



# MCU NOVEMBER 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	<b>ALTERNATE ACTIVITES:</b> - STROLLS OUTDOORS - COURTYARD - BOARD GAMES - FOLD & SORT - CORN HOLE	<i>Abingdon Unit=A Memory Care Unit=M Strolling=S Courtyard=C Main dining room=D</i>	Activities are subject to change		1 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 ICE CREAM=A/M	2 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
3 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	4 9:30 HUNTING TURKEYS=A 10:00 HUNTING TURKEYS=M 10:30 SNACK TIME=A/M 11:30 AIR HOCKEY=A 12:00 COLORING=M 2:30 BINGO=A 3:00 MOVIE THEATER=A/M	5 9:30 TURKEY LEG RING TOSS=A 10:00 TURKEY LEG RING TOSS=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	6 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	7 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:30 BINGO=A 12:00 WATER PAINTING=M 2:30 PUMPKIN GOLF=A 3:00 SNACK TIME=A/M 3:30 PUMPKIN GOLF=M	8 9:30 PUZZLES & GAMES=A 10:00 PUZZLES & GAMES=M 10:30 SNACK TIME=A/M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 BAKING COOKIES=A/M	9 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
10 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	11 <b>NATIONAL SUNDAY</b> 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:00 PUMPKIN GOLF=A 12:00 PUMPKIN GOLF=M 2:30 BINGO FUN=A 3:00 DISCUSSION BALL=M 3:30 SUNDAES=A/M	12 9:30 STUFF THE TURKEY GAME=A 10:00 STUFF THE TURKEY GAME=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	13 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	14 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:30 BINGO=A 12:00 WATER PAINTING=M 2:30 PUMPKIN GOLF=A 3:00 SNACK TIME=A/M 3:30 PUMPKIN GOLF=M	15 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 TURKEY SNACK BAGS=A/M	16 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
17 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	18 9:30 HUNTING TURKEYS=A 10:00 HUNTING TURKEYS=M 10:30 SNACK TIME=A/M 11:30 AIR HOCKEY=A 12:00 COLORING=M 2:30 BINGO=A 3:00 MOVIE THEATER=A/M	19 9:30 TURKEY LEG RING TOSS=A 10:00 TURKEY LEG RING TOSS=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	20 9:30 A.M. STRETCH=A 10:00 A.M. SNACK=M 10:30 SNACK TIME=A/M 11:30 MAKING TURKEYS=A 12:00 MAKING TURKEYS=M 2:30 READ 2 CONNECT=A 3:00 SNACK TIME=A/M 3:30 READ 2 CONECT=M	21 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=M 11:30 BINGO=A 12:00 WATER PAINTING=M 2:30 PUMPKIN GOLF=A 3:00 SNACK TIME=A/M 3:30 PUMPKIN GOLF=M	22 9:30 PUZZLES & GAMES=A 10:00 PUZZLES & GAMES=M 10:30 SNACK TIME=A/M 11:30 CINNABUN VISITS=A/M 2:30 COLORING=A 3:00 ICE CREAM=A/M	23 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
24 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	25 9:30 BALLOON BOP=A 10:00 BALLOON BOP=M 10:30 SNACK TIME=A/M 11:00 PUMPKIN GOLF=A 12:00 PUMPKIN GOLF=M 2:30 BINGO FUN=A 3:00 SNACK TIME=A/M 3:30 DISCUSSION BALL=M	26 <b>NATIONAL CAKE DAY</b> 9:30 STUFF THE TURKEY GAME=A 10:00 STUFF THE TURKEY GAME=M 10:30 SNACK TIME=A/M 11:30 VISITS WITH TUCKER=A/M 2:30 BIRTHDAY PARTY=A/M 3:30 BIRTHDAY PARTY=A/M	27 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	28 <b>HAPPY THANKSGIVING</b> 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 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	30 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