

Life Enrichment Programs at McLean

Your week at-a-glance

SATURDAY, JANUARY 21

10:30 AM	WORDS THAT START WITH “A” (CHAPEL CROSSING)
11:15 AM	GIANT CROSSWORD (ABERNETHY/SKYVIEW GREAT ROOM)
2:00 PM	BINGO (KOOPMAN ROOM)

SUNDAY, JANUARY 22

10:30 AM	VIRTUAL MASS (KOOPMAN ROOM/CHAPEL CROSSING)
11:15 AM	SIT AND STRETCH (KOOPMAN ROOM)
1:00 PM	BACK IN TIME – THE 60’S (ABERNETHY/SKYVIEW)
2:00 PM	HARTFORD MEN IN HARMONY (LIVING ROOM)

MONDAY, JANUARY 23

9:30 AM	MORNING VISITS WITH FATHER TERRY (ALL NEIGHBORHOODS)
10:15 AM	SEATED TAI CHI (KOOPMAN ROOM)
11:15 AM	WALKING CLUB (ABERNETHY/SKYVIEW)
11:30 AM	GENTLE EXERCISE (CHAPEL CROSSING)
1:15 PM	HOT CHOCOLATE AND POETRY READING (CHAPEL CROSSING)
2:00 PM	WHATS IN THE BAG (ATWATER)
2:00 PM	RESIDENT COUNCIL (CRAFT ROOM)
2:30 PM	FOOD FORUM (CRAFT ROOM)
2:30 PM	UKULELE BAND CAMP (SKYVIEW/ABERNATHY GREAT ROOM)
3:00 PM	BINGO (CHAPEL CROSSING)
3:30 PM	1:1 ROOM VISITS (CHAPEL CROSSING)

TUESDAY, JANUARY 24

10:15 AM	SEATED ZUMBA (KOOPMAN ROOM)
11:00 AM	NAMASTÉ (ATWATER)
11:00 AM	REMINICSE (ATWATER)
11:00 AM	ROSARY (CHAPEL)
11:15 AM	READ AND WRITE - COMPLIMENT DAY (CHAPEL CROSSING)
11:30 AM	GENTLE EXERCISE & BALL TOSS (CHAPEL CROSSING)
1:30 PM	NATURE WALK- BIRD/ANIMAL/TREE OF THE WEEK (ATWATER)
2:00 PM	STORYTIME WITH ANN (ABERNETHY/SKYVIEW GREAT ROOM)
3:00 PM	TABLETOP FOOTBALL (CHAPEL CROSSING)

WEDNESDAY, JANUARY 25

9:30 AM	COMMUNION AND BLESSINGS (ALL NEIGHBORHOODS)
10:15 AM	WEDNESDAY WALKERS (KOOPMAN)
10:30 AM	EXERCISE FOR EVERY BODY (KOOPMAN)
11:00 AM	SCATTERGORIES (KOOPMAN)
11:00 AM	TABLE TOP GAMES (CHAPEL)
11:15 AM	TRIVIA ON THE IN2L (ATWATER)
1:15 PM	MINDFULNESS ACTIVITY (ATWATER)
1:15 PM	TRIVIA WITH JUDY FITZGERALD (KOOPMAN ROOM)
1:15 PM	SEATED ZUMBA (ABERNETHY/SKYVIEW GREAT ROOM)
1:15 PM	BALLOON TENNIS (CHAPEL CROSSING)
2:00 PM	BINGO (ABERNETHY/SKYVIEW DINING ROOM)
3:30 PM	1:1 ROOM VISITS (CHAPEL CROSSING)

THURSDAY, JANUARY 26

10:15 AM	SIT AND STRETCH KOOPMAN ROOM)
11:00 AM	GENTLE EXERCISE (ABERNETHY GREAT ROOM)
11:15 AM	PUZZLE TIME (ATWATER)
11:30 AM	GENTLE EXERCISE (CHAPEL CROSSING)
1:30 PM	KINDNESS ROCKS (CRAFT ROOM)
11:00 AM	GENTLE EXERCISE (ABERNETHY GREAT ROOM)
2:00 PM	MOLLY (KOOPMAN ROOM)
3:30 PM	CONNECT (ATWATER)
3:30 PM	MUSIC WITH MAGGIE (ABERNETHY/SKYVIEW GREAT ROOM)

FRIDAY, JANUARY 27

10:30 AM	NAMASTÉ (SKYVIEW CONFERENCE ROOM)
10:30 AM	SHAKE UP THE RELATIVES (KOOPMAN ROOM)
11:00 AM	CREATIVE WRITING (ATWATER)
11:15 AM	TABLETOP BOWLING (ABERNETHY/SKYVIEW GREAT ROOM)
11:15 AM	TABLETOP BASKETBALL (CHAPEL CROSSING)
1:30 PM	RAGTIME AND ROMANCE SING-ALONG (ATWATER)
1:30 PM	SHORT STORY (SKYVIEW)
2:00 PM	DRUM FUN (KOOPMAN ROOM)
2:00 PM	CERAMICS (CRAFT ROOM)
3:00 PM	SCARF DANCING (ATWATER)
3:00 PM KEATON	FEATURED MOVIE OF THE WEEK: STEAMBOAT BILL, JR (1928) BUSTER
