



January 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
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2	3 	4 TEACHING 	5 	6 	7 Family Fun Day 	8
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Mondays

Making Moves Monday: Get up and stretch and flex to these mindful movements. Tai Chi is a great way to focus, decrease stress, and improve your mood. Try these moves every Monday this month!

Jan 3, 2022 - Click on this link to help you to move daily. [Tai Chi](#)

Jan 10, 2022 - Click on this link to help you to move daily. [Tai Chi](#)

Jan 17, 2022 - Remember to Celebrate MLK 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. [Tai Chi](#)

Jan 24, 2022 - Click on this link to help you to move daily. [Tai Chi](#)

Jan 31, 2022 - Click on this link to help you to move daily. [Tai Chi](#)

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.

Jan 4, 2022 - Click [here](#) to see some ideas for you to try!

Jan 11, 2022 - Click [here](#) for some ideas to teach your child or client!

Jan 18, 2022 - Click [here](#) to see some ideas for you to try!

Jan 25, 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.

Jan 5, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Jan 12, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Jan 19, 2022 - You can try this easy workout for beginners routine if you want to workout from home. Click [Here](#)

Jan 26, 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!

Jan 6, 2022 - Try this appetizer! [Garlic Cheese Flat Bread](#)

Jan 13, 2022 - Try this dessert! [Rice Krispie Treats](#)!

Jan 20, 2022 - Try this meal! [Sheet Pan Olive Bar Chicken](#) You don't have to use olives in this recipe. Make it your own!

Jan 27, 2022 - If you're up for the challenge, try this 3-course meal! [3 Course Meal Video](#) 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.

Jan 7, 2022 - Do you love animals? Here's a live animal cam to watch your favorite at the zoo! Click [Here](#)

Jan 14, 2022 -Are you interested in exploring the world? Here's a video exploring The Great Wall of China.

Maybe one day you can see it up close and personal! [Virtual Field Trip](#)

Jan 21, 2022 - Do you like playing games! Here is a list of online games that you can play with your family. [Game List](#)

Jan 28, 2022 - Have you ever thought about doing a Tic Tok together. Here are some easy ones to try as a family!

[Easy Tic Toks](#) Make sure you post!
