

**October 2020 - Recreation Therapy Calendar of Events**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p align="center"><b>**Your Recreation Team**</b></p> <p align="center"><b>Jon Romond, MT-BC, CiCi Almonte, Marianna Solorza, and Ashlee Penate</b></p>			<p align="center"><b>Have a question?</b></p> <p align="center"><b>Call us anytime at:</b></p> <p align="center"><b>(516) 536-7730 ext. 1180</b></p>		<p align="center"><b>Strolling Book Cart Monday Mornings</b></p>		
<p align="center"><b>Therapeutic Recreation programs are subject to change</b></p>	<p><b><u>Outdoor/Window/Virtual Visits</u></b></p> <p align="center"><b>Please Visit <u>FamilyCenter.io</u> or dial ext. 4141 to schedule</b></p>			<p><b>1</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3)</p> <p><b>2:30PM</b> Leisure Visits (1,2,3)</p>	<p><b>2</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3)</p> <p><b>2:30PM</b> Creativity Kits (1) Hallway Bingo (2,3)</p>	<p><b>3</b> <b>10 AM</b> This Day in History (1,2,3)</p> <p><b>2:30PM</b> Laugh Factory (1,2) Creativity Kits (3)</p>	
	<p><b>4</b> <b>10 AM</b> Express Yourself (1,2,3) <b>2:30PM</b> Creativity Cart (1,2) Hallway Music (3)</p>	<p><b>5</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Mocktails! (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>6</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Familiar Phrases (1,2) Hallway Bingo (3)</p>	<p><b>7</b> <b>10 AM</b> Breathe, Move, Meditate (1,2,3) <b>2:30PM</b> Rolling Hydration Station (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>8</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Leisure Visits (1,2,3)</p>	<p><b>9</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Strolling Bakery! (1,2,3)</p>	<p><b>10</b> <b>10 AM</b> This Day in History (1,2,3) <b>2:30PM</b> Laugh Factory (1,2) Creativity Kits (3)</p>
	<p><b>11</b> <b>10 AM</b> Express Yourself (1,2,3) <b>2:30PM</b> Creativity Cart (1,2) Hallway Music (3)</p>	<p><b>12 Columbus Day</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Mocktails! (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>13</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Familiar Phrases (1,2) Hallway Bingo (3)</p>	<p><b>14</b> <b>10 AM</b> Breathe, Move, Meditate (1,2,3) <b>2:30PM</b> Rolling Hydration Station (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>15</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Leisure Visits (1,2,3)</p>	<p><b>16</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Creativity Kits (1) Hallway Bingo (2,3)</p>	<p><b>17</b> <b>10 AM</b> This Day in History (1,2,3) <b>2:30PM</b> Laugh Factory (1,2) Creativity Kits (3)</p>
	<p><b>18</b> <b>10 AM</b> Express Yourself (1,2,3) <b>2:30PM</b> Creativity Cart (1,2) Hallway Music (3)</p>	<p><b>19</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Mocktails! (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>20</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Familiar Phrases (1,2) Hallway Bingo (3)</p>	<p><b>21</b> <b>10 AM</b> Breathe, Move, Meditate (1,2,3) <b>2:30PM</b> Rolling Hydration Station (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>22</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Leisure Visits (1,2,3)</p>	<p><b>23</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Creativity Kits (1) Hallway Bingo (2,3)</p>	<p><b>24</b> <b>10 AM</b> This Day in History (1,2,3) <b>2:30PM</b> Laugh Factory (1,2) Creativity Kits (3)</p>
	<p><b>25</b> <b>10 AM</b> Express Yourself (1,2,3) <b>2:30PM</b> Creativity Cart (1,2) Hallway Music (3)</p>	<p><b>26</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Mocktails! (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>27</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:00PM</b> Resident Council (1:1) <b>2:30PM</b> Familiar Phrases (1,2) Hallway Bingo (3)</p>	<p><b>28</b> <b>10 AM</b> Breathe, Move, Meditate (1,2,3) <b>2:30PM</b> Rolling Hydration Station (1,2,3) <b>6:00PM</b> Evening Relaxation (3)</p>	<p><b>29</b> <b>10 AM</b> Express Yourself (1,2) I-Fitness (3) <b>2:30PM</b> Halloween Parade! (1,2,3)</p>	<p><b>30</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Creativity Kits (1) Hallway Bingo (2,3)</p>	<p><b>31 Halloween</b> <b>10 AM</b> I-Fitness (1,2) Music and Movement (3) <b>2:30PM</b> Creepy Creativity (1) Hallway Bingo (2,3)</p>