


# McLean Center Life Enrichment March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Programs are subject to change; please see the digital monitors for more up-to-date information.</b></p> <p><b>Life Enrichment Office Ext. 3605</b></p> <p><b>All activities are located in the McLean Center unless otherwise noted.</b></p>	<p><b>Location Key:</b> <b>Channel 1978:</b> <b>This program is on your TV. Please turn the TV in your room to channel 1978</b></p> <p><b>SG—Stratton Garden (outdoors)</b> <b>LHLR—Laurel House Living Room</b> <b>LH Lib—Laurel House Library</b></p>		<p><b>1</b> 9:00 Men's Group &amp; Coffee Social 9:30 Dog Visits with Beacon 10:00 Horticulture: Nature's Healing Hand 10:30 Balloon Volley 11:00 Conductorcize with Eileen 1:15 Trip: Shamrock Shakes 1:30 Dog Visits with Winnie 1:30 Balance 2:15 Pass the Story 3:15 Ready, Set, Sculpt 4:00 Puzzles</p>	<p><b>2</b> 9:30 Dog Visits with Beacon 10:00 Hymn Sing 10:00 Dog Visits with Winnie 10:30 Stories 11:00 Trivia 1:30 Sit &amp; Fit 2:15 Matching 3:15 Guess the Song 4:00 Animal Cams</p>	<p><b>3</b> 10:30 Current Events 11:00 Ecumenical Service —Ch 1978 1:30 Strength &amp; Stretch 2:15 Balloon Volleyball 3:30 Reminiscing 4:00 Wellness Walk</p>	<p><b>4</b> 10:30 Positive News Stories 11:00 AM Stretch &amp; Flex 1:00 Kitchen Queens 2:00 National Pig Day: Piggie Pin Craft 3:00 IN2L 5:30 Hot Cocoa Social</p>
<p><b>5</b> 10:30 Tales of Faith &amp; Spirituality 11:15 Hymn Sing 1:30 Kitchen Queens 2:30 Note Writers 3:00 IN2L 5:30 Raspberry Tea Social</p>	<p><b>6</b> 10:30 Ring Toss 11:00 IN2L 1:30 Strength Training 2:15 What Am I? 3:15 Name That Animal 4:00 Scavenger Hunt 5:30 Piano with Alan Lurty</p>	<p><b>7</b> 9:30 Piano Music 10:00 Hymn Sing 10:30 Bingo 11:00 Sensory 1:30 Get Crafty 2:30 Tai Chi with Mark 3:15 Baby Names 4:00 Short Stories</p>	<p><b>8</b> 9:30 Dog Visits with Beacon 10:00 Horticulture with Patti: Marvelous Maples 10:30 Let's Get Folding 11:00 Current Events 1:30 Balance 2:15 Magazine Faces 3:15 Shamrock Craft 4:00 Famous Faces</p>	<p><b>9</b> 9:30 Dog Visits with Beacon 10:00 Hymn Sing 10:30 Coffee Social 11:00 Go Fish 1:30 Sit &amp; Fit 1:30 Walk to Laurel 2:00 March Birthday Party with Ray Toppi—LR 3:15 Magazine Review 4:00 Sensory</p>	<p><b>10</b> 10:30 News &amp; Views 11:00 Ecumenical Service —Ch 1978 1:30 Strength &amp; Stretch 2:15 Music Therapy with Sara 3:30 Painting (Still Life) 5:30 Strawberry Lemonade Social</p>	<p><b>11</b> 10:30 Saturday Stretch 11:00 Cliché Trivia 1:30 Susan B. Anthony 2:30 Tea Time 3:00 Catholic Communion 3:00 IN2L 3:45 Music Therapy with Molly—LR 4:15 Catholic Communion Svs—Ch 1978 5:15 Turn Down Service</p>
<p><b>12</b> 10:30 Sunday Stretch 11:00 Meadowtalk 1:00 Mark on Music —LHLR 2:00 Plant a Flower Day 3:00 IN2L 5:15 Nat Geo: Stonehenge</p>	<p><b>13</b> 10:00 Chair Yoga 10:30 Current Events 11:00 Breathe &amp; Stretch 1:30 Strength Training 2:15 Partner Cornhole 3:15 Shamrock Bingo 4:00 Relaxing Tunes 5:30 Reminisce</p>	<p><b>14</b> 9:30 Piano Music 10:00 Hymn Sing 10:30 Coffee Social 11:15 Categories 1:30 Smores Roasting 2:30 Tai Chi with Mark 3:15 Cards 4:00 Picture This</p>	<p><b>15</b> 9:00 Men's Group &amp; Coffee Social 