

The Village Newsletter

January 2022

McLean

From the Desk of the Director . . .

Happy New Year –

By the time you are reading this letter you will have made, and are in the process of trying to keep, your New Year's Resolutions. Good for You. Maybe it's to eat better, walk more or stay in closer touch with friends. Be kind to yourself, you are doing this!

It's also natural to have lost your fervor for your resolution. ("What was it, again?") Often our resolve diminishes within the first few months and yes, it's okay to decide to try again next year.

Regardless, you have stuck to something far more Important. I want to thank everyone for their RESOLVE in dealing with the pandemic and keeping our community safe this past year.

True to the definition of "Resolution" -we collectively decided firmly on our course of action and stuck to it as a community. There were many challenges during the year, frustrations with wearing a mask, limitations on the number of people at a gathering and other restrictions, but we did it.

Together we have stayed the course and are safer because of it.

Thanks, and congratulations. May 2022 be a year filled with new beginnings, with good health and greater happiness for each of you together with your friends and families.

Megan Gill

Megan Gill, Director of McLean Village

Everything You Need to Know About: Staying Steady on Your Feet

with Kim Wright

**Thursday, January 13th at 1:00 p.m.
in The Hartford Room**

Village Events for January 2022

- > **Wednesdays: 1:00pm**
Campus News Weekly Call
(Dial 860-658-8279 Enter Code: 3333)
- > **Tuesday, January 4th: 2:00pm**
"Jeff The Plant Guy" (HR)
- > **Thursday, January 6th: 11:00am**
Conversation Project Continues with Lyn (HR)
- > **Saturday, January 8th: 3:00pm**
Live Stream of Boar's Head & Yule Log Festival (HR)
- > **Monday, January 10th : 2:00pm**
Acoustic Blend of Guitars & Mandolin
with Handler & Levesque (HR)
- > **Wednesday, January 12th: 1:30pm**
Dining Forum (HR)
- > **Thursday, January 13th: 1:00pm**
Everything You Need to Know...
with Kim Wright (HR)
- > **Friday, January 14th: 9:30am**
Ladies Breakfast (RSVP)
- > **Thursday, January 20th: 4:00-5:00pm**
Village Grab & Go Happy Hour (BL)
- > **Saturday, January 22nd: 2:00pm**
Van Departs for FVSO Winter Chamber Concert (RSVP)
- > **Monday, January 24th: 1:00pm**
Podiatrist (TH) (Appointment Sign Up
available in Copy Alcove)
- > **Wednesday, January 26th: 4:30pm**
Music with Troubador Tom Callinan (BL)
- > **Friday, January 28th: 9:30am**
Men's Breakfast (RSVP)

