



MCU JANUARY 2025



WALTER REED NURSING AND REHABILITATION CENTER

Julie P. Boothe : Recreation Director

Edith Walters: Assistant Recreation Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Owned and operated by <u>VIRGINIA HEALTH SERVICES</u>	<u>Snacks are given twice daily</u>	ALL ACTIVITIES ARE SUBJECT TO CHANGE	1 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 SING ALONG=A 12:00 ONE TO ONE=A/M 2:30 MEMORY MATCHING GAME=M 3:00 BINGO=A	2 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 READ CONNECT=A 12:00 ONE TO ONES=A/M 2:30 SENSORY GAME=M 3:00 DEBBIE & FRIENDS=D	3 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 MANICURES=A 12:00 ONE TO ONES=A/M 2:30 MOVE TO THE MUSIC=M 3:30 CRAFTING FUN=A	4 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A
5 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A	6 10:00 PET VISIT/SPCA=A/M 10:30 BALLOON BOP=M 11:30 DANCE PARTY=A 12:00 ONE TO ONES=A/M 2:30 BALL ROLL=M 3:00 SNOWMANTOSS=M 3:30 KNOW YOUR ANIMALS=A	7 10:00 PIANO WITH STEVE=A 10:30 BALLOON BOP=M 11:30 PET VISITS/TUCKER=A/M 12:00 ONE TO ONES=A/M 2:30 COLORING PENS=M 3:00 BINGO=A	8 10:00 RIBBON EXERCISE=A 10:30 BALLOON BOP=M 11:30 CORN HOLE=A 12:00 ONE TO ONES=A/M 2:30 CINNABUN VISITS=A/M 3:00 TIC-TAC-TOE TOSS=A	9 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 10:30 VETERANS GROUP=R 11:30 FOAM SHAPES=A 12:00 ONE TO ONES=A/M 2:30 MAGAZINE SCAVENGER HUNT=M 3:00 TIC-TAC-TOE=A	10 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 PICTURE MATCH=A 12:00 ONE TO ONES=A/M 2:30 MANICURES=A 3:00 MANICURES=M	11 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A
12 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A	13 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 BIRD FEEDERS=A 12:00 ONE TO ONES=A/M 2:30 FOLD & SORT=M 3:00 TOSS AND TALK=A	14 10:00 PIANO WITH STEVE=A 10:30 BALLOON BOP=M 11:30 PET VISITS/TUCKER=A/M 12:00 ONE TO ONES=A/M 2:30 RING TOSS=M 3:00 ADULT COLORING=A	15 National Bagel Day 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 SNOWMAN COTTON BALL ART=A 12:00 ONE TO ONES=A/M 2:30 CINNABUN VISIT=A/M 3:00 BAGEL TREATS=A	16 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 10:30 VETERANS GROUP=R 11:30 READ CONNECT=A 12:00 ONE TO ONES=A/M 2:30 MEMORY MATCH=M 3:00 DEBBIE & FRIENDS=D	17 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 MANICURES=A 12:00 ONE TO ONES=A/M 2:30 POPCORN SOCIAL=A/M 3:00 COLORING BANNER=A	18 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A
19 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A	20 Martin Luther King, Jr Day 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 MLK COLORING AND TRIVA=A 12:00 ONE TO ONES=A/M 2:30 CORN HOLE=A 3:00 CORN HOLE=M	21 10:00 PIANO WITH STEVE=A 11:00 BALLOON BOP=M 11:30 PET VISITS/TUCKER=A/M 12:00 ONE TO ONES=A/M 2:30 BALL IN A HOLE=M 3:00 BINGO=A	22 10:00 MORNING STRETCH=A 10:30 MORNING STRETCH=M 11:30 PICK A SONG=A 12:00 ONE TO ONES=A/M 2:30 CINNABUN VISITS=A/M 3:00 BINGO=A	23 National Pie Day 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 10:30 VETERANS GROUP=R 11:30 READ CONNECT=A 12:00 ONE TO ONES=A/M 2:30 MAKING PIE=A/M 3:00 MUSIC AND PIF=A/M	24 10:00 BALLOON BOP=A 11:00 BALLOON BOP=M 11:30 OPPOSITE GAME=A 12:00 ONE TO ONES=A/M 2:30 BALL IN A HOLE=M 3:00 SING AND DANCE=A	25 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A
26 10:30 CLAP AND DANCE TO THE MUSIC=A 12:00 BALLOON FUN=M 2:30 SCRIPTURE READING=A 3:00 DRAW AND COLOR=M 5:30 READ AND SHARE=A	27 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 DANCE PARTY=A 12:00 ONE TO ONES=A/M 2:30 WATER PAINTING=M 3:00 BINGO=A	28 10:00 PIANO WITH STEVE=A 10:30 BALLOON BOP=M 11:30 PET VISIT/TUCKER=A/M 12:00 ONE TO ONES=A/M 2:30 RESIDENT BIRTHDAY PARTY=D 2:30 SING ALONGS=A/M	29 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 11:30 DANCE PARTY=A 12:00 ONE TO ONES=A/M 2:30 CINNABUN VISITS=A/M 3:00 BINGO=A	30 10:00 BALLOON BOP=A 10:30 BALLOON BOP=M 0:30 VETERANS GROUP=R 11:30 READ CONNECT=A 12:00 ONE TO ONES=A/M 2:30 WATER PAINT=M 3:00 BEAN BAG TOSS=A	31 National Hot Chocolate Day 10:00 BALLOON BOP=A 11:00 BALLOON BOP=M 11:30 DO A PUZZLE=A 12:00 ONE TO ONES=A/M 2:30 BALL IN A HOLE=A 3:00 HOT CHOCOLATE SOCIAL=A/M	<u>ALTERNATE ACTIVITIES:</u> MAGAZINES FOLD AND SORT BALLOON BOP NAME THAT TUNE FIDGETS/SENSORY SPARKY THE DOG CINNABUN THE BUNNY