










MCU SEPTEMBER 2024



WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe : Recreation Director

Skylar Blackwell : Assistant Recreation Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 SNACK TIME=A/M 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 3:00 SNACK TIME=A/M 5:30 READ & SHARE=A	2 <u>LABOR DAY</u> 10:00 SNACK TIME=A/M 10:30 BALLOON BOP=A 11:00 BALLOON BOP=M 12:00 WATER PAINTING=M 1:30 BEACH BALL TOSS=M 3:00 SNACK TIME=A/M	3 9:00 LAWN DARTS=A 10:00 SNACK TIME=A/M 10:30 LAWN DARTS=M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	4 9:00 A.M. STRETCH=A 10:00 SNACK TIME=A/M 10:30 A.M. STRETCH=M 11:30 KINETIC SAND=A 12:00 KINETIC SAND=M 2:30 MAGAZINE MADNESS=A 3:00 SNACK TIME=A/M 3:30 MAGAZINE MADNESS=M	5 9:30 BASEBALL GAME=A 10:00 SNACK TIME=A/M 10:30 BASEBALL GAME=M 11:30 ROLL-A-BALL=A 12:00 ROLL-A-BALL=M 2:30 DIRT PUDDING CUPS=A 3:00 DIRT PUDDING CUPS=M	6 9:30 BALLOON BOP=A 10:00 SNACK TIME=A/M 10:30 BALLOON BOP=M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 ICE CREAM=A/M 	7 9:30 ALL DAY MUSIC =A&M 10:00 SNACK TIME=A/M 12:00 BALLOON FUN =A&M 2:00 DRAW/COLOR=A/M 3:00 SNACK TIME=A/M 3:30 WATCH A SHOW=A&M
8 10:00 SNACK TIME=A/M 10:30 CLAP & DANCE=A 11:00 CLAP & DANCE =M 12:00 BALLOON FUN=A 2:00 CHURCH WITH DAVE=D 3:00 SNACK TIME=A/M	9 9:30 KINETIC SAND=A 10:00 SNACK TIME=A/M 10:30 KINETIC SAND=M 11:30 AIR HOCKEY=A 12:00 COLORING=M 2:30 COLORING=A 3:00 MOVIE THEATER=A/M 	10  9:00 CORN HOLE=A 10:00 SNACK TIME=A/M 10:30 CORN HOLE=M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	11 9:30 A.M. STRETCH=A 10:00 SNACK TIME=A/M 10:30 A.M. STRETCH=M 11:30 MAKE A CRAFT=A 12:00 MAKE A CRAFT=M 2:30 MAGAZINE MADNESS=A 3:00 SNACK TIME=A/M 3:30 MAGAZINE MADNESS=M	12 9:30 BALLOON BOP=A 10:00 SNACK TIME=A/M 10:30 BALLOON FUN =M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 KINETIC SAND=A 3:00 SNACK TIME=A/M 3:30 KINETIC SAND=M	13 9:30 TIC-TAC-TOE=A 10:00 SNACK TIME=A/M 10:30 PUZZLES & GAMES=M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 BAKING COOKIES=A/M	14 9:30 ALL DAY MUSIC =A&M 10:00 SNACK TIME=A/M 12:00 BALLOON FUN =A&M 2:00 DRAW/COLOR=A/M 3:00 SNACK TIME=A/M 3:30 WATCH A SHOW=A&M
15 10:00 SNACK TIME=A/M 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 3:00 SNACK TIME=A/M 5:30 READ & SHARE=A	16 <u>NATIONAL PLAY-DOH DAY</u> 9:30 BALLOON BOP=A 10:00 SNACK TIME=A/M 10:30 BALLOON BOP=M 11:00 PLAY-DOH=A 12:00 PLAY-DOH=M 1:30 BINGO FUN=A 2:00 BEACH BALL TOSS=M 3:00 SNACK TIME=A/M	17 9:00 LAWN DARTS=A 10:00 SNACK TIME=A/M 10:30 LAWN DARTS=M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	18 9:00 A.M. STRETCH=A 10:00 SNACK TIME=A/M 10:30 A.M. STRETCH=M 11:30 KINETIC SAND=A 12:00 KINETIC SAND=M 2:30 MAGAZINE MADNESS=A 3:00 SNACK TIME=A/M 3:30 MAGAZINE MADNESS=M	19 9:30 BASEBALL GAME=A 10:00 SNACK TIME=A/M 10:30 BASEBALL GAME=M 11:30 ROLL-A-BALL=A 12:00 ROLL-A-BALL=M 2:30 DIRT PUDDING CUPS=A 3:00 DIRT PUDDING CUPS=M	20 9:30 BALLOON BOP=A 10:00 SNACK TIME=A/M 10:30 BALLOON BOP=M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 SLUSHIES=A/M 	21 9:30 ALL DAY MUSIC =A&M 10:00 SNACK TIME=A/M 12:00 BALLOON FUN =A&M 2:00 DRAW & COLOR=A/M 3:00 SNACK TIME=A/M
22 <u>1ST DAY OF FALL</u> 10:00 SNACK TIME=A/M 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 3:00 SNACK TIME=A/M	23 9:30 KINETIC SAND=A 10:00 SNACK TIME=A/M 10:30 KINETIC SAND=M 11:30 AIR HOCKEY=A 12:00 COLORING=M 2:30 COLORING=A 3:00 MOVIE THEATER=A/M	24 10:00 SNACK TIME=A/M 10:30 CORN HOLE=M 11:30 VISITS WITH TUCKER=A/M 2:30 BIRTHDAY PARTY=A/M  3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=A/M	25 9:30 A.M. STRETCH=A 10:00 SNACK TIME=A/M 10:30 A.M. STRETCH=M 11:30 MAKE A CRAFT=A 12:00 MAKE A CRAFT=M 2:30 MAGAZINE MADNESS=A 3:00 SNACK TIME=A/M 3:30 MAGAZINE MADNESS=M	26 10:00 BALLOON BOP=A 10:30 BALLOON FUN =M 11:30 COURTYARD FUN=A 12:00 COURTYARD FUN=M 2:30 KINETIC SAND=A 3:00 SNACK TIME=A/M 3:30 KINETIC SAND=M	27 9:30 TIC-TAC-TOE=A 10:00 SNACK TIME=A/M 10:30 PUZZLES & GAMES=M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 ICE CREAM=A/M	28 9:30 ALL DAY MUSIC =A&M 10:00 SNACK TIME=A/M 12:00 BALLOON FUN =A&M 2:00 DRAW/COLOR=A/M 3:00 SNACK TIME=A/M 3:30 WATCH A SHOW=A&M
29  10:00 SNACK TIME=A/M 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 3:00 SNACK TIME=A/M 5:30 READ & SHARE=A	30 9:30 BALLOON BOP=A 10:00 SNACK TIME=A/M 10:30 BALLOON BOP=M 11:00 WATER PAINTING=A 12:00 WATER PAINTING=M 1:30 BINGO FUN=A 2:00 BEACH BALL TOSS=M 3:00 SNACK TIME=A/M		Owned and operated by VIRGINIA HEALTH SERVICES	<u>ALTERNATE ACTIVITIES:</u> -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