

## Questions?

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## What's Happening at UIRehab?

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Check out the News & Events  
tab on our Website.  
**www.uirehabnj.com**

## Greetings from Enrichment!



## Special Events

**FEBRUARY 4**  
**Chinese New Year**  
Join us for a Chinese lunch & Spin the Wheel of Fortune. Wear RED for Good Luck!

**FEBRUARY 11**  
**Super Bowl Bash**  
Wear your favorite team's gear for an afternoon of football themed activities. Sign up for a Super Bowl Box for a chance to win prizes.

**FEBRUARY 18**  
**Heart Party**  
Celebrating V-Day, Random Acts of Kindness Week & Heart Health Month! Dress in RED for Pop-Up Dance Parties.

**FEBRUARY 18**  
**Black History Month Celebration**  
We're hosting a BHM Door Decorating Contest. Wear a shirt with an inspirational message.

*\*\*\*All activities listed are led by Therapists or Activity Specialists. Additional activities are led daily by Direct Support Staff\*\*\**

## Red Room

### Monday

9:30-10:30am	Music
10:30-11:30am	Life Skills
2:30-3:30pm	Meditation

### Tuesday

10:30-11:30am	Bingo
2:30-3:30pm	Sensory Meditation

### Wednesday

9:30-10:30am	Fitness
1:30-2:30pm	Music
2:30-3:30pm	Events Committee

### Thursday

9:30-10:30am	Art Therapy
1:30-2:30pm	Switch & Board Games
2:30-3:30pm	Meditation

### Friday

10:30-11:30am	Switch & Board Games
1:30-3:00pm	Fun Friday

## Gray Room

### Monday

9:30-10:30am	Life Skills
10:30-11:30am	Creative Arts
1:30-2:30pm	Music
2:30-3:30pm	Meditation

### Tuesday

9:30-10:30am	Bingo
2:30-3:30pm	Meditation

### Wednesday

10:30-11:30am	Fitness
2:30-3:30pm	Meditation

### Thursday

10:30-11:30am	Switch & Board Games
2:30-3:30pm	Sensory Meditation

### Friday

1:30-3:00pm	Fun Friday
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## Blue Room

### Monday

9:30-10:30am	Art Therapy
1:30-2:30pm	Switch & Board Games
2:30-3:30pm	Meditation

### Tuesday

9:30-10:30am	Fitness
2:30-3:30pm	Sensory Meditation

### Wednesday

10:30-11:30am	Music
1:30-2:30pm	Science
2:30-3:30pm	Meditation

### Thursday

9:30-10:30am	Bingo
3:00-3:30pm	Meditation

### Friday

9:30-10:30am	Sensory Art
1:30-3:00pm	Fun Friday

## Purple Room

### Monday

10:30-11:30am	Creative Arts
2:30-3:30pm	Meditation

### Tuesday

9:00-10:30am	Creative Arts
1:30-2:30pm	Switch & Board Games
2:30-3:30pm	Meditation

### Wednesday

9:30-10:30am	Music
10:30-11:30am	Science
2:30-3:30pm	Events Committee

### Thursday

9:30-10:30am	Sensory Art
1:30-2:30pm	Bingo
2:30-3:30pm	Sensory Meditation

### Friday

10:30-11:30am	Music
1:30-3:00pm	Fun Friday

## Yellow Room

### Monday

9:00-10:30am	Creative Arts
2:30-3:30pm	Sensory Meditation

### Tuesday

9:30-10:30am	Switch & Board Games
2:30-3:30pm	Meditation

### Wednesday

9:30-10:30am	Science
1:30-2:30pm	Music
2:30-3:30pm	Meditation

### Thursday

10:30-11:30am	Bingo
2:30-3:30pm	Meditation

### Friday

9:30-10:30am	Music
10:30-11:30am	Sensory Art
1:30-3:00pm	Fun Friday

## Green Room

### Monday

10:30-11:30am	Music
12:30-1:30pm	Life Skills
2:30-3:30pm	Sensory Meditation

### Tuesday

10:30-11:30am	Art Therapy
12:30-1:30pm	Fitness
2:30-3:30pm	Events Committee

### Wednesday

9:30-10:30am	Music
12:30-1:30pm	Fitness
2:30-3:30pm	Meditation

### Thursday

9:30-10:30am	Switch & Board Games
2:30-3:30pm	Meditation

### Friday

9:30-10:30am	Switch & Board Games
1:30-3:00pm	Fun Friday

## Staycations

Due to high regional Covid levels, we are postponing DDD Community Outings. Instead, we are hosting "staycations" in in each DDD Day Program Room.

2/8 – Yellow Room  
2/9 – Green Room  
2/15 – Purple Room  
2/16 – Red Room  
2/22 – Blue Room  
2/23 – Gray Room

## Virtual Day Program

In addition to our in-person activities, our virtual day program is offered daily 10:30am to 2:30pm to accommodate clients at home due to potential weather related closings and quarantines. Some virtual lessons are also integrated into our in-person activities.

### Virtual Activities include:

Dance & Fitness  
Disney Hour  
Virtual Travel  
Education Session  
Live Entertainment

## MONDAY

### Wii Games

9:30-10:30am

Tech Center

### Bible Study

10:30-11:30am

Virtual & In-Person  
Tech, TEA, Dining Hall

### Fun & Games

1:30-2:30pm

Dining Hall

### Spanish Class

2:30-3:30pm

TEA Center



## TUESDAY

### Reading & Writing

9:30-10:30am

Dining Hall

### Fitness

10:30-11:30am

Virtual & In-Person TEA

### Trivia

10:30am-11:30am

Dining Hall

### Creative Arts

11:00am-12:30pm

Tech Center

### Dance

2:30-3:30pm

TEA Center

### Meditation

3:30-4:30pm

Speech Room



## WEDNESDAY

### Creative Arts

11:00am-12:30pm

TEA Center

### Science

11:30am-12:30pm

Tech Center

### Fun & Games

1:30-2:30pm

Dining Hall

### Art Therapy

2:30-3:30pm

Tech Center

### Events Committee

2:30-3:30pm

Virtual & In-Person  
Dining Hall & TRU

### Fun & Games

2:30-3:30pm

Lounge

### Sports & Men's Talk

3:30-4:30pm

Lounge



## THURSDAY

### Wii Games

9:30-10:30am

TEA Center

### Fitness

10:30-11:30am

Virtual & In-Person TEA

### Education Session

1:30-2:30pm

Tech Center

### Cooking

1:30-2:30pm

Dining Hall

### Meditation

3:00-4:00pm

TEA Center

### Fun & Games

2:30-3:00pm

Lounge



## FRIDAY

### Cooking

9:30-10:30am

TEA Center

### Cooking

11:00am-12:30pm

Dining Hall

### Art Therapy

11:30am-12:30pm

TEA Center

### Trivia

11:30am-12:30pm

Tech Center

### Fitness Games

3:30-4:30pm

Dining Hall

### Sports & Men's Talk

3:30-4:30pm

Lounge

