

Life Enrichment Programs at McLean

Your week at-a-glance

SUNDAY, NOVEMBER 27

10:30 AM	VIRTUAL SERVICES (KOOPMAN ROOM)
11:00 AM	FINISHING LYRICS (CHAPEL CROSSING)
1:30 PM	NEW ENGLAND TRIVA (ABERNETHY/SKYVIEW GREAT ROOM)

MONDAY, NOVEMBER 28

9:30 AM	MORNING VISIT WITH FATHER TERRY (ALL NEIGHBORHOODS)
10:15 AM	TAI CHI (KOOPMAN ROOM)
10:30 AM	ROOM VISITS (EVERGREEN/CHAPEL CROSSING)
10:30 AM	TOSS AND TALK WOULD YOU RATHER (ATWATER)
11:00 AM	SHAKE UP THE RELATIVES (CHAPEL CROSSING)
11:00 AM	MOVE WITH EASE (ATWATER)
11:15 AM	WALKING CLUB (ABERNETHY/SKYVIEW GREAT ROOM)
1:30 PM	IN2L VIRTUAL CAR DRIVING (ABERNETHY/SKYVIEW GREAT ROOM)
2:00 PM	EXISTENTIAL BLUES WITH TOM STANKUS (LIVING ROOM) (ALL NEIGHBORHOODS)
3:00 PM	BINGO (CHAPEL CROSSING)

TUESDAY, NOVEMBER 29

10:15 AM	SEATED ZUMBA - EXERCISE (KOOPMAN ROOM)
11:00 AM	NAMASTE (ATWATER)
11:00 AM	ROSARY (CHAPEL)
11:00 AM	CHRISTMAS NOME ONIMENT PAINTING (CRAFT ROOM)
11:45 AM	GENTLE EXERCISE (CHAPEL CROSSING)
1:00 PM	ROOM VISITS (EVERGREEN)
2:00 PM	STORYTIME WITH ANN (ABERNETHY/SKYVIEW GREAT ROOM)
2:30 PM	BOARD GAMES (ABERNETHY/SKYVIEW GREAT ROOM)
3:00 PM	TABLETOP CORNHOLE (CHAPEL CROSSING)

WEDNESDAY, NOVEMBER 30

9:30 AM	COMMUNION AND BLESSINGS (ALL NEIGHBORHOODS)
10:00 AM	ROOM VISITS (EVERGREEN WAY)
10:30 AM	CHOCOLATE (CHAPEL CROSSING)
11:00 AM	EXERCISE FROM HEAD TO TOE (ABERNETHY/SKYVIEW GREAT ROOM)
11:00 AM	WORD WHEEL (KOOPMAN ROOM)
11:00 AM	ASK AWAY (ATWATER)
11:00 AM	TAI CHI (ABERNETHY/SKYVIEW GREAT ROOM)
1:30 PM	TABLETOP BOWLING (CHAPEL CROSSING)
2:00 PM	BINGO (KOOPMAN ROOM)
3:30 PM	PIC-LINKS (ATWATER)

THURSDAY, DECEMBER 1

10:15 AM	SIT AND STRETCH (KOOPMAN ROOM)
11:00 AM	BOWLING (ATWATER)
11:00 AM	FIT AND FABULOUS (CHAPEL CROSSING)
2:00 PM	HOLIDAY ACRYLIC POUR (CRAFT ROOM)
2:00 PM	SHORT STORY SERIES – AMELIA EARHART (CHAPEL CROSSING)
3:30 PM	MUSIC WITH MAGGIE (ABERNETHY/SKYVIEW GREAT ROOM)

FRIDAY, DECEMBER 2

10:30AM	TOSS AND TALK FAMILY HISTORY (KOOPMAN ROOM)
11:00 AM	NAMASTE (ABERNETHY/SKYVIEW GREAT ROOM)
1:15 PM	RAGTIME AND ROMANCE (ABERNETHY/SKYVIEW GREAT ROOM)
1:00 PM	BALL TOSS (ATWATER)
2:00 PM	INK SOCIETY (CHAPEL CROSSING)
2:00 PM	CERAMICS (CRAFT ROOM)
