



McLean Center Life Enrichment September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Programs are subject to change; please see the digital monitors for more up-to-date information.</p> <p>Life Enrichment Office Ext. 3605</p> <p>All activities are located in the McLean Center unless otherwise noted</p>		<p><u>Location Key:</u> Channel 1978: This program is on your TV. Please turn the TV in your room to channel 1978</p> <p>SG—Stratton Garden (outdoors) LHLR—Laurel House Living Room LH Lib—Laurel House Library</p>		<p>1 10:30 September Trivia 11:00 Ecumenical Service —Ch 1978</p> <p>1:30 Strength & Stretch 2:15 Welcome September Social! 3:15 A to Z 4:00 Guess the College 4:00 Shabbat—Club Room 5:30 Movie & Hand Massages</p>	<p>2 10:30 News & Views 11:00 Morning Stretch 1:30 Patriotic Art 2:15 Bingo Bonanza 3:00 Catholic Communion 3:00 IN2L 4:15 Catholic Communion Svs—Ch 1978 5:30 Popcorn & Movie</p>	
<p>3 10:30 Tales of Faith & Spirituality 11:00 Hymns—LR 1:30 Cookie Bake 2:15 Cornhole 3:00 IN2L 5:30 Trivia</p>	<p>4 Labor Day 10:30 Current Events 11:00 Stretch & Flex 1:30 Stroll to Laurel 2:00 Labor Day Music with John Cosentini—LHLR 3:00 IN2L 3:40 Music Therapy w/ Molly 5:30 Iced Tea Social</p>	<p>5 9:15 Piano Music 10:00 Hymn Sing 10:30 Bells w/ Chaplain Julie 11:00 Balloon Toss 1:30 MW Sing-Along 2:00 Travel Tuesday 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Reminiscing 5:30 Table Games</p>	<p>6 10:00 Horticulture: Flower Pressing 10:30 One to One Visits 11:00 Finish the Phrase 1:30 Sit & Fit 2:15 Resident Council 3:00 Bingo 3:45 Reminiscing 5:30 Evening Strolls</p>	<p>7 10:00 Hymn Sing 10:30 Bells w/ Chaplain Julie 11:00 Football Trivia 12:00 McLean Anniversary: Strolling Violin with Alice Marie 1:30 Karaoke 2:00 Kickoff Social 3:15 Football Season Predictions 4:00 Football Toss 5:30 IN2L Fun</p>	<p>8 10:30 News & Views 11:00 Ecumenical Service —Ch 1978</p> <p>1:30 Strength & Stretch 2:15 Music Therapy with Sara 3:00 Centerpiece Florals 4:00 Wine Coolers 5:30 Dominoes</p>	
<p>10 10:15 Grandparent's Day Music with Lizzy Wang —LHLR 1:00 Mark on Music—LHLR 2:15 Grandparent's Day History 3:00 IN2L 3:40 Music Therapy w/ Molly</p>	<p>11 10:00 Strength Training 10:30 Current Events 11:00 Flexercise 1:30 Chair Yoga 2:15 Intro to Scrapbooking 3:30 Balloon Volleyball 5:30 Cards</p>	<p>12 10:00 Hymn Sing 10:30 Bells w/ Chaplain Julie 11:00 1950s Trivia 1:30 Travel Tuesday 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Reminiscing 5:30 Table Games 7:00 Outdoor Movie Night—SG</p>	<p>13 9:30 Dog Visits w/ Winnie 10:00 Horticulture: The Beauty of Fall 10:30 One to One Visits 10:45 Trip: Colebrookdale Railroad 1:30 Sit & Fit 2:00 Garden Walks 3:00 Bingo 3:45 Reminiscing 5:30 Evening Strolls</p>	<p>14 10:15 Challah Making 11:00 Let's Learn: Rosh Hashanah 1:30 Balance 2:00 September Birthday Party with Tom Guest—LHLR 3:30 Happy Hour 5:30 IN2L Fun</p>	<p>15 10:30 Spanish Class 11:00 Ecumenical Service —Ch 1978</p> <p>1:30 Strength & Stretch 2:15 Jewish Apple Cake Bake for Rosh Hashanah 3:30 Piano with Eileen 4:00 Rosh Hashana Svs —Club Rm 5:30 Movie Night</p>	
