

# **PACE CNY**

## **Therapeutic Recreation (TR)**

### **Virtual Calendar February 2021**



#### **Therapeutic Recreation Staff:**

##### **Director of Therapeutic Recreation**

Orion Roeder, CTRS [oroeder@lorettosystem.org](mailto:oroeder@lorettosystem.org) 315-413-3330

##### **Sally Coyne (P1) Recreation Therapists:**

Kristin Dohner, CTRS [kdohner@lorettosystem.org](mailto:kdohner@lorettosystem.org) 315-413-4508

McKenzie Boyer, CTRS [mboyer@lorettosystem.org](mailto:mboyer@lorettosystem.org) 315-413-4534

##### **Creek Circle (P2) Recreation Therapists:**

Kate Marzinsky, CTRS [kmarzinsky@lorettosystem.org](mailto:kmarzinsky@lorettosystem.org) 315-413-3303

Krystle Wood, CTRS [kwood2@lorettosystem.org](mailto:kwood2@lorettosystem.org) 315-413-3305

Natalie Maloney, CTRS [nmaloney@lorettosystem.org](mailto:nmaloney@lorettosystem.org) 315-413-3399

## COVID-19 Scam Alert

- You likely will not need to pay anything out of pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- No one from Medicare or the Health Department will contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Social Security number or your credit card or bank account information to sign you up to get the vaccine.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your healthcare provider before paying for or receiving any COVID-19 related treatment.
- If you get a call, text, email – or even someone knocking on your door – claiming that they can get you early access to the vaccine, STOP. That's a scam.



## Check out the PACE CNY Website!

[www.pacecny.org](http://www.pacecny.org)

Stay up to date with pictures of what participants and staff have been up to!

Download the latest version of the PACE CNY TR Calendar to view in full color, adjust the magnification, and easily follow hyperlinks!

<https://pacecny.org/services/day-care/>

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## Be our Pen Pals!

We can't wait to hear from you!

**McKenzie, Kristin, or Orion**

Attention: (Staff Member Name Here)

PACE CNY

100 Malta Lane

North Syracuse, NY 13212



**Kate, Krystle, Natalie, or Orion**

Attention: (Staff Member Name Here)

PACE CNY

115 Creek Circle

East Syracuse, NY 13057

Therapeutic Recreation is encouraging you to get creative during this time of social distancing. We have made a space to display your work at the day center. We are so excited to see what you've been up to!

What counts as a creative work?

- Coloring pages
- Painting
- Short story
- Poems
- Drawing
- Anything else you made and feel proud of!

You can mail your work to the day center (address below), have it picked up, or bring it in when we are back together.

Therapeutic Recreation  
100 Malta Ln  
North Syracuse, NY 13212



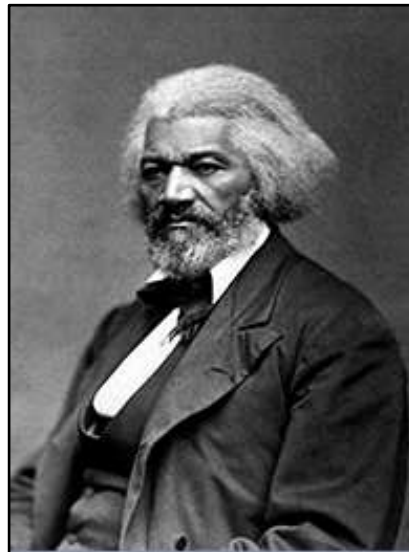
## February is Black History Month

(Also known as African American History Month)

Every February, we set aside time to remember and honor African Americans, past and present, who have done so much to shape our country and the world. Black History Month (also known as African American History Month) is celebrated during the month of Abraham Lincoln (February, 12, 1809) & Frederick Douglass' birthday (February 14, 1818).



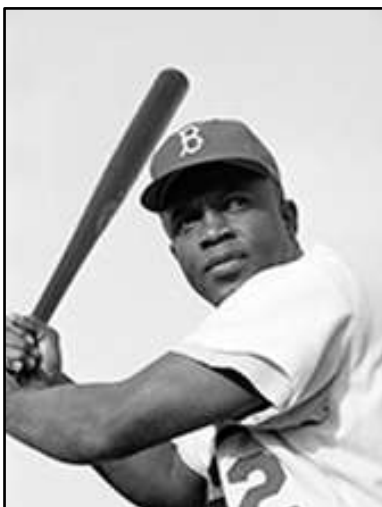
Dr. MLK Jr.



