







MCU OCTOBER 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	ALTERNATE ACTIVITIES: - STROLLS OUTDOORS - COURTYARD - MEMORY GAMES - BOARD GAMES - FOLD & SORT	1 9:30 VAMPIRE DARTS =A 10:00 VAMPIRE DARTS=M 10:30 SNACK TIME=A/M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	2 9:30 A.M. STRETCH=A 10:00 A.M. STRETCH=M 10:30 SNACK TIME=A/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	3 9:30 BASEBALL GAME=A 10:00 BASEBALL GAME=M 10:30 SNACK TIME=A/M 11:30 ROLL-A-BALL=A 12:00 ROLL-A-BALL=M 2:30 GRAVEYARD CUPS=A 3:00 GRAVEYARD CUPS=M 	4 <u>NATIONAL CINNAMON BUN DAY</u> 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 SNACK TIME=A/M	5 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
	6 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	7 9:30 KINETIC SAND=A 10:00 KINETIC SAND=M 10:30 SNACK TIME=A/M 11:30 AIR HOCKEY=A 12:00 COLORING=M 2:30 COLORING=A 3:00 MOVIE THEATER=A/M	8 9:30 CORN HOLE=A 10:00 CORN HOLE=M 10:30 SNACK TIME=A/M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	9 9:30 A.M. STRETCH=A 10:00 A.M. STRETCH=M 10:30 SNACK TIME=M 11:30 MAKE A CRAFT=A 12:00 MAKE A CRAFT=M 2:30 READ 2 CONNECT=A 3:00 SNACK TIME=A/M 3:30 READ 2 CONNECT=M	10 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/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	11 9:30 TIC-TAC-TOE=A 10:00 PUZZLES & TIMES=M 10:30 SNACK TIME=A/M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 BAKING COOKIES=A/M
13 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	14 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:00 PLAY-DOH=A 12:00 PLAY-DOH=M 1:30 BINGO FUN=A 2:00 DISCUSSION BALL=M 3:00 SNACK TIME=A/M	15 9:30 VAMPIRE DARTS =A 10:00 VAMPIRE DARTS=M 10:30 SNACK TIME=A/M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	16 9:30 A.M. STRETCH=A 10:00 A.M. STRETCH=M 10:30 SNACK TIME=A/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	17 9:30 BASEBALL GAME=A 10:00 BASEBALL GAME=M 10:30 SNACK TIME=A/M 11:30 ROLL-A-BALL=A 12:00 ROLL-A-BALL=M 2:30 GRAVEYARD CUPS=A 3:00 GRAVEYARD CUPS=M	18 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 SLUSHIES=A/M	19 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
20 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	21 <u>NATIONAL REPTILE DAY</u> 9:30 KINETIC SAND=A 10:00 KINETIC SAND=M 10:30 SNACK TIME=A/M 11:30 VISITS WITH MOCHI=A/M  2:30 COLORING=A 3:00 MOVIE THEATER=A/M	22 9:30 CORN HOLE=A 10:00 CORN HOLE=M 10:30 SNACK TIME=A/M 11:30 VISITS WITH TUCKER=A/M 2:30 NAILS & MUSIC=A 3:00 SNACK TIME=A/M 3:30 NAILS & MUSIC=M	23 9:30 A.M. STRETCH=A 10:00 A.M. SNACK=M 10:30 SNACK TIME=A/M 11:30 DECORATE PUMPKINS=A 12:00 DECORATE PUMPKINS=M 2:30 READ 2 CONNECT=A 3:00 SNACK TIME=A/M 3:30 READ 2 CONECT=M	24 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=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	25 9:30 TIC-TAC-TOE=A 10:00 PUZZLES & TIMES=M 10:30 SNACK TIME=A/M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 ICE CREAM=A/M	26 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
27 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	28 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:00 PLAY-DOH=A 12:00 PLAY-DOH=M 1:30 BINGO FUN=A 2:00 DISCUSSION BALL=M 3:00 SNACK TIME=A/M	29 10:00 VAMPIRE DARTS=M 10:30 SNACK TIME=A/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	30 9:30 BALLOON BOP=A 10:00 HALLOWEEN PARTY=A/M 10:30 SNACK TIME=A/M 11:00 BALLOON BOP=M 12:00 WATER PAINTING=A 2:30 WATER PAINTING=M 2:30 DISCUSSION BALL=M 3:00 SNACK TIME=A/M	31 <u>HAPPY HALLOWEEN</u>  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	Abingdon Unit=A Memory Care Unit=M Strolling=S Courtyard=C Main dining room=D	Activities are subject to change