




McLean Center Life Enrichment April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>April Showers Bring May Flowers</i></p>	<p>1 10:00 Strength Training 10:30 Easter Monday Mass —Ch 1978</p> <p>10:30 A to Z 11:00 Would You Rather? 1:30 Chair Yoga 2:15 April Trivia 3:00 April Showers Watercolors 3:45 April Fools: Day in History 5:30 Evening News</p>	<p>2 10:30 Categories: SPRING 11:00 All About Scotland 1:15 MW Sing-Along 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Short Story: The History of Peanut Butter 5:30 Table Games</p>	<p>3 10:30 One to Ones 11:00 Rainbow Craft 1:00 Men's Club 1:30 Sit & Fit 2:15 Penny Ante 3:00 Bingo 3:45 National Love Our Children Day 5:30 Evening Strolls</p>	<p>4 10:15 Hymn Sing 11:00 Sudoku 1:30 Balance 2:00 Lecture: History of the Titanic—LHLR 3:15 Jeopardy 4:00 Wine Down 5:30 IN2L Fun</p>	<p>5 9:45 Dog Visits with Cam 10:30 History of the Kilt 11:00 Ecumenical Service —Ch 1978</p> <p>11:00 Salted Carmel Cheesecake Bake 1:30 Strength & Stretch 2:15 Music Therapy with Sara 3:15 Virtual; Reality 5:30 Walking Meditation</p>	<p>6 10:30 Positive News Stories 11:00 Would You Rather? 1:30 True or False 2:00 Sensory Painting 3:00 IN2L 3:00 Catholic Communion 4:15 Catholic Communion Svs—Aud 5:30 Evening Tea & Tunes</p>
<p>7 10:30 Making Bookmarks 11:00 This Day in History 1:30 Chat & Check-In 2:15 Coffee Cake Bake 3:00 IN2L 3:30 Music Therapy with Molly 5:30 Evening News</p>	<p>8 10:00 Strength Training 10:30 Uno 11:00 Solar Eclipse Fun Facts 1:30 Chair Yoga 2:15 Eclipse Cupcake Bake 3:00 Solar Eclipse Viewing 3:45 Patio Social 5:30 Out of This World Word Games</p>	<p>9 10:00 Hymn Sing 10:30 Rosie the Riveter Painting 11:00 Civil Rights Leaders 2:00 MW Singers Sing-Along—LHLR 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 All About Antiques 5:30 Table Games</p>	<p>10 10:00 Horticulture: A Closer Look at Spring Buds</p> <p>10:30 One to Ones 11:00 Coffee Filter Crafts 1:00 Men's Club 1:30 Sit & Fit 2:00 Resident Council 3:00 Bingo 3:45 Cow Corner Bookmark Craft 5:30 Evening Strolls</p>	<p>11 10:15 Hymn Sing 11:00 Putting Practice 1:30 Balance 2:00 April Birthday Party with Unforgettable—LHLR 3:15 What Did it Cost? 4:00 Wine Down 5:30 IN2L Fun</p>	<p>12 9:30 Dog Visits with Winnie 9:45 Dog Visits with Cam 10:30 Card Games 11:00 Ecumenical Service —LHLR</p> <p>11:00 Pink Expressions 1:30 Strength & Stretch 2:15 Tissue Paper Flowers 3:00 Art Show Viewing—Aud 5:30 Quizzo</p>	<p>13 10:30 Morning Stretch 11:00 Scrabble 1:30 Let's Talk Art 2:00 Galaxy Jars 3:00 IN2L 3:00 Catholic Communion 4:15 Catholic Communion Svs—LHLR 5:30 Who Am I?</p>
<p>14 10:30 Wake & Stretch 11:00 Positive News 1:30 Talk About Dogs 2:15 Wine & Quizzo 3:00 IN2L 5:30 Meditation & Massage</p>	<p>15 10:00 Strength Training 10:30 Baseball Bingo 11:00 All About Jackie Robinson 1:30 Chair Yoga 2:00 Live Music with Wendi & Rik 3:00 Low Vision Support—Fitness Studio 3:00 Paint like da Vinci 3:45 Italy Fun Facts 5:30 Movie Night: Titanic</p>	<p>16 10:00 Hymn Sing 10:30 Orchid Crafting 11:00 Name That Tune 1:15 MW Sing-Along 