Fredrick Douglass



Rosa Parks



Jackie Robinson



Maya Angelou



Kobe Bryant



# FEBRUARY IS NATIONAL THERAPEUTIC RECREATION MONTH!

## What is TR/RT? Therapeutic Recreation

Therapeutic Recreation is the provision of deliberate and purposeful intervention and/or prevention whereby use of play, recreation, and leisure, an individual's barriers to desired functioning are overcome in favor of continual improvement of health, quality of life, and an independent leisure lifestyle.

**Therapeutic Recreation is... "Stopping to smell the roses, while learning to grow them yourself."**

A Certified Therapeutic Recreation Specialist® (**CTRS**) is the qualified professional providing recreation therapy services. The **CTRS** is a certified recreation therapist who has demonstrated professional competence by acquiring a specific body of knowledge and passing the NCTRC exam.

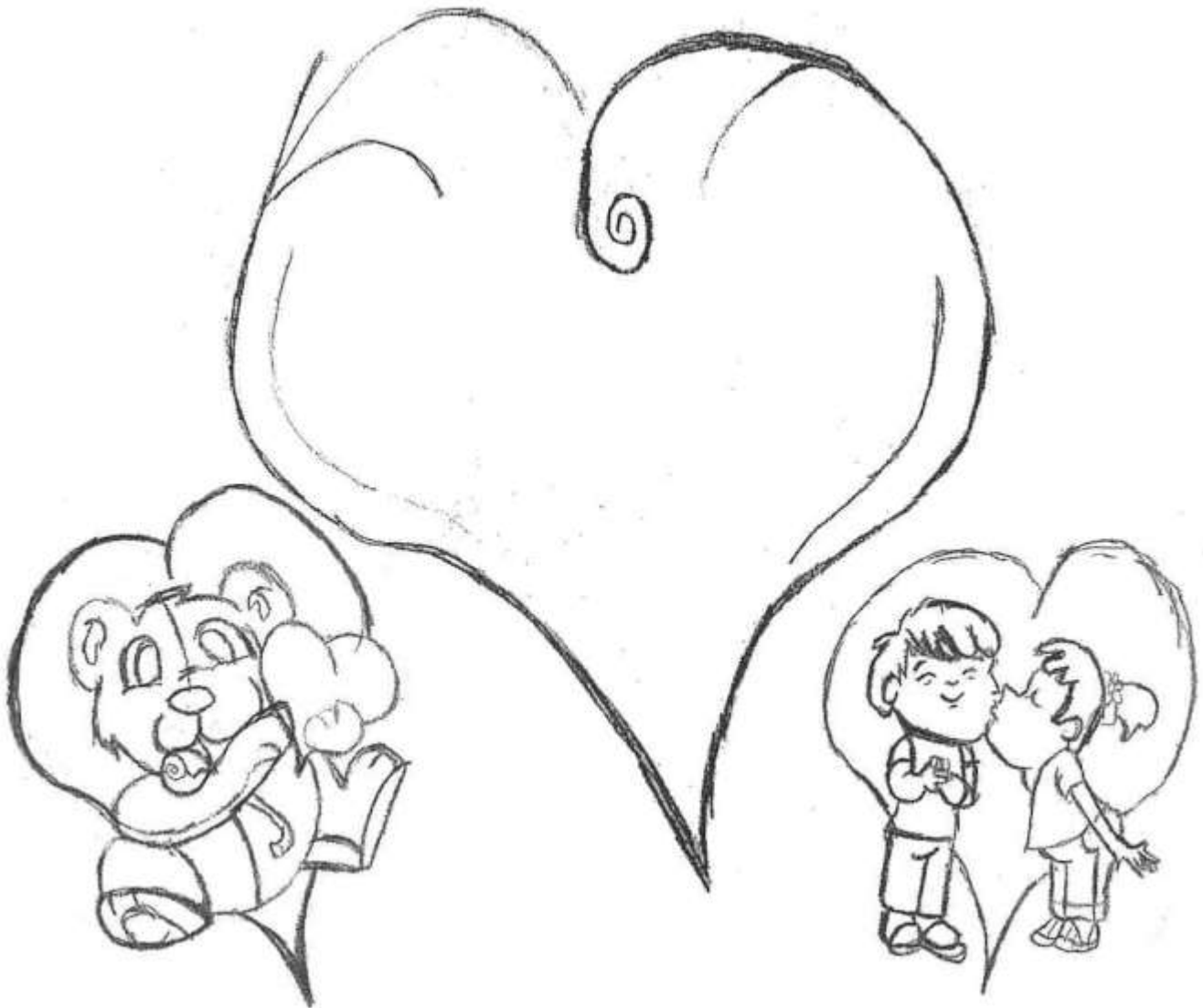


# Show Your LOVE

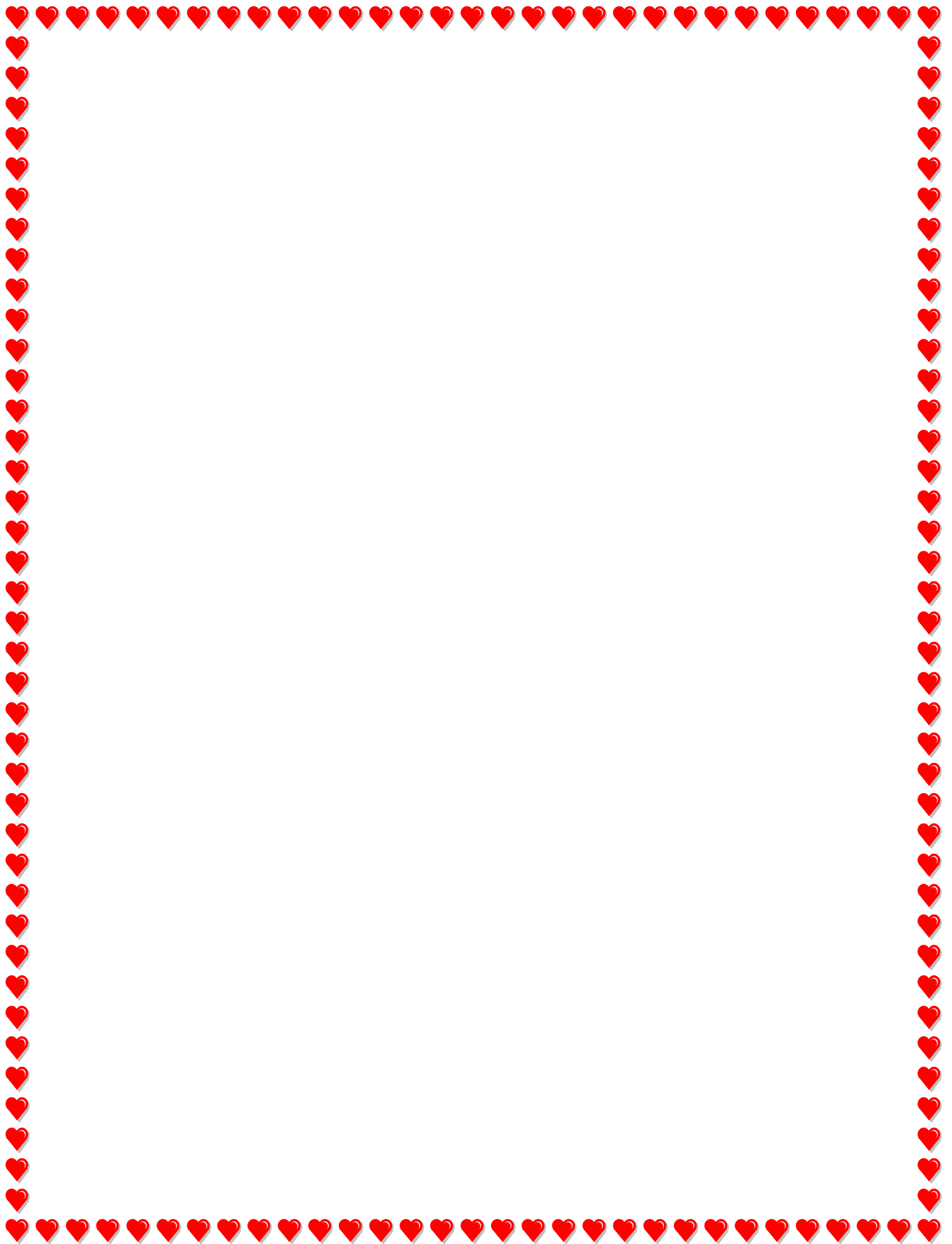


## What To Do:

- Decorate the heart below or create your own, with words and/or pictures of What/Who you LOVE.
- Tear out the page, mail us your completed heart or take a picture to share with us.
- Call your Recreation Therapist if you have questions.



Drawings by Devontae Peeples, P2 Dining Room Server





# Recreation & Leisure

| B                      | I                              | N                                    | G                                 | O                                  |
|------------------------|--------------------------------|--------------------------------------|-----------------------------------|------------------------------------|
| Take a Walk            | Call Someone on the Phone      | Do an Exercise or Stretch            | Create Something                  | Try Something New                  |
| Listening to Music     | Watch a Funny TV Show or Movie | Meditate or Prayer                   | Read Something                    | Learn a New Joke                   |
| Jigsaw Puzzle          | Play a Game                    | X                                    | Self-Care (Hair, Nails, Clothing) | Sing or Hum a Song                 |
| Try Something New      | Eat/Drink your Favorite Thing  | Call Your Rec Therapist to say "Hi!" | Write a Letter or Card            | Go/Look Outside. What Do You See?? |
| Cook or Bake something | Tap a Nap                      | Try Something New                    | Do a Word Puzzle                  | Look at Old Pictures               |

## How to Play:

- Review the Recreation & Leisure Bingo board provided in this calendar.
- Throughout the month of February mark off which recreation and leisure pursuits you engage in.
- Once you get a "Bingo" call your Recreation Therapist.
- Chance to WIN up to 5 times throughout the entire month!
- All games are "Regular" Bingo.