<p>17 10:30 Tales of Faith & Spirituality 11:00 Hymns 1:30 Sponge Painting 2:15 Kitchen Queens: Coleslaw & Deviled Eggs 3:00 IN2L 5:30 News Update</p>	<p>18 10:00 Strength Training 10:30 Piano Music with Martha & Bill 11:00 Guess the German Word 1:30 Chair Yoga 2:15 Oktoberfest Social 3:00 Dog Visits with Mando 3:45 Oktoberfest Trivia 5:30 Movies and Massages</p>	<p>19 10:00 Hymn Sing 10:30 Bells w/ Chaplain Julie 11:00 Female Figures 1:30 MW Sing-Along 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Reminiscing 5:30 Table Games</p>	<p>20 10:00 Horticulture: Lavender Sachets 10:30 One to One Visits 11:00 Garden Strolls 1:30 Sit & Fit 2:15 Memory Walk Treats 3:00 Memory Walk Bracelets 3:45 Reminiscing 5:30 Evening Strolls</p>	<p>21 10:00 Hymn Sing 10:30 Memory Walk 11:00 Sensory 1:30 Balance 2:00 Equine Therapy—SG 3:15 Reminisce Through the Decades 4:00 Sing Through the Decades 5:30 IN2L Fun</p>	<p>22 10:30 News & Views 11:00 Ecumenical Service —Ch 1978</p> <p>1:30 Strength & Stretch 2:15 Music Therapy with Sara 3:15 Sundaes on the Patio 4:00 Paper Bag Potpourri 5:30 Table Games</p>	
<p>24 (Yom Kippur Program) 10:30 Fall Sing-A-Long 11:00 Sunday Strolls 1:30 Yom Kippur Social 2:15 Yom Kippur Trivia 3:00 IN2L 5:30 Movie Night</p>	<p>25 10:00 Strength Training 10:00 Catholic Mass—LHLR 10:30 Current Events 11:00 Discussion Group 1:30 Chair Yoga 2:15 Peruvian Bracelet 3:00 Sangria & Cava 3:45 Spanish Bingo 5:30 Spanish Culture Month</p>	<p>26 10:00 Hymn Sing 10:30 Bells w/ Chaplain Julie 11:00 Fall Charades 1:30 Pumpkin Tic Tac Toe 2:30 Tai Chi with Mark 3:15 Pumpkin Painting 4:00 Fall Memories 5:30 Table Games</p>	<p>27 10:00 Horticulture: Nature Craft 10:30 One to One Visit 11:00 Fall Facts 1:30 Sit & Fit 2:00 Flugel Fest Music with Jerry Trecor—LHLR 3:15 Guess the Pumpkin Weight 3:45 Pumpkin Ring Toss 5:30 Evening Strolls</p>	<p>28 10:00 Hymn Sing 10:30 Bells w/ Chaplain Julie 11:00 Fall Foliage 1:30 Balance 2:00 Music with Pete Smyser & Ice Cream Truck—LHLR 3:00 Fall Jingo 4:00 Let's Learn: Sukkot 5:30 IN2L Fun</p>	<p>29 10:30 Fall Jeopardy 11:00 Ecumenical Service —Ch 1978</p> <p>1:30 Strength & Stretch 1:30 Dog Visits with Issy 2:15 Caramel Apple Nachos 3:15 Bobbing for Apples 4:00 Name that Tune 4:00 Shabbat—SG 5:30 Board Games</p>	
						<p>30 10:30 News & Views 11:00 Morning Stretch 1:30 Kitchen Queens: Pie 3:00 Catholic Communion 3:00 IN2L 3:40 Music Therapy w/ Molly 4:15 Catholic Communion Svs—Ch 1978 5:30 Wellness Walk</p>