=M 11:30 FANCY NAILS=A/M 2:30 BOWLING=A 3:00 FOLD AND SORT=M	<b>4</b> 10:00 BALLOON BOP=A/M 11:30 PRICE IS RIGHT =A 12:00 MATCHINING GAME=M 2:30 SING AND DANCE=A 3:00 SING AND DANCE=M	<b>5</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M	<b>6</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M
<b>7</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A	<b>8</b> 10:00 MORNING STRETCH=A/M 11:30 STRING CHEERIOS=A 12:00 MATCH CARDS=M 2:30 SORT SOCKS=M 3:30 PICK A MOVIE=A&M	<b>9</b> 10:00 BALLOON BOP=A/M 11:30 PINECONE BIRD-FEEDERS=A 12:00 MATCHINING GAME=M 2:30 GO OUTSIDE =A 3:00 FOLD AND SORT=M	<b>10</b> 10:00 LIVE PIANO=A 11:30 YOUR FAVORITES =A 2:00 SING ALONG=M 2:30 BOOK MOBILE=A/M	<b>11</b> 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	<b>12</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M	<b>13</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M
<b>14</b> <b>MOTHERS DAY</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M	<b>15</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 DONUTS! 2:30 MANICURES=A 3:00 MANICURES=M	<b>16</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 WATERMELON=A 12:00 PAINTING TIME=M 2:30 BOWLING=A 3:00 NURSERY TIME	<b>17</b> 10:00 LIVE PIANO=A 10:00 BALLOON BOP=M 11:30 POPCORN!=A/M 2:30 BOWLING=A 3:00 FOLD AND SORT=M	<b>18</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 COOKIES=A 12:00 MATCHINING GAME=M 2:30 SING AND DANCE=A 3:00 SING AND	<b>19</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 DO PUZZLES=A/M 2:30 MANICURES=A 3:00 MANICURES=M	<b>20</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M
<b>21</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M	<b>22</b> 10:00 MORNING STRETCH=A 11:30 STRING CHEERIOS=A 12:00 MATCH CARDS=M 2:30 BOWLING=A 3:00 SORT SOCKS=M	<b>23</b> 10:00 BALLOON BOP=A/M 11:30 CONNECT FOUR =A 12:00 MATCHINING GAME=M 2:30 GO OUTSIDE =A 3:00 DO A PUZZLE=M	<b>24</b> 10:00 LIVE PIANO=A 11:30 YOUR FAVORITES =A 2:00 SING ALONG=M 2:30 BOOK MOBILE =A/M	<b>25</b> 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	<b>26</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M	<b>27</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M
<b>28</b> 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 3:00 WATCH A SHOW=A&M	<b>29 MEMORIAL DAY</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M	<b>30</b> 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	<b>31</b> 10:00 LIVE PIANO =A 10:00 BALLOON BOP=M 11:30 FANCY NAILS=A/M 2:30 BOWLING=A 3:00 FOLD AND SORT=M		<b>Activities are subject to change</b>	