9:30 Dog Visits with Beacon 10:00 Horticulture with Patti: Flower Arranging 10:30 Cards 11:00 Name That Animal 1:30 Balance 2:15 DIY Lucky Charms 3:15 Balloon Volley 4:00 Finish the Phrase</p>	<p><b>16</b> 9:30 Dog Visits with Beacon 10:00 Hymn Sing 10:30 Skittle Art 11:00 Rainbow Art 1:30 Sit &amp; Fit 2:00 Equine Therapy 2:30 Shamrock Shakes 3:15 St. Patrick's Day Painting 4:00 Junk Drawer Detectives</p>	<p><b>17</b> 10:00 St. Patrick's Day Music with Bill Monaghan—LHLR 11:00 Ecumenical Service —Ch 1978 1:30 Strength &amp; Stretch 2:15 Rainbow Paint 3:30 Name Something Green 4:00 Irish Music Listening</p>	<p><b>18</b> 10:30 Positive News 11:00 Stretch &amp; Flex 1:30 Kitchen Queens 2:30 Happy Hour 3:00 Catholic Communion 3:00 IN2L 3:45 Music Therapy with Molly—LR 4:15 Catholic Communion Svs—Ch 1978 5:30 Ice Cream Novelties</p>
<p><b>19</b> 10:30 Tales of Faith &amp; Spirituality 11:00 Hymn Sing 1:00 Irish Dancing—LHLR 2:15 Leprechaun Sundaes 3:00 IN2L 4:00 Sensory 5:30 Evening Social</p>	<p><b>20</b> 10:00 Chair Yoga 10:30 Music with Martha &amp; Bill 11:00 Categories 1:30 Strength Training 2:00 First Day of Spring Music with Bill—LHLR 3:15 Origami 4:00 Trivia</p>	<p><b>21</b> 9:30 Piano Music 10:00 Hymn Sing 10:30 Coffee Social 1:30 Trivia 1:30 Dog Visits with Emma 2:30 Tai Chi with Mark 3:15 Magazines &amp; Munchies 4:00 Ring Toss</p>	<p><b>22</b> 9:30 Dog Visits w/Beacon 10:00 Horticulture: Fun with Foliage 10:30 Trivia Fun 11:00 Conductorcize w/ Eileen 1:30 Balance 2:15 Fondue Social 3:15 March Poems 4:00 Relax with Music</p>	<p><b>23</b> 9:30 Dog Visits with Beacon 10:00 Hymn Sing 10:30 Bingo 11:00 Famous Faces 1:30 Sit &amp; Fit 2:15 Guess that Song 3:15 Manicures 4:00 Table Games</p>	<p><b>24</b> 10:30 IN2L 11:00 Ecumenical Service —Ch 1978 1:30 Strength &amp; Stretch 2:00 Dog Visits with Issy 2:15 Piano Music with Eileen 3:30 Balloon Volley 4:00 Music Listening 5:30 Hot Tea Social</p>	<p><b>25</b> 10:30 Saturday Stretch 11:15 Finish the Phrase 1:30 Refreshments: Stroop Waffles 2:00 Watercolors 3:00 Catholic Communion 3:00 IN2L 3:45 Music Therapy with Molly—LR 4:15 Catholic Communion Svs—Ch 1978 5:15 Turn Down Service</p>
<p><b>26</b> 10:30 Famous Women 11:00 Proverbs 1:30 Refreshments: Popcorn 2:15 Garden Walks 3:00 IN2L 5:15 Nat Geo: Whales</p>	<p><b>27</b> 10:00 Chair Yoga 10:00 Catholic Mass—LHLR 10:30 Current Events 11:00 Breathe &amp; Stretch 1:30 Strength Training 2:15 Strawberry Margaritta Social 3:15 Balloon Volleyball 4:00 Relaxing Tunes 5:30 Hymns</p>	<p><b>28</b> 9:30 Piano Music 10:00 Hymn Sing 10:30 Dominoes 1:30 Magazine Read 2:30 Tai Chi with Mark 3:15 IN2L 4:00 Table Games</p>	<p><b>29</b> 9:30 Dog Visits w/Beacon 10:00 Horticulture with Patti: Pansies Galore 10:30 Name That State 11:00 Categories 1:00 Traveling Flute Music 1:30 Balance 2:15 Let's Get Folding 3:15 Sensory 4:00 Ring Toss</p>	<p><b>30</b> 9:30 Dog Visits with Beacon 10:00 Hymn Sing 10:30 Current Events 11:00 Who Am I? 1:30 Sit &amp; Fit 2:15 Flower Craft 3:15 Go Fish 4:00 Uplifting Stories</p>	<p><b>31</b> 10:30 Trivia 11:00 Ecumenical Service —Ch 1978 1:30 Strength &amp; Stretch 2:15 Music Therapy with Sara 3:30 Balloon Volley 4:00 Music Listening</p>	