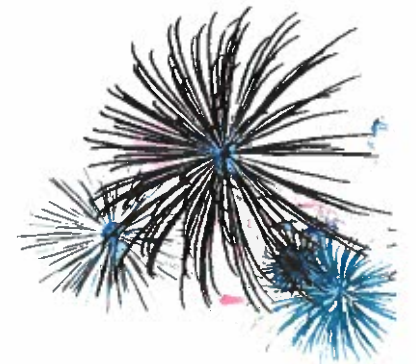




# Therapeutic Recreation Calendar



## JANUARY

*\*Programs Subject To Change\**

**Due to the COVID-19 virus we are unable to have large group activities at this time. We can connect with your family through the computer using “Facetime”.**


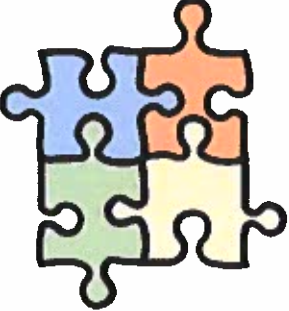


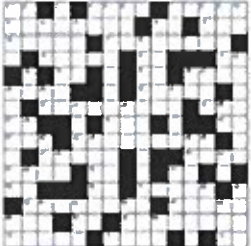









### **YOUR RECREATION STAFF**




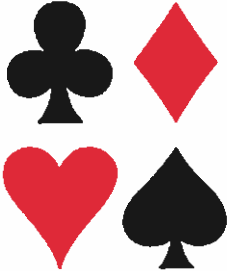

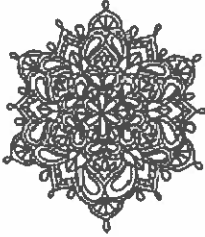

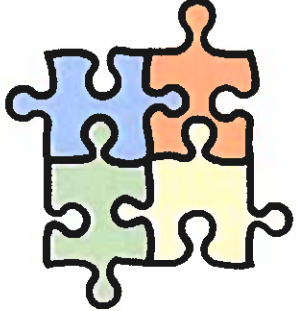



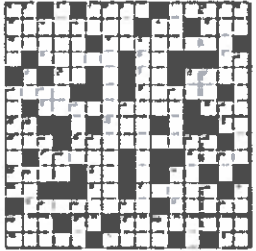


**MAURA CICCOTTI,  
MARTA KOMOSINSKA,  
REINA ROMERO,**









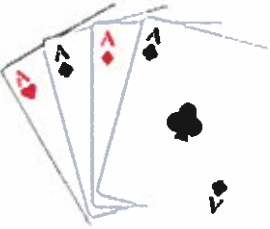

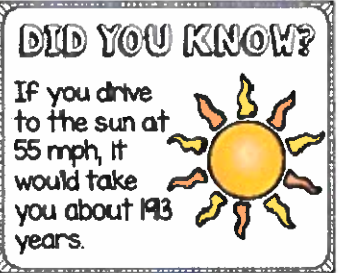



**CLAUDIA D’ONOFRIO,  
LUISA PRADO,  
JENNA SWEET**









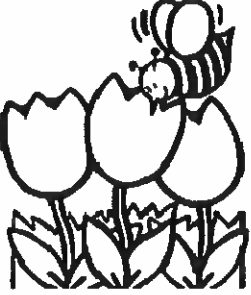
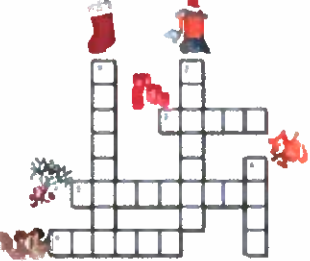

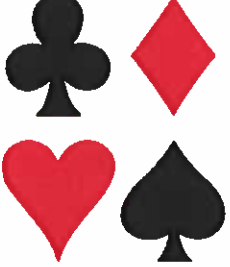




<b>Friday 1/1/21</b>	<b>Saturday 1/2/21</b>
<p><b>Small Groups and Individual Activities</b></p> <p>Sing a song</p>  <p>Call a friend</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Say a prayer</p>  <p>Watch a movie</p> 

<b>Sunday</b> <b>1/3/21</b>	<b>Monday</b> <b>1/4/21</b>	<b>Tuesday</b> <b>1/5/21</b>	<b>Wednesday</b> <b>1/6/21</b>	<b>Thursday</b> <b>1/7/21</b>	<b>Friday</b> <b>1/8/21</b>	<b>Saturday</b> <b>1/9/21</b>
<p data-bbox="59 250 333 480"><b>Small Groups and Individual Activities</b></p> <p data-bbox="69 526 295 558">Morning Stretch</p>  <p data-bbox="96 1032 258 1065">Do a puzzle</p> 	<p data-bbox="387 250 728 415"><b>Small Groups and Individual Activities</b></p> <p data-bbox="467 537 628 570">Read a book</p>  <p data-bbox="459 959 661 992">Listen to music</p> 	<p data-bbox="790 250 1131 415"><b>Small Groups and Individual Activities</b></p> <p data-bbox="835 428 1104 461">Perform a crossword</p>  <p data-bbox="790 878 1131 943">Don't forget to water your plants</p> 	<p data-bbox="1201 250 1542 415"><b>Small Groups and Individual Activities</b></p> <p data-bbox="1220 537 1489 570">Challenge your mind</p>  <p data-bbox="1266 992 1467 1024">Talk to a friend</p> 	<p data-bbox="1604 250 1946 415"><b>Small Groups and Individual Activities</b></p> <p data-bbox="1596 496 1938 529">Go for walk in the hallway</p>  <p data-bbox="1577 951 1956 1016">Do you see some birds at the feeders?</p> 	<p data-bbox="1972 250 2314 415"><b>Small Groups and Individual Activities</b></p> <p data-bbox="2040 496 2241 529">Say the Rosary</p>  <p data-bbox="2053 1049 2233 1081">Play Solitaire</p> 	<p data-bbox="2330 250 2644 480"><b>Small Groups and Individual Activities</b></p> <p data-bbox="2368 526 2596 558">Do some coloring</p>  <p data-bbox="2421 1016 2542 1049">Nail care</p> 