**Ann Pavano Drop in Hours
at the Burkholder in the Refuge
Jan. 27th • 2-3:30**

Auxiliary Gift Shop Hours:
Tuesdays and Thursdays from 10-12

January 2022

McLeanInspiredLiving.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Wednesday Weekly Campus Update Call Call: 860-658-8279 Enter Code: 3333</div>	<div>2022 happy new year</div>				<div>Happy New Year!</div>	
2	9:30 Enerchi (HR) 1:00 Cribbage (CR)3	9:30 Strength & Balance (HR) 12:30 Fit Beats Cardio Drumming Class (HR) 2:00 Jeff The Plant Guy (HR) 4:30 Hart Room Reserved4	9:30 Enerchi (HR) 1:00 Campus News Call5 1:30 GC- Native Peoples of North America (HR) Wine and Cheese Plate Available at Dinner	9:30 Strength & Balance (HR) 11:00 Hooks & Needles (BL)6 11:00 Conversation Project Continues with Lyn (HR)	9:30 Shopping Shuttle (RSVP) 10:30 Scrabble (HR)7 1:00 Movie (HR)	3:00 Live Streaming of Boar's Head & Yule Log Festival (HR)8
9	9:30 Enerchi (HR) 1:00 Cribbage (CR) 2:00 Handler & Levesque Acoustic Blend of Guitars & Mandolin (HR)10	9:30 Strength & Balance (HR)11 12:30 Fit Beats Cardio Drumming Class (HR) 1:00 Mexican Train (CR)	Birthday Celebration at Dinner 12 9:30 Enerchi (HR) 10:30-12:30 Blood Pressure Clinic (HR) 1:00 Campus News Call 1:30 Dining Forum (HR) 3:00 GC- Native Peoples of North America (HR) Wine and Cheese Plate Available at Dinner	9:30 Strength & Balance (HR)13 11:00 Hooks & Needles (BL) 1:00 Everything you Need To Know with Kim (HR)	9:30 Shopping Shuttle (RSVP)14 9:30 Ladies Breakfast (RSVP-BR) 10:30 Sew It Seams (HR) 1:00 Movie (HR)	15
1:00 Van Departs for Hartford Symphony (RSVP)16	9:30 Enerchi (HR) 1:00 Cribbage (CR) 1:30 Molkky (HR)17	9:30 Strength & Balance (HR)18 12:30 Fit Beats Cardio Drumming Class (HR)	9:30 Enerchi (HR) 1:00 Campus News Call19 1:30 GC- Native Peoples of North America (HR) Wine and Cheese Plate Available at Dinner	9:30 Strength & Balance (HR)20 11:00 Hooks & Needles (BL) 4:00 Village Grab & Go Happy Hour (BL)	9:30 Shopping Shuttle (RSVP)21 11:00 Book Club (HR) (RSVP) 1:00 Movie (HR)	2:00 Van Departs for FVSO Winter Chamber Concert (RSVP)22
23	9:30 Enerchi (HR) 1:00 Podiatrist (H) (Sign up available in copy alcove)24 1:00 Cribbage (CR)	9:30 Strength & Balance (HR)25 12:30 Fit Beats Cardio Drumming Class (HR) 1:00 Mexican Train (CR) 2:00 Money Bingo (HR)	9:30 Enerchi (HR) 1:00 Campus News Call26 1:30 GC- Native Peoples of North America (HR) 4:30 Tom Callinan Troubadour (BL) Wine and Cheese Plate Available at Dinner	9:30 Strength & Balance (HR)27 11:00 Hooks & Needles (BL) 2-3:30 Drop In & Talk with Ann Pavano (TR)	9:30 Shopping Shuttle (RSVP)28 9:30 Men's Breakfast (RSVP- BR) 10:30 Scrabble (HR) 1:00 Movie (HR)	29
30	9:30 Enerchi (HR) 1:00 Cribbage (CR) 1:30 Bean Bag Toss (HR)31	FEBRUARY1		2	3	4
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The Village Dining News

Saturday, January 1st • New Years Day

Special Meal at Dinner.

Sunday, January 2nd • National Cream Puff Day

Cream Puffs at Brunch.

Tuesday, January 4th • National Spaghetti Day

Spaghetti & Meatballs at Dinner.

Thursday, January 6th • National Shortbread Day

Free Shortbread Cookies Available in the Afternoon at the Café.

Tuesday, January 11th • National Hot Toddy Day

After Dinner Drink.

Friday, January 14th • National Hot Pastrami Sandwich Day

Hot Pastrami Sandwich Available at Dinner.

Saturday, January 15th • National Bagel Day

Fresh Bagels and Cream Cheese at Café Counter.

Tuesday, January 18th • International Meal

Flavors of Spain at Dinner.

Thursday, January 20th • National Cheese Lover's Day

Cheese Platters Available at Dinner.

Saturday, January 22nd • National Southern Food Day

Special Southern Comfort Food Menu at Dinner.

Sunday, January 23rd • National Rhubarb Pie Day

Rhubarb Pie Featured for Dessert at Dinner.

Tuesday, January 25th • National Irish Coffee Day

Irish Coffee Available at Dinner.

Wednesday, January 26th • Chef Pop Up in Café • 2 p.m.

Thursday, January 27th • National Chocolate Cake Day

Decadent Chocolate Cake at Dinner.

Sunday, January 30th • National Croissant Day

Fresh Baked Croissants Available at Café Counter for Breakfast.

Monday, January 31st • National Hot Chocolate Day • 2 p.m.

Hot Cocoa Bar in Café.



All Dining Services events will be held at the Burkholder Restaurant during dinner hours unless otherwise noted. Reservations are appreciated and can be made by calling the Reservations Line at 860- 658-3773.

Casual Café Menu

Service Available from 9 a.m. - 3 p.m. Monday - Friday • 11:30 a.m. - 1:00 p.m. Saturday

• **Soup Du Jour**

• **Garden Salad with Grilled Chicken**

Served with Your Favorite Dressing

• **Classic Grilled Cheese and Tomato Sandwich**

Made with Your Choice of American, Swiss or Cheddar Cheese on White or Wheat Bread

• **Grilled Chicken Caesar Wrap**

Marinated Grilled Chicken Breast, Romaine Lettuce, Parmesan Cheese, with Caesar Dressing in a Wrap

• **Sandwich Special of the Week**

Ask Your Server About Today's Sandwich Special

• **Omelet Special of the Week**

Ask Your Server About Today's Omelet Special

Sandwiches Served with a Choice of Potato Chips or Fruit Cup

Beverages

- Assorted Juices and Milk
- Perrier Water (Sparkling or Still)
- Iced Tea with Lemon