

March







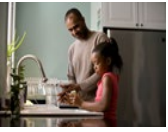







2022

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
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13	14 Making Moves Monday 	15 Teaching Tuesday 	16 Workout Wednesday 	17 Try It Thursday 	18 Family Fun Day 	19
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Monday

Making Moves Monday. Get up and move doing light cardio exercises. Cardio 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 14, 2022 Click on this link to help you to move daily. [Get Up and Move!](#)

Mar 21, 2022 Click on this link to help you to move daily. [Get Up and Move!](#)

Mar 28, 2022 Click on this link to help you to 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.

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

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

Mar 29, 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.

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

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

Mar 30, 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!

Mar 17, 2022 Try this appetizer! [Italian Sausage Pizza Bites](#)

Mar 24, 2022 Try this dessert! [Reese's Heavenly Peanut Butter Trifle](#)

Mar 31, 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.

Mar 18, 2022 Here are some activities to do outside to enjoy the warmer weather! [Click Here!](#)

Mar 25, 2022 Here is a list of activities that you can do with your family and friends. [Click Here!](#) or [Click Here!](#)