



## March 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 	2 	3 	4 	5
6 <b>Last Week of Programming</b> 	7 	8 	9 	10 	11 	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## **Mondays**

Making Moves Monday: Get up and move to do aerobics exercise. Aerobic exercise is a great way to lose weight, increase stamina, stimulate your immune system, and help you stay active as you get older. Try these moves every Monday this month!

Mar 7, 2022: Click on this link to help you to move daily. [Get up and Move!](#)

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## **Tuesday**

Teaching Tuesday is for you to 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.

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

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

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## **Wednesday**

Workout Wednesday is for you to 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.

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

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

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## **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!

Mar 3, 2022: Try this appetizer! [Hot Pizza Dip](#)

Mar 10, 2022: Try this dessert! [Cake Mix Cookie Bars](#)

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## **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.

Mar 4, 2022: Take this field trip together to the [Seattle Aquarium](#) or Livestream the [Georgia Aquarium](#)!

Mar 11, 2022: The weather is getting warmer, and you can spend more time outside. Here is a list of activities that you can do with yourself and with your family/friends. [Click here!](#) Or [Click Here!](#)