



February 2022

Therapeutic Recreation Virtual Programming

Join us through virtual programming for some exciting workouts, new foods to try, and exhilarating adventures with you, your family, and your friends.

Monday- Making Moves Monday





















Tuesday- Teaching Tuesday

Wednesday- Workout Wednesday

Thursday- Try It Thursday

Friday- Family Fun Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 TEACHING 	2 	3 	4 	5
6	7 	8 TEACHING 	9 	10 	11 	12
13	14 	15 TEACHING 	16 	17 	18 	19
20	21 	22 TEACHING 	23 	24 	25 	26
27	28 					

Mondays

Making Moves Monday: Get up and move doing Zumba. Zumba is a great way to improve cardiovascular fitness, build endurance, burn calories, and improve coordination. Try these moves every Monday this month!

Feb 7, 2022 - Click on this link to help you to move daily. [Beginners Chair Zumba](#)

Feb 14, 2022 - Click on this link to help you to move daily. [Chair Zumba](#)

Feb 21, 2022 - Remember to Celebrate President's Day. Go or watch the parade, but don't forget to move on this day. Stay healthy by moving daily. Click on this link to help you to move daily. [Beginners Chair Zumba](#)

Feb 28, 2022 - Click on this link to help you to move daily. [Chair Zumba](#)

Tuesday

Teaching Tuesday: learn a new skill or teach a new skill to your child or client. Here are some fun skills to work on to improve listening, communication, and coping skills.

Feb 1, 2022 - Click [here](#) to see some ideas for you to try!

Feb 8, 2022 - Click [here](#) for some ideas to teach your child or client!

Feb 15, 2022 - Click [here](#) to see some ideas for you to try!

Feb 22, 2022 - Click [here](#) for some ideas to teach your child or client!

Wednesday

Workout Wednesday: keep moving and stay healthy. You can choose to do a workout provided for you in this email or make up your workout. You can also choose to be a member of the YMCA, a walking group, or start your own Get Fit group with your family and friends. Be sure to stay moving to stay healthy.

Feb 2, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Feb 9, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Feb 16, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Feb 23, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Thursday

Try it; Thursday is always fun. On Thursdays, get in your kitchen and try something new. It can be an appetizer, dessert, or full-course meal. The goal for Thursday is to try something new. Make sure to look at all ingredients to make sure you are not allergic to any food. Enjoy!

Feb 3, 2022 - Try this appetizer! Click [Here](#)

Feb 10, 2022 - Try this dessert! Click this recipe for [Easy Sopapilla Cheesecake](#)

Feb 17, 2022 - Try this meal! Click [here](#). Make it your own!

Feb 24, 2022 - If you're up for the challenge, try this 3-course meal! Click [here](#), Or do your own!

Friday

It's **Family/Friends Fun Day!** Get out and enjoy your community by sightseeing, going to the movies, museums, parks, and playgrounds. You can also enjoy a day inside by playing games, watching movies, cooking, singing, or dancing. Here are some ideas for you to do on Fun Fridays.

Feb 4, 2022 - Here's a fun craft idea to celebrate the month of Love. Click [here!](#)

Feb 11, 2022 - Valentine's day several days away; here's something easy to create to give to your loved one or for decorations. Click [here!](#)

Feb 18, 2022 - I know Valentine's Day has come and gone, but you still can make these delicious Red Velvet Cookies together. Click [here!](#)

Feb 25, 2022 - Another month of doing Tic Toks together. Try a different one this time as a family! [Easy Tic Toks](#)
Make sure you post!
