



















MCU NOVEMBER 2023



WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe : Recreation Director

Stephanie Williams: Assistant Recreation Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ALTERNATE ACTIVITIES: GO ON A WALK MAGAZINES FOLD AND SORT BALLOON BOP NAME THAT TUNE FIDGETS/SENSORY SPARKY THE DOG CINNABON THE BUNNY	Activities are subject to change	1 9:30 PIANO WITH STEVE=A 10:30 MORNING STRETCH=M 11:30 FINISH PHRASES =A 12:00 I SPY=M 2:30 BOWLING=A 3:30 FOLD AND SORT=M 4:30 SING ALONGS=M	2 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 STAMP ART =A 12:00 STAMP ART=M 2:30 CORN HOLE=A 3:00 DEBBIE AND FRIENDS=D 3:30 COLOR MATCHING=M	3 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 CRAFTING FUN=A 12:00 MANICURES=M 2:30 MOVE TO THE MUSIC=A 3:30 MANICURES=A 4:15 MOVIE TIME=A	4 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 
5 FALL BACK 	6 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 DANCE PARTY=A 12:00 MATCH COLORS =M 2:30 BEAN BAG TOSS=A 3:30 PUZZLES & GAMES=M 4:30 ISPY=A NACHOS DAY (SNACK)	7  10:00 BALLOON BOP=A 10:30 BALLOON BOP= M 11:30 NAME THAT TUNE=A 12:00 FOLD AND SORT=M 2:30 FANCY NAILS & MUSIC=A 3:00 FANCY NAILS& MUSIC=M 3:30 RELAXING VIDEO=A 4:30 REALAXING VIDEO=M	8  9:30 PIANO WITH STEVE=A 10:30 MORNING STRETCH=M 11:30 BALL IN A HOLE =A 12:00 MATCH CARDS=M 2:30 BOWLING=A 3:30 FOAM BLOCKS=M 4:30 ADULT COLORING=A	9  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 BALL IN A HOLE=A 12:00 PAINTING TIME=M 2:30 CORN HOLE=A 3:30 NURSERY TIME=M 4:30 MAGAZINES=A	10  10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES 2:30 MANICURES=A 3:00 MANICURES=M 3:30 FINISH THE LYRICS=A 4:15 MOVIE=A	11 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 VETERANS DAY
12  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	13  10:00 TOSS AND TALK=A 10:30 MORNING STRETCH=M 11:30 WORLD KINDNESS=A 12:00 FOLD & SORT=M 2:30 FOOTBALL TOSS=A 3:30 BALLOON BOP=M 4:30 READ MAGAZINES=A WORLD KINDNESS DAY	14  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 BALL IN A HOLE=A 12:00 STAMP ART=M 2:30 RING TOSS =A 3:30 NURSERY TIME=M 4:30 ADULT COLORING=A	15 9:30 PIANO WITH STEVE=A 10:30 BALLOON BOP=M 11:30 YOUR FAVORITES =A 12:00 SING ALONG=M 2:30 CORNHOLE=A 3:30 MAKE A TURKEY=M 4:30 ADULT COLORING=A	16 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 OFF TO THE RACES=A 12:00 MATCHING GAME=M 2:30 SING AND DANCE=A 3:00 DEBBIE AND FRIEND=D 3:30 SING AND DANCE=M 4:30 RELAXING VIDEO=A	17 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 MANICURES =A 12:00 MANICURES=M 2:30 MOVE TO THE MUSIC=A 3:30 CRAFTING FUN=A 4:15 MOVIE TIME=A	18  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
19 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	20 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 TOSS AND TALK=A 12:00 FOLD & SORT =M 2:00 FOOTBALL TOSS=A 2:30 RING TOSS=M 3:30 PUZZLES AND GAMES=A	21  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 TOSS AND TALK=A 12:00 MATCHING GAME=M 2:30 SING AND DANCE=A 3:30 FOAM BLOCKS=M 4:30 RELAXING VIDEO=A	22  9:30 PIANO WITH STEVE=A 10:30 MORNING STRETCH=M 11:30 FALL CRAFT=A 12:00 FALL CRAFT=M 2:30 MANICURES=A 3:00 MANICURES=M 4:30 MOVE TO THE MUSIC=A	23  HAPPY THANKSGIVING!	24 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 FINISH PHRASES =A 12:00 BALL IN A HOLE=M 2:30 BALL IN A HOLE=A 3:30 FIDGETS/SENSORY=M 4:30 RELAXING VIDEO=A	25 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
26  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	27  10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 BALL IN A HOLE =A 12:00 MATCHING GAME=M 2:30 SING AND DANCE=A 3:30 READ 2 CONNECT=M 4:30 ADULT COLORING=A	28 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 TOSS AND TALK=A 12:00 PAINTING TIME=M 2:30 CORN HOLE=A 3:30 NURSERY TIME=M 4:30 ADULT COLORING=A DAY OF GIVING	29 9:30 PIANO WITH STEVE=A 10:30 MORNING STRETCH=M 11:30 TOSS AND TALK=A 12:00 MATCH CARDS=M 2:30 BOWLING=A 3:30 READ 2 CONNECT=A 4:30 MAGAZINES=M	30 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 STAMP ART=A 12:00 STAMP ART=M 2:30 RING TOSS =A 3:30 NURSERY TIME=M 4:30 MAGAZINES=A	OWNED AND OPERATED BY VIRGINIA HEALTH SERVICES	
						SNACK TIMES: 11:00a.m. & 4:00 p.m. DAILY