










MCU AUGUST 2024



WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe: Recreation Director

Skylar Blackwell: Assistant Recreation Director

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Owned and operated by VIRGINIA HEALTH SERVICES | ALTERNATE ACTIVITIES: -STROLLS OUTDOORS -COURTYARD -COOL POPS -VISITS WITH SPARKY -CORN HOLE | <i>Abingdon Unit=A</i> <i>Memory Care Unit=M</i> <i>Strolling=S</i> <i>Courtyard=C</i> | Activities are subject to change | 1 10:00 LAWN DARTS=A 10:30 LAWN DARTS=M 11:30 ROLL-A-BALL=A 12:00 ROLL-A-BALL=M 2:30 BINGO FUN=A 3:00 PUZZLES & GAMES=M | 2 NATIONAL COLORING BOOK 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 COLORING=M  | 3 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 2:00 DRAW/COLOR=A/M 3:00 WATCH A SHOW=A/M |
| 4 10:30 CLAP & DANCE=A 11:00 CLAP & DANCE =M 12:00 BALLOON FUN=A 2:00 CHURCH WITH DAVE=D 2:30 BALLOON FUN=M 5:30 READ & SHARE=A  | 5 10:00 BALLOON BOP=A 10:30 GMHS PET THERAPY=A/M 11:30 TIC-TAC-TOE=A 2:30 MOON DOUGH= M 3:00 MOON DOUGH=A | 6 10:00 RING TOSS=A 10:30 RING TOSS=M 11:30 VISITS WITH TUCKER=A/M 2:30 READ 2 CONNECT=A 3:00 READ 2 CONNECT=M | 7 10:00 A.M. STRETCH =A 10:30 A.M. STRETCH=M 11:30 BINGO FUN=A 12:00 FOLD & SORT=M 2:30 MAKE A CRAFT=A 3:00 MUSIC MANIA=M | 8 10:00 CORN HOLE=A 10:30 CORN HOLE=M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 CRAFTING TURTLES=A 3:00 WATER PAINTING=M | 9 10:00 PUZZLES & GAMES=A 10:30 PUZZLES & GAMES=M 11:30 CINNABUN VISITS=A/M 2:30 BEACHBALL TOSS=A 3:00 BEACHBALL TOSS=M | 10 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 2:00 DRAW/COLOR=A/M 3:00 WATCH A SHOW=A&M |
| 11 10:30 CLAP & DANCE=A 11:00 CLAP & DANCE =M 12:00 BALLOON FUN=A 2:00 CHURCH WITH DAVE=D 2:30 BALLOON FUN=M | 12 10:00 KINETIC SAND=A 10:30 KINETIC SAND=M 11:30 RING TOSS=A 12:00 RING TOSS=M 2:30 COLORING=A 3:00 COLORING=M | 13 10:00 LAWN DARTS=A 10:30 LAWN DARTS=M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M | 14 10:00 A.M.STRETCH=A 10:30 A.M. STRETCH=M 11:30 STAMPING CREATIONS=A 12:00 STAMPING CREATIONS=M 2:30 DAY AT THE BEACH=A 3:00 DAY AT THE BEACH=M  | 15 10:00 RING TOSS=A 10:30 RING TOSS=M 11:30 GARDENING=A 12:00 MATCHING CARDS=M 2:30 READ 2 CONNECT=A 3:30 READ 2 CONNECT=M | 16 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 CINNABUN VISITS=A/M 2:30 AIR HOCKEY=A 3:00 AIR HOCKEY=M  | 17 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN=A&M 2:00 DRAW/COLOR=A/M 3:00 WATCH A SHOW=A&M |
| 18 10:30 CLAP & DANCE=A 11:00 CLAP & DANCE =M 12:00 BALLOON FUN=A 2:00 CHURCH WITH DAVE=D 2:30 BALLOON FUN=M 5:30 READ & SHARE=A | 19 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 WATER PAINTING=A 12:00 WATER PAINTING=M 2:30 BINGO FUN=A 3:00 BEACH BALL TOSS=M | 20 10:00 CORN HOLE=A 10:30 CORN HOLE=M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M | 21 NATIONAL SENIOR CITIZENS DAY 10:00 A.M. STRETCH=A 10:30 A.M. STRETCH=M 11:30 MOON DOUGH=A 12:00 MOON DOUGH=M 2:30 BOWLING=A 3:00 ICE CREAM CELEBRATION=A/M | 22 10:00 BASEBALL GAME=A 10:30 BASEBALL GAME=M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 DAY AT THE BEACH=A 3:00 DAY AT THE BEACH=M  | 23 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 CINNABUN VISITS=A/M 2:30 BINGO FUN=A 3:00 BEACHBALL TOSS=M | 24 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN=A&M 2:00 DRAW/COLOR=A/M 3:00 WATCH A SHOW=A&M |
| 25 10:30 CLAP & DANCE=A 11:00 CLAP & DANCE =M 12:00 BALLOON FUN=A 2:00 CHURCH WITH DAVE=D 2:30 BALLOON FUN=M 5:30 READ & SHARE=A | 26 10:00 CORN HOLE=A 10:30 CORN HOLE=M 11:30 BINGO FUN=A 12:00 WATER PAINTING=M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M  | 27 10:00 AIR HOCKEY=A 10:30 AIR HOCKEY=M 11:30 VISITS WITH TUCKER=A  12:00 VISITS WITH TUCKER=M 2:30 BIRTHDAY PARTY=A/M | 28 10:00 A.M. STRETCH=A 10:30 A.M. STRETCH=M 11:30 MAKE A CRAFT=A 12:00 MAKE A CRAFT=M 2:30 BOWLING=A 3:00 MAGAZINE FUN=M | 29 10:00 BALLOON BOP=A 10:30 BALLOON FUN =M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 MAKE A CRAFT=A 3:00 KINETIC SAND=M | 30 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 CINNABUN VISITS=A/M 2:30 BINGO FUN=A 3:00 PUZZLES & GAMES=M | 31 10:30 ALL DAY MUSIC =A&M 12:00 BALLOON FUN =A&M 2:00 DRAW/COLOR=A/M 3:00 WATCH A SHOW=A&M |