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Remember When? 5:30 Table Games</p>	<p>17 10:00 Horticulture: Early Spring Vegetables</p> <p>10:30 One on Ones 11:00 Ellis Island Painting & Facts 12:15 Trip: Camden Aquarium 1:00 Men's Club 1:30 Sit & Fit 2:00 Equine Therapy 2:30 Strawberries & Cream Bread Bake 3:00 Bingo 3:45 Ladder Ball 5:30 Evening Strolls</p>	<p>18 10:15 Hymn Sing 11:00 Travelogue: Thailand 1:30 Balance 2:00 Country & Western Show with Steve Walker—LHLR 3:15 Famous Sites & Monuments 4:00 Wine Down 5:30 IN2L Fun</p>	<p>19 9:45 Dog Visits with Cam 10:30 Worcester Elementary School Readers—LHLR 11:00 Ecumenical Service —Ch 1978</p> <p>11:00 Trivia 1:30 Strength & Stretch 2:15 Music Therapy with Sara 3:00 Bowling 5:30 Table Games</p>	<p>20 10:30 Daily Chronicle 11:00 Adult Coloring 1:30 Finish the Phrase 2:00 Horse Racing 3:00 IN2L 3:00 Catholic Communion 4:15 Catholic Communion Svs—Aud</p>
<p>21 10:30 Table Games 11:00 Short Stories 1:30 Balloon Toss 2:00 Music with Joey Vee—LHLR 3:00 IN2L</p>	<p>22 10:00 Catholic Mass—LHLR 10:00 Strength Training 10:30 Quotable Quotes 11:00 Earth Day Fun Facts 1:30 Chair Yoga 2:15 Earth Day Craft 3:00 Penny Ante 3:45 Tea Social 5:30 Word Games</p>	<p>23 10:00 Hymn Sing 10:30 Passover Trivia 11:00 Brain Games 1:30 Shirley Temple Day 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Sensory 5:30 Table Games</p>	<p>24 10:00 Horticulture: The Pansy Flower</p> <p>10:30 One on Ones 11:00 Suncatchers 1:00 Men's Club 1:30 Sit & Fit 2:15 National Pigs in a Blanket Day 3:00 Bingo 3:45 Relax & Reminisce 5:30 Evening Strolls</p>	<p>25 10:15 Hymn Sing 11:00 Penguin Day 1:30 Balance 2:00 Senior Moments A Capella—LHLR 3:15 Wine and Coloring 4:00 Sudoku 5:30 IN2L Fun</p>	<p>26 9:45 Dog Visits with Cam 10:30 Envelope Game 11:00 Ecumenical Service —Ch 1978</p> <p>1:30 Strength & Stretch 2:15 Arbor Day Craft 3:00 All About Arbor Day 3:30 Piano with Eileen Arno 5:30 Hand Massage & Trivia</p>	<p>27 10:30 Exercise 11:00 Candy Dice 1:30 Tic-Tac-Toe Trivia 2:00 Balloon Toss 3:00 IN2L 3:00 Catholic Communion 4:15 Catholic Communion Svs—Aud 5:30 Words in Words</p>
<p>28 10:30 Stretch & Meditate 11:00 National Superhero Day History and Trivia 1:30 Bingo 2:15 National Blueberry Pie Day Bake 2:30 Prom Gown Fashion Show 3:00 IN2L 3:30 Music Therapy with Molly 5:30 Social</p>	<p>29 10:00 Strength Training 10:30 Uno 11:00 Mad Libs 1:30 Chair Yoga 2:15 Scrapbooking 3:00 Deal or No Deal 3:45 Chat & Check-In 5:30 Popcorn and Movie Night</p>	<p>30 10:00 Hymn Sing 10:30 Bean Bag Toss 11:00 Trivia Fun 1:30 Stroll to Laurel 2:00 Goat Cuddling—LHLR 2:30 Tai Chi with Mark 3:15 Music & Manicures 4:00 Reminiscing 5:30 Table Games</p>			<p>Location Key: Channel 1978: This program is on your TV. Please turn the TV in your room to channel 1978 SG—Stratton Garden (outdoors) LHLR—Laurel House Living Room LH Lib—Laurel House Library</p>	<p>Programs are subject to change; please see the digital monitors for more up-to-date information. Life Enrichment Office Ext. 3605 All activities are located in the McLean Center unless otherwise noted</p>