Join Recreation Therapists using ZOOM or call their extension!  
(11am, 1pm & 2pm daily)

**Monday, February 1<sup>st</sup>**

**11:00-** Seated Exercises with Kate

**1:00-** Easy Trivia with Kristin

**2:00-** Social Hour with Natalie

**Tuesday, February 2<sup>nd</sup>**

**11:00-** Tai Chi for Beginners with Kristin

**1:00-** Hurray for Hedgehogs! with McKenzie

**2:00-** Groundhog Day Jeopardy with Krystle

**4:00-** Creative Writing with Orion

**Wednesday, February 3<sup>rd</sup>**

**11:00-** Tai Chi with Orion

**1:00-** Music & Memories with Natalie

**2:00-** **Virtual Bingo with Kate**

**2:00-** Bible Study with Don

**Thursday, February 4<sup>th</sup>**

**11:00-** Journaling 101 with Natalie

**1:00-** Picture the Song with Krystle

**2:00-** Valentine's Scattergories with McKenzie

**Friday, February 5<sup>th</sup>**

**Wear Red or Your Favorite Jersey!**

**11:00-** Heart Health- Wear Red Today! with Kristin

**1:00-** Name the Bird Tune with Kate

**2:00-** Bible Study with Don

**Monday, February 8<sup>th</sup>**

**11:00-** Charlie Brown Day with Kate

**1:00-** **Virtual Bingo with Kristin**

**2:00-** Potato Jeopardy with Krystle

**Tuesday, February 9<sup>th</sup>**

- 11:00-** Tai Chi for Beginners with Kristin  
**1:00-** Over Under with McKenzie  
**2:00-** Finish the Beatle's Song with Krystle  
**4:00-** Creative Writing with Orion

**Wednesday, February 10<sup>th</sup>**

- 11:00-** Tai Chi with Orion  
**1:00-** Lovely Word Mining with McKenzie  
**2:00-** Afternoon Stretch with Natalie  
**2:00-** Bible Study with Don

**Thursday, February 11<sup>th</sup>**

**CoVaxx Day! No Programs**

**Friday, February 12<sup>th</sup>**

- CoVaxx Day!**  
**2:00-** Bible Study with Don

**Sunday, February 14<sup>th</sup>**



**Monday, February 15<sup>th</sup>**

- 11:00-** Morning Movement with Kate  
**1:00-** Notable Woman Trivia with Krystle  
**2:00-** Stories with Artificial Intelligence with McKenzie

**Tuesday, February 16<sup>th</sup>**

- 11:00-** Tai Chi for Beginners with Kristin  
**1:00- Mardi Gras Virtual Bingo with Natalie**  
**2:00-** Winter Fall Prevention Trivia with Kate  
**4:00-** Creative Writing with Orion

**Wednesday, February 17<sup>th</sup>**

- 11:00-** Tai Chi with Orion  
**1:00-** Who Am I? First Ladies with Krystle  
**2:00-** Lent Traditions Around the World with McKenzie  
**2:00-** Bible Study with Don

**Thursday, February 18<sup>th</sup>**

- 11:00-** At Your Request with Natalie  
**1:00-** African American Trivia with Krystle  
**2:00-** Going on a Picnic (Memory Game) with Kate

**Friday, February 19<sup>th</sup>**

- 11:00-** Stretch and Chat with McKenzie  
**1:00-** Reminiscing: Popular Children's Shows with Krystle  
**2:00-** Bible Study with Don

**Monday, February 22<sup>nd</sup>**

- 11:00-** Humor Therapy with Kate  
**1:00-** New Virtual Art Show Opening with Orion  
**2:00-** Wheel of Fortune with Kristin

**Tuesday, February 23<sup>rd</sup>**

- 11:00-** Tai Chi for Beginners with Kristin  
**1:00-** Participant Council with Kate  
**2:00- Virtual Bingo with McKenzie**  
**4:00-** Creative Writing with Orion

