

May 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 Making Moves Monday  | 3 Teaching Tuesday  | 4 Workout Wednesday  | 5 Try It Thursday  | 6 Family Fun Day  | 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 doing light aerobic exercises. Aerobic exercise is a great way to strengthen your heart rate, boost your mood, improves your lung function, and decrease risk of heart disease. Try these moves every Monday this month!

May 2, 2022 Click on this link to help you to move daily. [Low Impact Workout!](#)

May 9, 2022 Click on this link to help you to move daily. [Get Up and Walk!](#)

May 16, 2022 Click on this link to help you move daily. [Get Up and Move!](#)

Tuesday

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

May 3, 2022 Click [here](#) to see some ideas for you to try!

May 10, 2022 Click [here](#) for some ideas to teach your child or client!

May 17, 2022 Click [here](#) to try some new ideas!

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.

May 4, 2022 You can try this easy workout for beginner's routine if you want to work out from home. [Click Here!](#)

May 11, 2022 You can try this easy workout for beginner's routine if you want to work out from home. [Click Here!](#)

May 18, 2022 You can try this easy workout for beginner's 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!

May 5, 2022 Try this appetizer! [Homemade Mozzarella Sticks](#)

May 12, 2022 Try this dessert! [Pretzel Turtles](#)

May 19, 2022 Try this Meal! [Baked Garlic Parmesan Chicken](#)

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.

May 6, 2022 Here are some activities to do outside to enjoy the warmer weather! [Click Here!](#)

May 13, 2022 Here is a list of activities that you can do with you and your family/friends. [Click Here!](#) or [Click Here!](#)

May 20, 2022 Here are some ideas for you to do with friends or family. [Click Here!](#)