









MCU MARCH 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 VIRGINIA HEALTH SERVICES	SNACKS ARE PROVIDED TWICE DAILY				1 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 CINNABUN VISITS=A/M	2 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
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 10:00 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	5 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 NAILS AND MUSIC =A 12:00 NAILS AND MUSIC=M 2:15 BOOK MOBILE=A 2:30 BOOK MOBILE =M 3:30 CINNABUN VISITS=A/M	6 10:00 LIVE PIANO=A 10:30 MORNING STRETCH=M 11:30 BINGO GAME =A 12:00 FOLD & SORT =M 2:30 ST. PATRICK'S DAY CRAFT=A 3:30 SING ALONGS=M	7 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 READ 2 CONNECT=A 12:00 READ 2 CONNECT=M 2:30 TOSS AND TALK=A 3:00 DEBBIE & FRIENDS=D	8 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 OFF TO THE RACES =A 12:30 KNOW ANIMALS=M 2:30 KNOW YOUR ANIMALS=A 3:00 FOLD AND SORT=A 3:30 CINNABUN VISITS=A/M	9 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
10 <u>DAYLIGHT SAVING TIME BEGINS</u> 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 10:00 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	12 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 NAILS AND MUSIC=A 12:00 NAILS AND MUSIC=M 2:30 READ 2 CONNECT=A 3:00 READ 2 CONNECT=M 3:30 CINNABUN VISITS=A/M	13 10:00 LIVE PIANO=A 10:30 MORNING STRETCH=M 11:30 STAMP ART=A 12:00 STAMP ART=M 2:30 STAMP ART=A 3:30 PUZZLES&GAMES=M	14 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 NAME THAT TUNE=A 12:00 READ 2 CONNECT=M 2:30 VISITS/BUDDY+A/M 3:00 BEAN BAG TOSS=D	15 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 EDIBLE GREEN CRAFT=A 12:00 EDIBLE CRAFT=M 2:30 BALL IN A HOLE=A 3:30 CINNABUN VISITS=A/M	16 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
17 <u>HAPPY ST. PATRICK'S DAY</u>  10:30 CLAP AND DANCE TO THE MUSIC =A 12:00 BALLOON FUN =M 3:00 DRAW AND COLOR =A 5:30 READ AND	18 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 BALL IN A HOLE=A 12:00 MATCH COLORS =M 2:30 SEASONAL COLOR=A 3:30 FOAM SHAPES=M	19 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 NAILS AND MUSIC=A 12:00 NAILS AND MUSIC=M 2:15 BOOK MOBILE=A 2:30 BOOK MOBILE=M 3:30 CINNABUN VISITS=A/M	20 10:00 LIVE PIANO=A 10:30 MORNING STRETCH=M 11:30 BINGO GAME=A 12:00 FOLD & SORT =M 2:30 DANCE PARTY=A 3:30 PUZZLES AND GAMES=M	21 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 STAMP ART =A 12:00 READ 2 CONNECT=M 2:30 READ 2 CONNECT=A 3:00 DEBBIE & FRIENDS=D	22 10:00 BALLOON BOP =A 10:30 BALLOON BOP=M 11:30 WHAT'S YOUR FAVORITES=A 12:00 FOLD AND SORT=M 2:30 BEAN BAG TOSS =A 3:30 CINNABUN VISITS=A/M	23 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
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 10:00 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	26 10:00 BALLOON BOP =A 10:30 BALLOON BOP=M 11:30 NAILS & MUSIC=A 12:00 NAILS AND MUSIC= M 2:30 READ 2 CONNECT=A 3:00 READ 2 CONNECT=M 3:30 CINNABUN VISTIS =A/M	27 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 3:30 MOVE TO THE MUSIC=A	28 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 3:00 FOAM BLOCKS=M 3:30 CARD GAMES=A	29 10:00 BALLOON BOP =A 10:30 BALLOON BOP=M 11:30 COLORING EGGS=A 12:00 COLORING EGGS=M 2:30 BEAN BAG TOSS =A 3:30 CINNABUN VISITS=A/M	30 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
31 <u>HAPPY EASTER</u>  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				<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>ABBREVEATIONS</u> A- ABINGDON UNIT M- MEMORY CARE UNIT D- MAIN DINING ROOM L-LOUNGE AREA