**Wednesday, February 24<sup>th</sup>**

**11:00-** Tai Chi with Orion

**1:00-** Travel Topics with Natalie

**2:00-** Celebrating Black History Month with Kristin

**2:00-** Bible Study with Don

**Thursday, February 25<sup>th</sup>**

**11:00-** Morning Movement with Natalie

**12:00-** Live Virtual Tour: Beaver Lake & Romantic Spots; Orion

**1:00-** Purim: True or False? With Krystle

**2:00-** Leisure Bingo Results with Kate

**3:00-** Maverick Book Club with Orion

**Friday, February 26<sup>th</sup>**

**11:00-** Liar's Dice with McKenzie

**1:00-** **Virtual Bingo with Krystle**

**2:00-** Bible Study with Don

**Coming Up in March...**

Shamrock Painting. It'll be a multi-day craft throughout the month. If you're interested, call Kate for supplies by Thursday, February 25<sup>th</sup>.





## February Religious & Cultural Observances

**February 1:** National Freedom Day, which celebrates the signing of the 13th Amendment that abolished slavery in 1865.

**February 1-2:** Imbolc, a Gaelic traditional festival marking the beginning of spring.

**February 1:** St. Brigid of Kildare, feast day for St. Brigid celebrated by some Christian denominations.

**February 2:** Candlemas – A Christian holiday that celebrates three occasions according to Christian belief: the presentation of the child Jesus; Jesus' first entry into the temple; and Virgin Mary's purification.

**February 3:** St. Blaise Day (The Blessing of the Throats), the feast day of St. Blaise of Sebaste celebrated by the Roman Catholic Church and some Eastern Catholic churches.

**February 12:** Lunar New Year, one of the most sacred of all traditional Chinese holidays, a time of family reunion and celebration. The Lunar New Year is also celebrated at this time in Japan, Korea, Vietnam and Mongolia.

**February 12-14:** Losar, the Tibetan Buddhist New Year, a time of renewal through sacred and secular practices.

**February 14:** St. Valentine's Day, a Western Christian feast day honoring one or two early saints named Valentinus. Typically associated with romantic love and celebrated by people expressing their love via gifts.

**February 15:** Parinirvana Day (or Nirvana Day), the commemoration of Buddha's death at the age of 80, when he reached the zenith of Nirvana.

**February 16:** Vasant Panchami, the Hindu festival that highlights the coming of spring. On this day Hindus worship Saraswati Devi, the goddess of wisdom, knowledge, music, art, and culture.

**February 16:** Shrove Tuesday, the last day for Catholics to indulge before Ash Wednesday starts the sober weeks of fasting that accompany Lent.

## February Religious & Cultural Observances Continued

**February 16:** Shrove Tuesday, the day before Ash Wednesday. Though named for its former religious significance, it is chiefly marked by feasting and celebration, which traditionally preceded the observance of the Lenten fast.

**February 17:** Ash Wednesday, the first day of Lent on the Christian calendar.

**February 25-28:** Intercalary Days or Ayyám-i-Há, celebrated by people of the Bahá'í faith. At this time, days are added to the Bahá'í calendar to maintain their solar calendar. Intercalary days are observed with gift giving, special acts of charity, and preparation for the fasting that precedes the New Year.

**February 25-26:** Purim, a Jewish celebration that marks the time when the Jewish community living in Persia was saved from genocide. On Purim, Jewish people offer charity and share food with friends.

**February 26:** Lantern Festival, the first significant feast after the Chinese New Year, named for watching Chinese lanterns illuminate the sky during the night of the event.

**February 27:** Maghi-Purnima, a Hindu festival especially for worshippers of Lord Vishnu. Millions of devotees take a holy bath on this day. Devotees also carry out charity work on this day.

**February 27-March 28:** Magha Puja Day (also known as Maka Bucha), a Buddhist holiday that marks an event early in the Buddha's teaching life when a group of 1,250 enlightened saints, ordained by the Buddha, gathered to pay their respect to him.

**February 28 (sunset) to March 19 (sunset):** Nineteen-Day Fast, a time in the Bahá'í Faith to reinvigorate the soul and bring one closer to God.



**Monday, February 1<sup>st</sup>**

**Word Mining:**

Recreation

**Trivia:**

If you are a coffee devotee, what strong Italian coffee would kickstart your morning?

**Buy a Vowel:**

R\_cr\_ \_t\_ \_n Th\_r\_py

**Video/Call-In Groups:**

11:00- Seated Exercises with Kate

1:00- Easy Trivia with Kristin

2:00- Social Hour with Natalie



**Tuesday, February 2<sup>nd</sup>**  
**Groundhog Day**

**Trivia:**

This New Orleans celebrity chef of Portuguese descent, famous for saying, "Kick it up a notch" and "BAM," served as a judge on Top Chef in 2002.

**Riddle:**

I am tall when I am young and short when I am old. What am I?

