

# The Village Newsletter

BOUNDLESS

August 2022

## From the Desk of the Director . . .

To undergo transformation, transition.

Every Villager is currently experiencing change. Whether it be activities in a new location or moving into a new home.

People, in general, are at different levels of readiness for change. Some people are resistance to change, while others are excited about it. Please know the staff is here to answer questions, assist in challenges and hopefully participate in your joy or ease your concerns.

I highly recommend attending one of the following weekly programs:

**Village Binder Reminder meeting on Tuesday** – Refresh or learn about offerings in the Village.

**The weekly Campus Info session** – now being held in the Performing Arts Center, is a great way to learn the latest on what is happening with renovations.

**Resident Social Hour** – Held weekly so you can mingle with your neighbors

Don't forget to call the Village events line for daily event information.

*Megan Gill*

Megan Gill, Director of McLean Village

## Village Events

- > **Mondays:**  
Boundless Wellness Q & A (EC) Please join Kim in the fitness studio to learn about new fitness offerings.
- > **Tuesdays: 11:00am**  
Village Binder Reminder (GL) A review of the resident handbook.
- > **Wednesdays: 1:00pm**  
Campus News Updates (PAC)
- > **Thursdays: 2:00pm**  
Resident Social Hour (GL) Come to the lobby for a light snack and meet your new neighbors and reacquaint with your friends.
- > **Tuesday, August 2nd: 2:00pm**  
Jeff The Plant Guy (CAS)
- > **Wednesday, August 3rd: 3:00pm**  
Gardening Club Meeting (PAC)
- > **Monday, August 8th: 4:30pm**  
Music by Mass Conn Fusion (GL)
- > **Thursday, August 11th: 11:00am**  
Conversations Continued with Lyn (TR)
- > **Monday, August 15th: 1:00pm**  
Podiatrist (M) (Appointment Sign Up available at Goodrich Lobby)
- > **Tuesday, August 16th: 2:00pm**  
White House Memories - Former White House Butler, Alan DeValerio will share his stories and memorabilia from his time as a butler.
- > **Wednesday, August 17th: 4:30-5:30pm**  
Village Happy Hour (TER)
- > **Tuesday, August 23rd: 2:00pm**  
Game Refuge Presentation with Connor Hogan (PAC)
- > **Thursday, August 25th:**  
Drop In & Talk with Ann Pavano (TR)

EXPLORE • GROW • BELONG



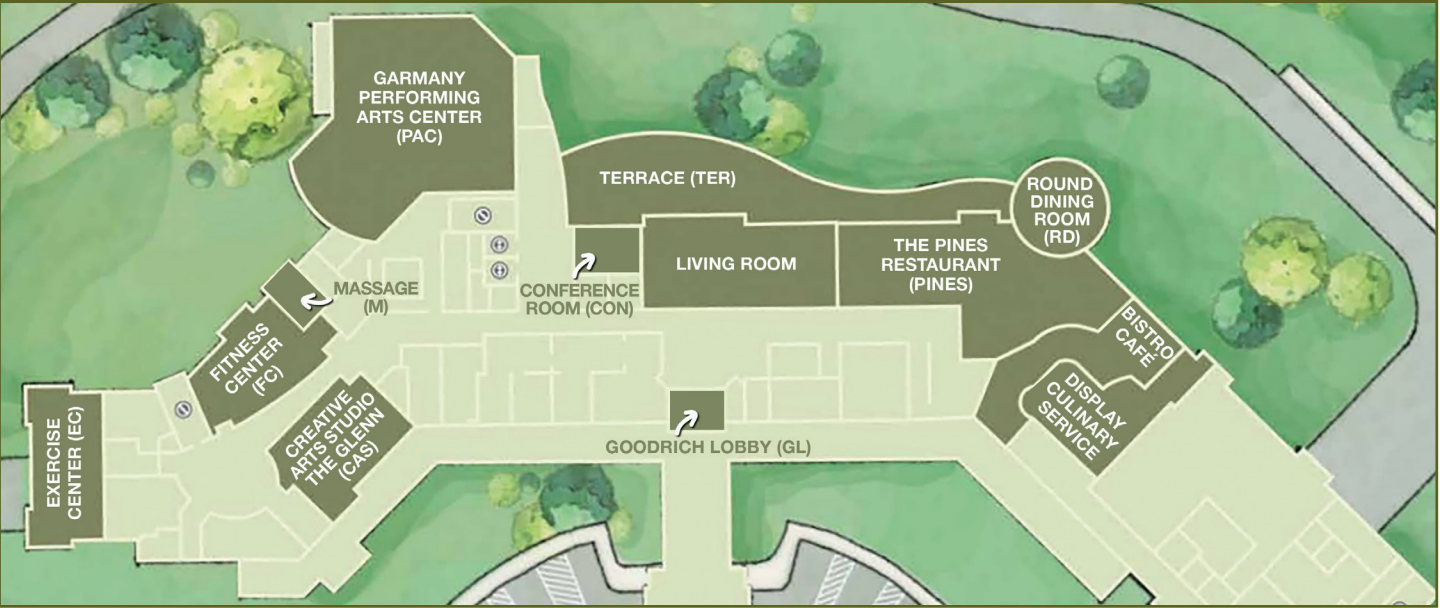
Auxiliary Gift Shop Hours:  
Tuesdays and Thursdays from 10-12

