

April

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












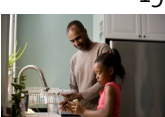




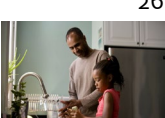



Tuesday – Teaching Tuesday

Wednesday – Workout Wednesday

Thursday – Try It Thursday

Friday – Family Fun Day



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Monday

Making Moves Monday. Get up and move doing Tai Chi. Tai Chi is a great way to improve aerobic activity, improve flexibility, reduces stress, and promotes weigh loss. Try these moves every Monday this month!

April 4, 2022 *Click on this link to help you to move daily. [Let's Move!](#)*

April 11, 2022 *Click on this link to help you to move daily. [Let's Move!](#)*

April 18, 2022 *Click on this link to help you to move daily. [Let's Move!](#)*

April 25, 2022 *Click on this link to help you to move daily. [Let's Move!](#)*

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.

April 5, 2022 *Click [here](#) to see some ideas for you to try!*

April 12, 2022 *Click [here](#) for some ideas to teach your child or client!*

April 19, 2022 *Click [here](#) to try some new ideas!*

April 26, 2022

Wednesday

Workout Wednesday is for you to keep moving and stay healthy. You can choose to do a workout that is provided for you in this email or you can make up your own 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.

April 6, 2022 *You can try this easy workout for beginners routine if you want to work out from home. Click [Here!](#)*

April 13, 2022 *You can try this easy workout for beginners routine if you want to work out from home. Click [Here!](#)*

April 20, 2022 *You can try this easy workout for beginners routine if you want to work out from home. Click [Here!](#)*

April 27, 2022 *You can try this easy workout for beginners routine if you want to work out 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 a full-course meal. The goal for Thursday is to try something new. Make sure to look at all ingredients so you can make sure you are not allergic to any of the food. Enjoy!

April 7, 2022 *Try this appetizer! [Pizza Sliders](#)*

April 14, 2022 *Try this dessert! [Lemon Drop Cookies](#)*

April 21, 2022 *Try this meal! [Shrimp Pasta](#)*

April 28, 2022 *Try this meal! [Glazed Chicken Thighs](#)*

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.

April 8, 2022 *Here are some activities to do outside to enjoy the warmer weather! [Click Here!](#)*

April 15, 2022 *Here is a list of activities that you can do with your family and friends. [Click Here!](#) or [Click Here!](#)*

April 22, 2022 *Enjoy some of these activities with friends! [Click Here!](#)*

April 29, 2022 *Here are some ideas for you to do with friends or family. [Click Here!](#)*