<b>Sunday</b> <b>1/10/21</b>	<b>Monday</b> <b>1/11/21</b>	<b>Tuesday</b> <b>1/12/21</b>	<b>Wednesday</b> <b>1/13/21</b>	<b>Thursday</b> <b>1/14/21</b>	<b>Friday</b> <b>1/15/21</b>	<b>Saturday</b> <b>1/16/21</b>
<p data-bbox="56 245 387 472"><b>Small Groups and Individual Activities</b></p> <p data-bbox="88 557 352 589">Read the newspaper</p>  <p data-bbox="75 914 360 946">Listen to some music</p> 	<p data-bbox="413 245 755 418"><b>Small Groups and Individual Activities</b></p> <p data-bbox="508 573 658 605">Bird watch</p>  <p data-bbox="432 992 739 1024">Play cards with a friend</p> 	<p data-bbox="809 245 1158 418"><b>Small Groups and Individual Activities</b></p> <p data-bbox="870 464 1091 496">Morning Stretch</p>  <p data-bbox="801 935 1166 967">Color a winter picture scene</p> 	<p data-bbox="1204 245 1553 418"><b>Small Groups and Individual Activities</b></p> <p data-bbox="1252 500 1505 532">Perform the rosary</p>  <p data-bbox="1298 979 1459 1011">Do a puzzle</p> 	<p data-bbox="1599 245 1948 418"><b>Small Groups and Individual Activities</b></p> <p data-bbox="1599 464 1954 496">Take a walk in the hallway</p>  <p data-bbox="1669 987 1873 1019">Watch a movie</p> 	<p data-bbox="1994 245 2333 418"><b>Small Groups and Individual Activities</b></p> <p data-bbox="2037 464 2279 496">Water your plants</p>  <p data-bbox="2050 938 2265 971">Do a crossword</p> 	<p data-bbox="2360 245 2628 483"><b>Small Groups and Individual Activities</b></p> <p data-bbox="2395 537 2567 570">Read a book</p>  <p data-bbox="2395 886 2556 919">Sing a song</p> 

<b>Sunday</b> <b>1/17/21</b>	<b>Monday</b> <b>1/18/21</b>	<b>Tuesday</b> <b>1/19/21</b>	<b>Wednesday</b> <b>1/20/21</b>	<b>Thursday</b> <b>1/21/21</b>	<b>Friday</b> <b>1/22/22</b>	<b>Saturday</b> <b>1/23/21</b>
<p align="center"><b>Small Groups and Individual Activities</b></p> <p>Do a light exercise</p>  <p>Nail care</p> 	<p align="center"><b>Small Groups and Individual Activities</b></p> <p align="center"><b>MARTIN LUTHER KING JR DAY</b></p> <p>Say a prayer</p>  <p>Read the newspaper</p> 	<p align="center"><b>Small Groups and Individual Activities</b></p> <p>Do a word search puzzle</p>  <p>Call a friend</p> 	<p align="center"><b>Small Groups and Individual Activities</b></p> <p>Spot a flower</p>  <p>Challenge yourself</p> 	<p align="center"><b>Small Groups and Individual Activities</b></p> <p>Play Solitaire</p>  <p>Reminisce</p> 	<p align="center"><b>Small Groups and Individual Activities</b></p> <p>Learn something new</p>  <p>Write a letter</p> 	<p align="center"><b>Small Groups and Individual Activities</b></p> <p>Talk to friends</p>  <p>Read a book</p> 

<b>Sunday</b> <b>1/24/21</b>	<b>Monday</b> <b>5/25/21</b>	<b>Tuesday</b> <b>1/26/21</b>	<b>Wednesday</b> <b>1/27/21</b>	<b>Thursday</b> <b>1/28/21</b>	<b>Friday</b> <b>1/29/21</b>	<b>Saturday</b> <b>1/30/21</b>
<p><b>Small Groups and Individual Activities</b></p> <p>Do a puzzle</p>  <p>Nail care</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Watch a favorite TV show</p>  <p>Take a walk in the hallway</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Listen to a classic tune</p>  <p>Do you see any birds at the feeders?</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Read the newspaper</p>  <p>Light workout</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Color a picture</p>  <p>Crossword puzzle</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Give friends and family a call</p>  <p>Play cards</p> 	<p><b>Small Groups and Individual Activities</b></p> <p>Say a prayer</p>  <p>light Workout</p> 

**Sunday**  
**1/31/21**

**Write a letter**



**Don't forget to**  
**water your plants**