# August 2022

McLeanInspiredLiving.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Cardio Kick (EC) 10:30 Mindful Chi (EC) 11:30 Boundless Q&A with Kim 1:00 FitBeats Drumming (EC)	9:30 Muscle Toning (EC) 10-12 Auxilliary Gift Shop (BL) 11:00 Guided Meditation Study (Virtual) 11:00 Village Binder Reminder (GL) 2:00 Jeff The Plant Guy (CAS) 2:00 Yoga for Strength (EC) 4:30 PAC Reserved	9:30 Cardio Kick (EC) 10:30 Mindful Chi (EC) 11:00 Cribbage (CR) 1:00 Campus News Update (PAC) 1:00 Fit Beats Drumming (EC) 1:30 GC Comparative Religion (PAC)	9:30 Muscle Toning (EC) 10-12 Auxilliary Gift Shop (BL) 11:00 Guided Meditation Study (Virtual) 11:00 Hooks & Needles (GL) 2:00 Yoga for Strength (EC) 2:00 Resident Social Hour (GL) 3:00 Gardening Club Meeting (PAC)	9:30 Circuit Training (EC) 9:30 Shopping Shuttle (RSVP) 10:30 Scrabble (GL) 1:00 Movie (PAC)	
<b>Village Events Hotline</b> <b>860-658-3939</b> <b>(Please Call for Daily updates and Activities)</b>	9:30 Cardio Kick (EC) 10:30 Mindful Chi (EC) 11:30 Boundless Q&A with Kim 1:00 FitBeats Drumming (EC) 1:30 Molkky (PAC) 4:30 Music by Mass Conn Fusion (GL)	9:30 Muscle Toning (EC) 10-12 Auxilliary Gift Shop (BL) 11:00 Guided Meditation Study (Virtual) 11:00 Village Binder Reminder (GL) 1:00 Mexican Train (CR) 2:00 Yoga for Strength (EC & Virtual)	9:30 Cardio Kick (EC) 10:30 Mindful Chi (EC) 11:00 Cribbage (CR) 11:00-12:00 Village BP Clinic (M) 1:00 FitBeats Drumming (EC) 1:00 Campus News Update (PAC) 1:30 Dining Forum 3:00 GC Comparative Religion (PAC)	9:30 Muscle Toning (EC) 10-12 Auxilliary Gift Shop (BL) 11:00 Guided Meditation Study (Virtual) 11:00 Hooks & Needles (GL) 11:00 Conversations Continued with Lyn (TR) 2:00 Yoga for Strength (EC & Virtual) 2:00 Resident Social Hour (GL)	9:30 Shopping Shuttle (RSVP) 9:30 Circuit Training (EC) 9:30 Ladies Coffee (RD) 10:30 Sew It Seams (CAS) 1:00 Movie (PAC)	

## The Goodrich Map



## Location/Abbreviation Key

### The Burkholder

BL	Burkholder Lobby
BR	Burkholder Restaurant
CR	Card Room
GQ	Grouse & Quail Pub
H	Harbor Room
HR	Hartford Room
LC	Library Connector
RN	Reading Nook
TR	The Refuge

### The Goodrich

CAS	Creative Arts Studio – The Glen
CON	Conference Room
EC	Fitness Center
M	Massage
GL	Goodrich Lobby
PAC	Garmany Performing Arts Center
Pines	Pines Restaurant
RD	Round Dining Room
TER	Terrace
EC	Exercise Center

### The Health Center

CC	Carling Chapel
HC	Health Center



# The Village Dining News

**Tuesday, August 2nd • Employee BBQ, Ice Cream Sandwich Day**  
All Staff and Residents

**Wednesday, August 3rd • Watermelon Day**  
Watermelon Infused Waters/Food Forum

**Thursday, August 4th • Chocolate Chip Day • 4 oz. Cookies for Sale**

**Saturday, August 6th • Root Beer Float Day • Floats at Dinner**

**Tuesday, August 9th • Rice Pudding Day • Dessert at Dinner**

**Wednesday, August 10th • Banana Split Day • Dessert at Dinner**

**Thursday, August 11th • Panini Day • Special in Café**

**Saturday, August 13th • Filet Day • Filet as Main Choice at Dinner**

**Monday, August 15th • Lemon Meringue Pie • Dessert at Lunch**

**Tuesday, August 16th • Bratwurst Day • at Dinner**

**Thursday, August 18th • Chef Stage Center • at Dinner**

**Saturday, August 20th • Pecan Pie Day • at Dinner**

**Tuesday, August 23rd • International Night**

**Wednesday, August 24th • Peach Pie Day • at Dinner**



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