



MCU JULY 2024



WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe : Recreation Director

Skylar Blackwell : Assistant Recreation Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Owned and operated by VIRGINIA HEALTH SERVICES	1 10:00 BALLOON BOP=A 10:30 SPCA VISITS=A/M 11:30 DANCE PARTY=A 12:00 MATCH COLORS=M 2:30 BASKETBALL=A 3:00 STACKING TILES=M 3:30 PUZZLES & GAMES=A	2 10:00 GIANT KICKBALL=A 10:30 GIANT KICKBALL=M 11:30 COURTYARD FUN=A 12:00 COUTYARD FUN=M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M	3 10:00 LIVE PIANO =A 10:00 A.M. STRETCH=M 11:30 PUZZLES & GAMES=A 12:00 JULY CRAFT=M 2:30 JULY CRAFT=A 3:00 MUSIC FOR THE SOUL=M	4 HAPPY 4TH OF JULY 10:00 BALLOON BOP=A 10:30 BALLOON FUN=M 11:30 MAKING FLAGS=A 12:00 MAKING FLAGS=M 2:30 BASEBALL GAME=A 3:00 SING ALONGS=M	5 10:00 A.M. STRETCH=A 10:30 A.M. STRETCH=M 11:30 CINNABUN VISITS=A/M 2:30 PUZZLES & GAMES=A 3:00 PUZZLES & GAMES=M	6 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	
	7 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	8 NATIONAL FREEZE POP DAY 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 DANCE MUSIC=A 2:30 BASKETBALL= M 3:00 STACKING TILES=M 3:30 PUZZLES & GAMES=A	9 10:00 RING TOSS=A 10:30 RING TOSS=M 11:30 NAILS & MUSIC=A 12:00 NAILS & MUSIC=M 2:30 BOOK MOBILE=A 3:00 BOOK MOBILE=M 3:30 CINNABUN VISITS=A/M	10 10:00 LIVE PIANO =A 10:30 A.M. STRETCH=M 11:30 BINGO FUN=A 12:30 FOLD & SORT=M 2:30 MAKE A CRAFT=A 3:00 MUSIC MANIA=M	11 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 READ 2 CONNECT=A 3:00 READ 2 CONNECT=M	12 10:00 A.M. STRETCH=A 10:30 A.M. STRETCH=M 11:30 CINNABUN VISITS=A/M 2:30 BEACHBALL TOSS=A 3:00 BEACHBALL TOSS=M	13 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
	14 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	15 10:00 PUZZLES & GAMES=A 10:30 PUZZLES & GAMES=M 11:30 RING TOSS=A 12:00 RING TOSS=M 2:30 COLORING=A 3:00 COLORING=M	16 10:00 GIANT KICKBALL=A 10:30 GIANT KICKBALL=M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M 3:30 CINNABUN VISITS=A/M	17 10:00 LIVE PIANO =A 10:30 A.M. STRETCH=M 11:30 BEACH BALL=A 12:00 STAMPING CREATIONS=M 2:30 DAY AT THE BEACH=A 3:00 DAY AT THE BEACH=M	18 10:00 BALLOON BOP=A 10:30 BALLOON FUN =M 11:30 GARDENING=A 12:00 GARDENING=M 2:30 READ 2 CONNECT=A 3:30 READ 2 CONNECT=M	19 10:00 A.M. STRETCH=A 10:30 A.M. STRETCH=M 11:30 CINNABUN VISITS=A/M 2:30 PUZZLES & GAMES=A 3:00 PUZZLES & GAMES=M	20 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
	21 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	22 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 WATER PAINTING=A 12:00 WATER PAINTING=M 2:30 GIANT KICKBALL=A 3:00 BEACH BALL TOSS=A 3:30 DECISION BALL=A	23 NATIONAL VANILLA ICE CREAM DAY 10:00 CORN HOLE=A 10:30 CORN HOLE=M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M	24 10:00 LIVE PIANO =A 10:30 MORNING STRETCH=M 11:30 STAMPING CREATIONS=A 12:00 MAGAZINE FUN=M 2:30 BOWLING=A 3:00 MUSIC FOR THE SOUL=M	25 10:00 BALLOON BOP=A 10:30 BALLOON FUN =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	26 10:00 A.M. STRETCH=A 10:30 A.M. STRETCH=M 11:30 CINNABUN VISITS=A/M 2:30 BEACHBALL TOSS=A 3:00 BEACHBALL TOSS=M	27 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
	28 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	29 10:00 BALLOON PLAY=A 10:30 BALLOON BOP=M 11:30 BINGO=A 12:00 WATER PAINTING=M 2:30 BIRTHDAY PARTY=A 3:00 BIRTHDAY PARTY=M 3:30 PUZZLES & GAMES=A	30 10:00 RING TOSS=A 10:30 RING TOSS=M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 NAILS & MUSIC=A 3:00 NAILS & MUSIC=M 3:30 CINNABUN VISITS=A/M	31 10:00 LIVE PIANO =A 10:30 A.M. STRETCH=M 11:30 STAMPING CREATIONS=A 12:00 FLOWER COLLAGE=M 2:30 BOWLING=A 3:00 MUSIC FOR THE SOUL=M	ALTERNATIVE ACTIVITIES -STROLLS OUTDOORS -COURTYARD -COOL POPS -VISITS WITH SPARKY -CORN HOLE	Abingdon Unit=A Memory Care Unit=M Strolling=S Courtyard=C Main dining room=D	Activities are subject to change