**Video/Call-In Groups:**

11:00- Tai Chi for Beginners with Kristin

1:00- Hurray for Hedgehogs! With McKenzie

2:00- Groundhog Day Jeopardy with Krystle

4:00- Creative Writing with Orion



**TAI CHI EXERCISES**

**Wednesday, February 3<sup>rd</sup>**

**Word Mining:**

Therapeutic

**Trivia:**

According to the World Atlas, this is the “study of the influence of stars and planets on human lives.”

Quick takes can be found in daily horoscopes

**Buy a Vowel:**

V\_l\_nt\_n\_

**Video/Call-In Groups:**

11:00- Tai Chi with Orion

1:00- Music & Memories with Natalie

**2:00- Virtual Bingo with Kate**

2:00- Bible Study with Don





**Thursday, February 4<sup>th</sup>**

**Word Unscramble:**

bdtou

**Trivia:**

Barbra Streisand starred with Kris Kristofferson in this 1976 Academy Award-winning film.

**Riddle:**

What must be broken before it can be used?

**Video/Call-In Groups:**

11:00- Journaling 101 with Natalie

1:00- Picture the Song with Krystle

2:00- Valentine's Scattergories with McKenzie



**Friday, February 5<sup>th</sup>**

**National Wear Red Day  
Super Bowl Spirit Day**

Wear your favorite jersey or team colors!



**Word Mining:**

Cardiovascular



**Trivia:**

New Zealanders share their nickname with this flightless bird.

**Friday Funny:**

Why do we tell actors to "break a leg"?  
Because every play has a cast!

**Video/Call-In Groups:**

11:00- Heart Health- Wear Red Today! with Kristin

1:00- Name the Bird Tune with Kate

2:00- Bible Study with Don





**Sunday, February 7<sup>th</sup>**  
**Super Bowl LV (55)**



**Kansas City Chiefs vs. Tampa Bay Buccaneers**  
**6:30pm on CBS (Channel 5 in Syracuse)**

\*\*\*\*\*

**Monday, February 8<sup>th</sup>**

**Word Unscramble:**

leraimn

**Trivia:**

What are the tallest trees in the world?

**Riddle:**

What can't talk but will reply when spoken to?

**Video/Call-In Groups:**

11:00- Charlie Brown Day with Kate

**1:00- Virtual Bingo with Kristin**

2:00- Potato Jeopardy with Krystle



**Tuesday, February 9<sup>th</sup>**

**Word Mining:**

Awesome

**Trivia:**

What fast-food chain claims to be “finger-lickin’ good”?

**Name Three:**

Valentine’s Day gifts

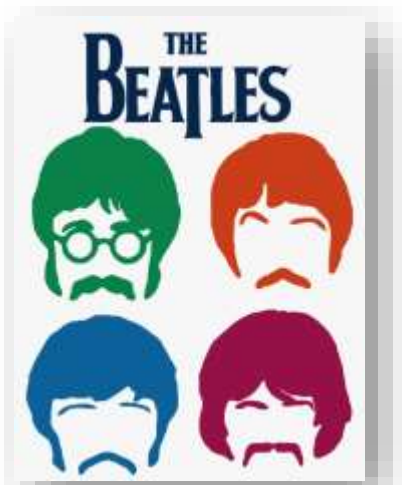
**Video/Call-In Groups:**

11:00- Tai Chi for Beginners with Kristin

1:00- Over Under with McKenzie

2:00- Finish the Beatle’s Song with Krystle

4:00- Creative Writing with Orion



**Wednesday, February 10<sup>th</sup>**

**Word Unscramble:**

merbemre

**Trivia:**

.Who wrote the poems "The Road Not Taken" and "Stopping by Woods on a Snowy Evening"?

**Riddle:**

I am an odd number. Take away a letter and I become even. What number am I?

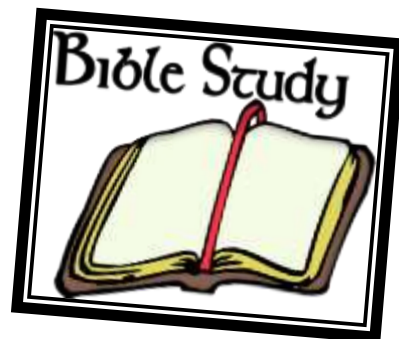
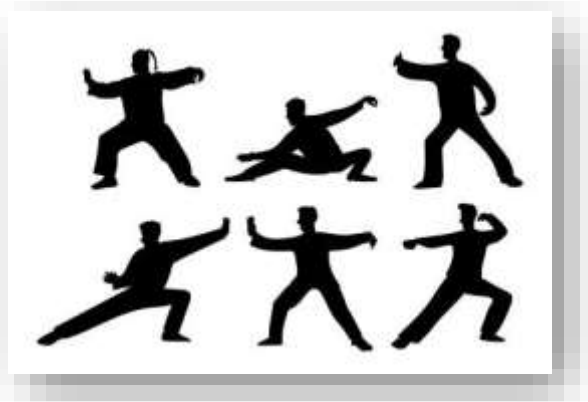
**Video/Call-In Groups:**

