

Life Enrichment Programs at McLean

Your week at-a-glance

SATURDAY, JANUARY 28

10:30 PM	WORDS THAT START WITH "B" (CHAPEL CROSSING)
11:15 PM	GIANT CROSSWORD (SKYVIEW/ABERNATHY GREAT ROOM)
2:00 PM	BINGO (KOOPMAN ROOM)

SUNDAY, JANUARY 29

10:30 AM	VIRTUAL MASS (KOOPMAN ROOM/CHAPEL CROSSING)
11:15 AM	SIT AND STRETCH (KOOPMAN ROOM)
2:00 PM	CLASSICAL PIANO WITH RUIKO WHEELER (LIVING ROOM) (ALL NEIGHBORHOODS)

MONDAY, JANUARY 30

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 GREAT ROOM)
11:30 AM	GENTLE EXERCISE (CHAPEL CROSSING)
1:15 PM	COLOR ME! (CHAPEL CROSSING)
1:30 PM	WORD SEARCH (ATWATER)
2:00 PM	BINGO (CHAPEL CROSSING)
2:00 PM	RESIDENT COUNCIL (CRAFT ROOM)
2:30 PM	HIT THE TARGET (SKYVIEW/ABERNATHY GREAT ROOM)

TUESDAY, JANUARY 31

10:15 AM	SEATED ZUMBA (KOOPMAN ROOM)
10:15 AM	ROOM VISITS (CHAPEL CROSSING)
11:00 AM	REMINISCE (SKYVIEW)
11:00 AM	NAMASTÉ (ATWATER)
1:15 PM	SEATED TAI CHI (KOOPMAN ROOM)
1:30 PM	NATURE WALK (ATWATER)
3:00 PM	INDOOR SNOWBALL FIGHT (CHAPEL CROSSING)

WEDNESDAY, FEBRUARY 1

9:30 AM	COMMUNION AND BLESSINGS (ALL NEIGHBORHOODS)
10:00 AM	ROOM VISITS (EVERGREEN)
10:00 AM	FAITH & FRIENDS
10:00 AM	MEN'S GROUP WITH DANE WOODBERRY (CRAFT ROOM)
10:15 AM	WEDNESDAY WALKERS (KOOPMAN ROOM)
10:30 AM	EXERCISE FOR EVERYBODY (KOOPMAN ROOM)
11:00 AM	LATERAL THINKING (KOOPMAN ROOM)
11:00 AM	TABLE TOP GAMES (CHAPEL)
11:15 AM	REMINISCE – LOVE SONGS (ATWATER)
1:00 PM	MINDFULNESS ACTIVITY (SKYVIEW)
1:30 PM	SNOWMAN PONG (ATWATER)
2:00 PM	BINGO (ABERNETHY/SKYVIEW DINING ROOM)
2:30 PM	TABLE TOP BASKETBALL (CHAPEL CROSSING)
3:30 PM	1:1 ROOM VISITS (CHAPEL CROSSING)

THURSDAY, FEBRUARY 2

9:00-11:00 AM	MEDIA SUPPORT (SORENSEN MEDIA CENTER)
10:00 AM	PET VISITS BY TOBY (ALL NEIGHBORHOODS)
10:15 AM	SIT AND STRETCH (KOOPMAN ROOM)
11:00 AM	GENTLE EXERCISE (SKYVIEW/ABERNETHY GREAT ROOM)
11:15 AM	GROUNDHOG DAY TRIVIA (CHAPEL CROSSING)
1:30 PM	SORTING ALL SORTS (ATWATER)
2:00-4:00 PM	EXPLORE AT (SORENSEN MEDIA CENTER)
2:00 PM	SINATRA AND BENNETT BY CHICAGO JOE (LIVING ROOM)
3:30 PM	MUSIC WITH MAGGIE (CHAPEL CROSSING)

FRIDAY, FEBRUARY 3

10:15 AM	TOSS AND TALK: WOULD YOU RATHER (SKYVIEW/ABERNATHY GREAT ROOM)
10:30 AM	NAMASTÉ (ABERNETHY/SKYVIEW GREAT ROOM)
11:00 AM	SHORT STORY: SHUTTERBUG LOVEBUGS (ATWATER)
11:30 AM	BEAN BAG FOOTBALL TOSS (CHAPEL CROSSING)
1:15 PM	LET'S PLAY UNO! (CHAPEL CROSSING)
1:30 PM	SHORT STORY SERIES (SKYVIEW)
2:00 PM	CERAMICS (CRAFT ROOM)
