

# McLean Center Life Enrichment October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 10:00 Hymn Sing 10:30 Jewish Apple Cake Bake 11:00 All About High Holy Days 1:15 MW Sing-Along 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Sensory 5:30 Table Games	<b>2</b> 10:30 One on Ones 11:00 October Trivia 1:00 Men's Club 1:30 Trip: Elmwood Zoo 1:30 Sit & Fit 2:30 This or That 3:00 Bingo 3:45 Uno 5:30 Evening Strolls	<b>3</b> 9:45 Dog Visits with Cam 10:15 Hymn Sing 11:00 Trivia 1:30 Balance 2:00 Drum Circle with Martin Bradfield—LHLR 3:15 Bingo 4:00 Wine Down 5:30 IN2L Fun	<b>4</b> 10:00 Communion Svs with Eric 10:30 October Trivia 11:00 Ecumenical Service —Ch 1978 11:00 Sing-Along 1:30 Strength & Stretch 2:15 Stories About Animals 3:15 Mocktails 4:00 Rosh Hashana—Club Room 5:30 Animal Stories	<b>5</b> 10:30 Wake Up and Stretch 11:00 Adult Coloring 1:30 Zingo! 2:00 Outside Tea Social 3:00 The Adorable World of Baby Animals 3:00 Catholic Communion 4:15 Catholic Communion Svs—Aud 5:30 Goodnight Affirmations
<b>6</b> 10:30 Stretch & Meditation 11:00 I Didn't Know That 1:30 Autumn Coloring 2:15 Paper Pumpkin Craft 3:00 Second Chance Dogs 3:30 Music Therapy with Molly 5:30 Flip 7	<b>7</b> 10:00 Strength Training 10:30 Ladder Ball 11:00 Positive News 1:30 Chair Yoga 2:15 Bingo 3:00 Finish the Phrase 3:45 Wheel of Fortune 5:30 Trivia	<b>8</b> 10:00 Hymn Sing 10:30 Fall Ceramics Painting 11:00 Remember When? 1:30 Italy Travelogue 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Sensory 5:30 Table Games	<b>9</b> 10:00 Horticulture: Seed Saving 10:30 One on Ones 11:00 Twister Bean Bag Toss 1:00 Men's Club 1:30 Sit & Fit 2:00 Resident Council 2:30 Bingo 3:30 Reminisce 5:30 Evening Strolls	<b>10</b> 9:45 Dog Visits with Cam 10:15 Hymn Sing 11:00 Balloon Toss 1:30 Balance 2:00 Birthday Party with Glen Faul—LHLR 3:15 Pumpkin Decorating 4:00 Wine Down 5:30 IN2L Fun	<b>11</b> 10:00 Church Service with Eric 10:30 Balloon Volley 11:00 Ecumenical Service —Ch 1978 11:00 Word Games 1:30 Strength & Stretch 2:15 Uno 3:15 Happy Hour 5:30 Jigsaw Puzzles	<b>12</b> 10:30 Mod Podge Pumpkins 11:00 Positive News Stories 1:30 Cranium Crunches 2:00 Bubble Wrap Corn Art 3:00 Fall Scenery 3:00 Catholic Communion 4:15 Catholic Communion Svs—LHLR 5:00 Yom Kippur—Club Room 5:30 Evening Tea & Tunes
<b>13</b> 10:30 England Travelogue 11:00 Royal History 11:30 English Roast Lunch 1:30 Guess the English Phrase 2:00 Live Music with the Silver Spotlight 3:00 Frank Sinatra Videos 3:30 Music Therapy with Molly 5:30 Popcorn & Movie Night	<b>14</b> 10:00 Strength Training 10:30 Columbus Day Trivia 10:30 Sukkot Celebration—SG 11:00 Ball Toss 1:30 Chair Yoga 2:15 Bingo 3:00 Wheel of Fortune 3:45 Coloring 5:30 Trivia	<b>15</b> 10:00 Hymn Sing 10:30 Bell Choir 11:00 Sudoku 1:15 MW Sing-Along 2:30 Tai Chi with Mark 3:00 Low Vision Support—Fitness 3:15 Balloon Volley 4:00 Sensory 5:30 Table Games	<b>16</b> 9:30 Dog Visits with Winnie 10:00 Horticulture: The Colors of Fall 10:30 One on Ones 11:00 Thankful Tree 1:00 Men's Club 1:30 Strength & Stretch w/ Will 2:15 Pictionary 3:00 Bingo 3:45 Massage 5:30 Evening Strolls	<b>17</b> 9:45 Dog Visits with Cam 10:15 Hymn Sing 11:00 Finish the Phrase 1:30 Balance 2:00 MW Singer Sing-Along —LHLR 3:15 Pumpkin Decorating 4:00 Wine Down 5:30 IN2L Fun	<b>18</b> 10:00 Church Service with Eric 10:30 Fall Sensory Painting 11:00 Ecumenical Service —Ch 1978 1:30 Strength & Stretch 2:15 Music & Manicures 3:15 Mocktails 5:30 Quizzo	<b>19</b> 10:30 Reminisce 11:00 Morning Stroll 1:30 Word Games 2:00 Bingo 3:00 Catholic Communion 4:15 Catholic Communion Svs—Aud 5:30 Uno