11:00- Tai Chi with Orion

1:00- Lovely Word Mining with McKenzie

2:00- Afternoon Stretch with Natalie

2:00- Bible Study with Don





**Thursday, February 11<sup>th</sup>**

**Trivia:**

Taffeta, chiffon, and cashmere are all types of what?



**Word Mining:**

Vaccination

**Mind Bender:**

Can you make a four without breaking any of the Popsicle sticks? (Answer on tomorrow's page)



**No virtual groups today**

There will be no virtual TR groups today due to the COVID-19 Vaccine Clinic. If you need ideas for leisure activities, please see the "Recreation and Leisure Bingo" page of this calendar.

**Friday, February 12<sup>th</sup>**

**Friday Funny:**

How does a Rabbi make coffee?

Hebrews it!

**Trivia:**

When changing a flat tire, what should you do first:  
use a jack stand to lift the car, loosen the lug nuts,  
or make sure the lug nuts are tight?



**Name Three:**

Colors in the rainbow

**Mind Bender answer** →



**Video/Call-In Groups:**

**2:00- Bible Study with Don**

There will be no other virtual TR groups today due to the COVID-19 Vaccine Clinic. If you need ideas for leisure activities, please see the "Recreation and Leisure Bingo" page of this calendar.

*If you would like to play Liar's Dice with McKenzie on Friday, February 26<sup>th</sup>, you need 5 dice. Please let her know if you need them by next Friday, 2/22.*

**Monday, February 15<sup>th</sup>**

**Presidents' Day**

**Word Unscramble:**

wjisag

**Trivia:**

Cork, Limerick, and Dublin are all found in what country?

**Riddle:**

I shave every day, but my beard stays the same.  
How is this possible?

**Video/Call-In Groups:**

11:00- Morning Movement with Kate

1:00- Notable Woman Trivia with Krystle

2:00- Stories with Artificial Intelligence with  
McKenzie



**Tuesday, February 16<sup>th</sup>**

**Mardi Gras!!!**



**Word Unscramble:**

Ldayma



**Trivia:**

On February 16, 2021, Fat Tuesday is celebrated at this annual event in New Orleans.

**This Day in History:**

Archaeologist Howard Carter opened the sealed sepulchral chamber of King Tutankhamen's tomb in Thebes, Egypt where he found the famous mummy.

**Video/Call-In Groups:**

11:00- Tai Chi for Beginners with Kristin

**1:00- Mardi Gras Virtual Bingo with Natalie**

**Wear your mask & beads to win a Prize!**

2:00- Winter Fall Prevention Trivia with Kate

4:00- Creative Writing with Kate



**Wednesday, February 17<sup>th</sup>**

**Ash Wednesday**

**Word Mining:**

Pamphlet

**Trivia:**

True or false? The first public casino in the world was built in Venice.

**Buy a Vowel:**

B\_B\_ \_N

**Video/Call-In Groups:**

11:00- Tai Chi with Orion

1:00- Who Am I? First Ladies with Krystle

2:00- Lent Traditions Around the World with McKenzie

2:00- Bible Study with Don

Len 





**Thursday, February 18<sup>th</sup>**

**Word Unscramble:**

letnse

**Trivia:**

Joyce DeWitt and Suzanne Somers played roommates with John Ritter in this TV sitcom.

**Riddle:**

What goes up and down but never moves?

**Video/Call-In Groups:**

11:00- At Your Request with Natalie

1:00- African American Trivia with Krystle

2:00- Going on a Picnic (Memory Game) with Kate



## **Friday, February 19<sup>th</sup>**

### **Friday Funny:**

What is red and moves up and down?  
A tomato in an elevator!

### **Trivia:**

"Where's the beef?" is associated with this fast-food restaurant.

### **This Day in History:**

The New York Yankees announced that they would admit 5,000 uniformed servicemen free of charge to each home game during the upcoming season.

### **Video/Call-In Groups:**

11:00- Stretch and Chat with McKenzie

1:00- Reminiscing: Popular Children's Shows with  
Krystle



2:00- Bible Study with Don



*If you would like to play Liar's Dice with McKenzie on Friday, February 26<sup>th</sup>, you need 5 dice. Please let her know if you need them by today.*

**Monday, February 22<sup>nd</sup>**

**Word Mining:**

Extraordinary

**Trivia:**

Who wrote songs like "Signed, Sealed, Delivered, I'm Yours", "Superstition", and "Isn't She Lovely"?

