







FEBRUARY 2024



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 <u>VIRGINIA HEALTH SERVICES</u>				1 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 NAILS & MUSIC=A 12:00 NAILS & MUSIC=M 2:30 BALL IN A HOLE=A 3:00 DEBBIE AND FRIENDS=D 3:30 FOAM SHAPES=M	2 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 FINISH PHRASES =A 12:00 MATCH CARDS=M 2:30 BOWLING=A 3:30 STACKING TILES=M 3:30 NAME THAT TUNE=A GROUNDHOG DAY!	3 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	
4 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	5 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 STACKING TILES= M 3:30 PUZZLES & GAMES=A	6 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 THINGS FOR THE HEART=A 12:00 MATCHING GAME=M 2:30 BALL IN A HOLE=A 3:00 =PAINT STICK=M 3:30 MUSIC TIME=A	7 10:00 LIVE PIANO=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES =A 12:00 FOLD & SORT =M 2:30 VALENTINES CRAFT=A 3:30 SING ALONGS=M	8 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 READ CONNECT=A 12:00 READ CONNECT=M 2:30 CINNABON VISIT=A 3:30 CINNABON VISIT=M	9 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 PICK A MOVIE=A/M	10 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	
11 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	12 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 OFF TO THE RACES=A 12:00 WATER PAINTING=M 2:30 CORN HOLE=A 3:30 NURSERY TIME=M	13 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 TOSS AND TALK=A 12:00 ISPY =M 2:30 BANNER COLORING=A 3:00 FOAM SHAPES=M 3:30 CINNABON THE BUNNY=A	14 Valentine's Day! 10:00 LIVE PIANO=A 10:30 MORNINGSTRETCH=M 11:00 VALENTINE'S PARTY! 12:00 FOLD AND SORT=M 2:30 STAMP ART=A 3:30 PUZZLES&GAMES=M	15 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 NAME THAT TUNE=A 12:00 READ CONNECT=M 2:30 READ CONNECT=A 3:00 DEBBIE AND FRIENDS=D 3:30 CINNABON VISIT=M	16 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 PICTURE MATCH=A 12:00 MATCH CARDS=M 2:30 BALL IN A HOLE=A 3:30 NURSERY TIME=M	17 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	
18 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	19 PRESIDENTS DAY 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 PRESIDENTS COLORING=A 12:00 MATCH COLORS =M 2:30 BALL IN THE HOLE=A 3:30 RING TOSS=M	20 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 CINNABON VISIT=A 12:00 PAINTING TIME=M 2:30 MAGAZINE 3:00 SCAVENGER HUNT=A 3:00 PICTURE MATCH=M	21 10:00 LIVE PIANO=A 10:30 MORNING STRETCH=M 11:30 STAMP ART=A 12:00 FOLD & SORT =M 2:30 DANCE PARTY=A 3:30 PUZZLES AND GAMES=M	22 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 STAMP ART =A 12:00 STAMP ART=M 2:30 READ CONNECT=A 3:30 READ CONNECT=M	23 10:00 BALLOON BOP =A 10:30 BALLOON BOP=M 11:30 READ CONNECT=A 12:00 FOLD AND SORT=M 2:30 BEAN BAG TOSS =A 3:30 BALL TOSS=M	24 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	
25 10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND SHARE =M	26 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:00 BIRTHDAY PARTY!=A/M 12:00 WATER PAINTING=M 2:30 CORN HOLE=A 3:00 NURSERY TIME=M 3:30 KINETIC SAND=A	27 10:00 BALLOON BOP =A 10:30 BALLOON BOP=M 11:30 NAILS & MUSIC=A 12:00 NAILS AND MUSIC= M 2:30 CINNABUN VISITS=A 3:00 PAINT STICKS=M 3:30 MUSIC TIME =A	28 10:00 LIVE PIANO=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES =A 12:00 FOLD & SORT =M 2:30 DO A PUZZLE=A 3:00SING ALONGS=M	29 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 BALL IN A HOLE=A 12:00 READ CONNECT=M 2:30 READ CONNECT=A 3:30 FOAM BLOCKS=M			
	<u>Snacks Are Given Twice Daily</u>				<u>ALTERNATE ACTIVITIES:</u> MAGAZINES FOLD AND SORT BALLOON BOP NAME THAT TUNE FIDGETS/SENSORY SPARKY THE DOG CINNABON THE BUNNY	ALL ACTIVITIES ARE SUBJECT TO CHANGE	<u>ABBREVIATIONS</u> A- ABINGDON UNIT M- MEMORY CARE UNIT D- MAIN DINING ROOM