<b>20</b> 10:30 Daily Chronicle 11:00 Balloon Volley 1:30 Alphabet Game 2:15 Storytelling 3:00 Music 3:30 Music Therapy with Molly 5:30 Sing-Along	<b>21</b> 10:00 Strength Training 10:30 Bell Choir 11:00 All About Sukkot 1:30 Chair Yoga 1:30 Dog Visits with Emma 2:00 Big Band Music with Joe Tomlinson—LHLR 3:00 Beaded Pipe Cleaner Pumpkins 3:45 Thumb Ball 5:30 Music & Memories	<b>22</b> 10:00 Hymn Sing 10:30 Ghost Bowling 11:00 Name that Tune 1:30 Name the State 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Sensory 5:30 Table Games	<b>23</b> 10:00 Horticulture: Pumpkins 10:30 One on Ones 11:00 Mosaic Ghosts 1:00 Men's Club 1:30 Sit & Fit 2:15 Balloon Volley 3:00 Bingo 3:45 All About Us 5:30 Evening Strolls	<b>24</b> 9:45 Dog Visits with Cam 10:15 Hymn Sing 11:00 Brain Games 1:30 Walk to Laurel 2:00 Art Lecture Series with Martin Bradfield—LHLR 3:15 Fall Wreath Craft 4:00 Wine Down 5:30 IN2L Fun	<b>25</b> 10:00 Church Service with Eric 10:30 Categories 11:00 Ecumenical Service —Ch 1978 11:00 Current Events 1:30 Balloon Toss 2:15 Fall Leaf Suncatchers 3:15 Happy Hour 4:00 Shabbat—Club Room 5:30 This Day in History	<b>26</b> 10:30 Conductorcize 11:00 Halloween Reminisce 1:15 Kids Trick or Treat 1:30 All About Us 2:00 Pilgrim Pumpkin Pie 3:00 Iris 3:00 Catholic Communion 4:15 Catholic Communion Svs—Aud 5:30 Uno
<b>27</b> 10:30 Let's Make Candy 11:00 Dominoes 1:30 Guess in 10 2:15 Sticker Making 3:00 The Real Story of Halloween 5:30 Massage & Evening Affirmations	<b>28</b> 10:00 Catholic Mass—LHLR 10:00 Strength Training 10:30 Bell Choir 11:00 Word Games 1:30 Chair Yoga 2:15 Noodle Pumpkin Craft 3:00 Halloween Bingo 3:45 Halloween Riddles 5:30 Pass the Pumpkin	<b>29</b> 10:00 Hymn Sing 10:30 Jack-O-Lantern Toss 11:00 Halloween Around the World 1:30 Equine Therapy w/ Vinnie 2:30 Tai Chi with Mark 3:15 Manicures & Music 4:00 Sensory 5:30 Table Games	<b>30</b> 10:00 Horticulture: Flower Arranging 10:30 One on Ones 11:00 Halloween Trivia 1:00 Men's Club 1:30 Sit & Fit 2:15 Homemade Halloween Candy 3:00 Myths of Halloween with Vivian Hartman—LHLR 4:15 Halloween Reminisce 5:30 Evening Strolls	<b>31</b> 9:45 Dog Visits with Cam 10:15 Hymn Sing 11:00 Halloween Traditions 1:30 Balance 2:00 What Did it Cost? 3:00 Halloween Costume Contest Party with Music by Joey D.—LHLR 4:00 Wine Down 5:30 IN2L Fun	<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> <b>SG—Stratton Garden (outdoors)</b> <b>LHLR—Laurel House Living Room</b> <b>LH Lib—Laurel House Library</b>	<b>Programs are subject to change; please see the digital monitors for more up-to-date information.</b> <b>Life Enrichment Office</b> <b>Ext. 3605</b> <b>All activities are located in the McLean Center unless otherwise noted</b>