**Name Three:**

Name three types of nuts.

**Video/Call-In Groups:**

11:00- Humor Therapy with Kate

1:00- New Virtual Art Show Opening with Orion

2:00- Wheel of Fortune with Kristin



**Tuesday, February 23<sup>rd</sup>**

**Word Unscramble:**

wllerfae

**Trivia:**

Born February 11, 1926, this Canadian-born actor moved to Hollywood in the 1950s and appeared in the 1972 film The Poseidon Adventure as Captain Harrison and in the 1980 comedy Airplane! as Dr. Rumack.

**Riddle:**

What has 13 hearts but no organs?

**Video/Call-In Groups:**

11:00- Tai Chi for Beginners with Kristin

1:00- Participant Council with Kate

2:00- **Virtual Bingo with McKenzie**

4:00- Creative Writing with Orion



**Wednesday, February 24<sup>th</sup>**

**Word Mining:**

Fantastic

**Trivia:**

These two European countries are the largest grape producers in the world. Name one of them.

**Buy a Vowel:**

P\_w\_rf\_l

**Video/Call-In Groups:**

11:00- Tai Chi with Orion

1:00- Travel Topics with Natalie

2:00- Celebrating Black History Month with Kristin

2:00- Bible Study with Don





**Thursday, February 25<sup>th</sup>**

**Trivia:**

This was the first person to say "hello" on the telephone.



**Word Unscramble:**

bratelece



**On This Day:**

Cassius Clay defeated heavily favored Sonny Liston in six rounds to win the world heavyweight boxing title. The next day, Clay announced that he would be changing his name to Muhammad Ali.

**Video/Call-In Groups:**

11:00- Morning Movement with Natalie

12:00- Live Virtual Tour: Beaver Lake & Romantic  
Pit Stops with Orion

1:00- Purim: True or False? With Krystle

2:00- Leisure Bingo Results with Kate

3:00- The Maverick Book Club with Orion

**Friday, February 26<sup>th</sup>**

**Word Mining:**

Participation

**Trivia:**

What is a haiku?

**Friday Funny:**

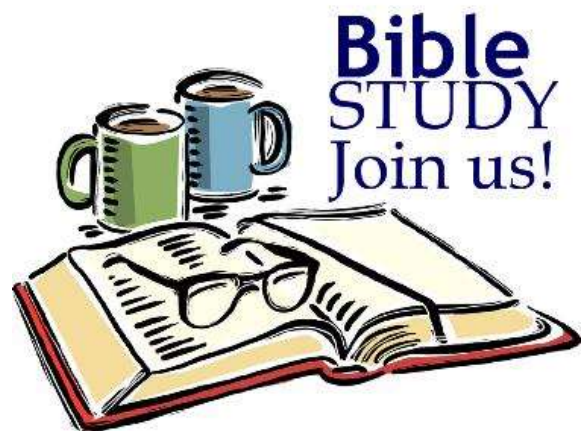
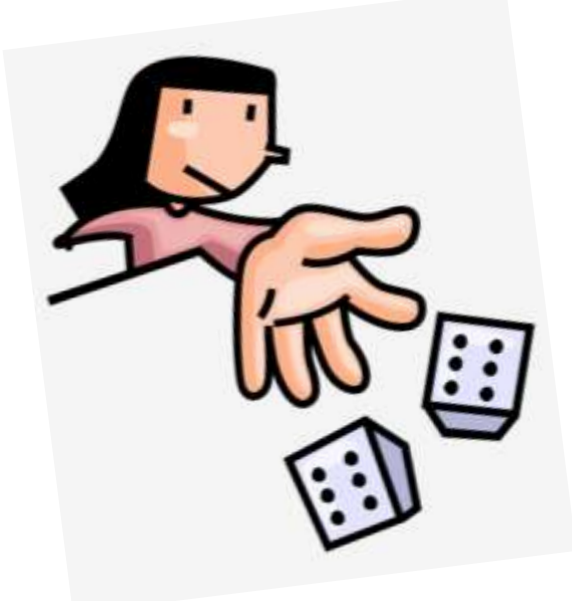
What do bees have sticky hair?  
Because they use *honeycombs*!

**Video/Call-In Groups:**

11:00- Liar's Dice with McKenzie

1:00- **Virtual Bingo with Krystle**

2:00- Bible Study with Don



# FEBRUARY 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
| 31     | 1      | 2       | 3         | 4        | 5      | 6        |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     | 1      | 2       | 3         | 4        | 5      | 6        |