






# MCU SEPTEMBER 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>ABBREVEATIONS</b> A- ABINGDON M- MEMORY CARE D- MAIN DINING ROOM L-LOUNGE AREA	<b>SPECIAL EVENTS</b>  <b>6TH @ 4:00 ICE CREAM COFFEE</b>  <b>20TH @ 4:00 APPLE PIE DAY</b>	<b>SPECIAL EVENTS</b>  <b>22ND @ 4:00 ICE CREAM CONE DAY</b>	<b>Activities are subject to change</b>	<b>1</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=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 4:30 SING ALONGS=M	<b>2</b> 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 AND SHARE =A&M 
<b>3</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>4 LABOR DAY</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 MAGAZINE SCAVENGER HUNT =A 12:00 MATCH COLORS =M 2:00 BEAN BAG TOSS=A 2:30 BEAN BAG TOSS=M 3:30 PUZZLES & GAMES=A 4:00 SNACK TIME=A&M	<b>5</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 OUTSIDE GARDEN=A 12:00 FOLD & SORT=M 2:00 MANICURES=A 2:30 OUTDOOR FUN=M 3:30 BINGO=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>6</b> 9:30 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 CRAFTING FUN =A 12:00 FOLD & SORT=M 2:00 READING 2 CONNECT=A 2:30 READING 2 CONNECT=M 3:30 SING AND DANCE=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>7</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 BINGO =A 12:00 MATCHINING GAME=M 2:00 SING AND DANCE=A 2:30 SING AND DANCE=M 3:00 DEBBIE AND FRIENDS=D 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>8</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 SCRABBLE=A 12:00 SCRABBLE=M 2:00 MANICURES=A 2:30 MANICURES=M 3:30 CORN HOLE=A 4:00 SNACK TIME=A&M 4:15 MOVIE TIME=A 4:30 SING ALONGS=M	<b>9</b> 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 AND SHARE =A&M 
<b>10</b> 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	<b>11</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 I SPY =A 12:00 FOLD & SORT=M 2:00 FOOTBALL TOSS=A 2:30 TOSS A CROSS=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M	<b>12</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 OUTSIDE CHAT=A 12:00 FOAM BLOCKS=M 2:00 MANICURES=A 2:30 OUTSIDE FUN=M 3:00 MUSIC WITH JERRY=D 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>13</b> 9:30 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 FINISH PHRASES =A 12:00 MATCH COLORS=M 2:00 READING 2 CONNECT=A 2:30 READING 2 CONNECT=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>14</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 PICTURE MATCH =A 12:00 PICTURE MATCH=M 2:00 GIANT KICKBALL=A 2:30 GIANT KICKBALL=M 3:00 DEBBIE AND FRINDS=D 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>15</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 GAMES AND PUZZLES=A 12:00 GAMES AND PUZZLES=M 2:00 MANICURES=A 2:30 MANICURES=M 3:30 SCRABBLE=A 4:00 SNACK TIME=A&M 4:15 MOVIE TIME=A 4:30 SING ALONGS=M	<b>16</b> 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 AND SHARE =A&M 
<b>17</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>18</b> 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 FOLD & SORT =M 2:00 FOOTBALL TOSS=A 2:30 TOSS A CROSS=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M	<b>19</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 OUTSIDE GARDEN=A 12:00 PAINTING=M 2:00 MANICURES=A 2:30 MANICURES=M 3:30 BINGO=A 4:00 SING ALONGS=M	<b>20</b> 9:30 LIVE PIANO=A 10:30 MUSIC WITH JAY=D 11:00 SNACK TIME=A&M 11:30 OPPOSITE GAME =A 12:00 OPPOSITE GAME=M 2:00 READING 2 CONNECT=A 2:30 READING 2 CONNECT=M 3:30 ADULT COLORING=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>21</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 PUTT PUTT =A 12:00 PICTURE MATCH=M 2:00 GIANT SORRY GAME=A 2:30 MOVE TO MUSIC=M 3:00 DEBBIE AND FRIENDS=D 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>22 AUTUMN BEGINS</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 FALL LEAF WREATH=A 12:00 FALL LEAF WREATH=M 1:30 MANICURES=A 2:00 SING ALONGS=M 3:00 MANICURES=A 4:00 SNACK TIME=A&M 4:15 MOVIE TIME=A 4:30 SING ALONGS=M	<b>23</b> 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 AND SHARE =A&M <b>YARD SALE</b> <b>8 A.M. = 2:00P.M.</b>
<b>24</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>25</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 KARAOKE=A 12:00 SING ALONG WITH INSTRUMENTS =M 2:00 PICK A WORKOUT=A 2:30 RESIDENTS BIRTHDAY PARTY=D 3:30 PAINTING FUN=A 4:00 SNACK TIME=A&M	<b>26</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 OUTSIDE GARDEN=A 12:00 OUTSIDE FUN=M 2:00 MANICURES=A 2:30 MANICURES=M 3:30 BINGO=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>27</b> 9:30 LIVE PIANO=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 YOUR FAVORITES =A 12:00 SING ALONG=M 2:00 READING 2 CONNCT=A 2:30 READING 2 CONNECT=M 3:30 CRAFTING FUN=A 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>28</b> 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:00 SNACK TIME=A&M 11:30 FINISH PHRASES =A 12:00 MATH CARDS=M 2:00 OUTSIDE FUN=A 2:30 OUTSIDE FUN=M 3:00 DEBBIE AND FRIENDS=D 4:00 SNACK TIME=A&M 4:30 SING ALONGS=M	<b>29</b> 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 SNACK TIME=A&M 11:30 WRITE A LETTER=A 12:00 SORT ABC'S=M 1:30 MANICURES=A 2:00 MANICURES=M 3:00 CHECKERS=A 4:00 SNACK TIME=A&M 4:15 MOVIE TIME=A 4:30 SING ALONGS=M	<b>30</b> 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 AND SHARE =A&M 