

## Services & Amenities

## Highlighted Programs

### Adaptive Bike Rides

Available Tuesday and Thursday afternoons upon request, weather permitting. Sign-up is at the front desk.

### Namaste

Friday mornings for residents living with advanced dementia to provide a soothing multi-sensory experience

### Local Drives

Thursday mornings on the van. Meet in the Front Lobby.

### Eucharistic Minister Visits

Wednesdays at 9:15am in resident rooms

### Pet Visits with Toby

Tuesdays at 10am in resident rooms

### Sorenson Express Mail

Distributed Monday-Friday by the Sorenson Media Center

### Library & Media Cart

Thursday afternoon room-to-room service with materials from the Watson Library & assistive technology from the Sorenson Media Center; assists with the Simsbury Library Books at Your Door program

### Tech Support

Available by appointment through the Sorenson Media Center. Contact Jennifer Alexander at x3734

### Salon Services

Contact x3945 for pricing and information or to book an appointment.

### Auxiliary Gift Shop

Hosting a variety of amenities and seasonal gifts for residents to purchase, Monday-Friday 10am-4pm

### Senator's Cafe

With snacks & beverages for purchase, Monday-Friday 8am-2pm

### Pfirman Dining Room

Breakfast 7-9am  
Lunch 12-1:30pm  
Dinner 5-6:30pm

### Morning Coffee and Conversation

Monday- Friday at 9am in the Koopman Room for all Day Program and Health Center patrons

### Daily Exercise Groups

Including seated Zumba, Tai Chi, exercise bands & hand weights, Keep It Moving program, Cardio Drumming, Chair Yoga, gentle stretching, walking club and more!

### Musical Entertainment

Most Sundays and Thursdays at 2pm in the Living Room

### Church Services

1st and 3rd Fridays of the month at 11am in the Carling Chapel

### Hymn Singing

Every other Thursday at 10:30am in the Carling Chapel

### Rosary & Communion Group

Tuesdays at 11am in the Carling Chapel

### iN2L Computer Games & Programs

Offered throughout the Health Center by our Technology Engagement Specialist

### Trivia with Judy

Wednesdays at 1:15pm in the Koopman Room

### Ceramics Class

Fridays at 2pm in the Craft Room

### Men's Group

Wednesdays at 10:00 in the Craft Room with Dane Woodberry

### Summer Picnics & Outdoor Concerts

See our calendar for dates!

### Faith & Friends Visits

Wednesdays 10am-12pm in resident rooms

### Music Therapy with Maggie

Rotates throughout the Health Center neighborhoods, Thursdays at 3:30pm



# The Health Center Newsletter

An Inspired Monthly Collection of News, Updates, and Activities for Our Residents and Their Families

Dear Families,

June 2023

Welcome to Summer in Simsbury!

We are so very excited to let you know that we are now mask-optional and ready to share our smiles after three long years. This also means we welcome families and friends to share a meal with your loved one in our Pfirman dining room. Please sign up and order meals at our front desk.

As another way to celebrate, McLean is hosting a summer concert series in our courtyard, once a month in June, July, and August. Our first concert will feature the group Raging Gracefully on Wednesday, June 21, from 6:00-7:00 p.m. Bring your folding chairs and come enjoy music with your loved one in our beautiful courtyard. We can't wait to see you!

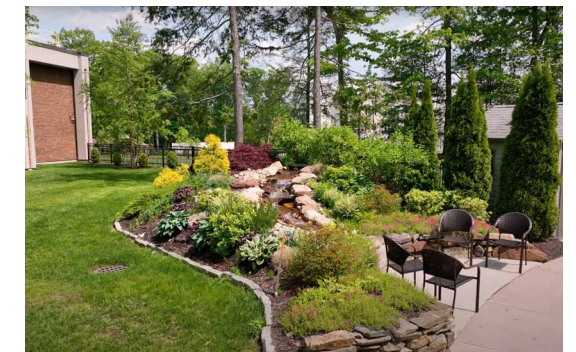
Sincerely,

Anne Rolfe, DPT

Administrator of the Health Center

Ann Pavano

Director of Assisted Living and Resident Resources



## Dining Highlights



### Friday, June 2nd

National Donut Day

### Saturday, June 3rd

National Egg Day

### Tuesday, June 6th

Chef Pop Up

### Friday, June 9th

National Strawberry Rhubarb Pie Day

### Monday, June 12th

National Peanut Butter Cookie Day

### Tuesday, June 13th

National Cupcake Lover's Day

### Wednesday, June 14th

Dining Forum

### Saturday, June 17th

National Apple Strudel Day

### Sunday, June 18th

Father's Day

### Wednesday, June 21st

National Peaches N' Cream Day


### Friday, June 23rd

Chef Spotlight

### Monday, June 26th

National Chocolate Pudding Day



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KEY</b> <b>AT</b> = Atwater <b>WL</b> =Watson <b>LR</b> =Living Room    Library <b>KR</b> =Koopman Room <b>CT</b> = Carling <b>CR</b> =Craft Room    Terrace <b>ST</b> =Skyview Terrace <b>MC</b> =Media <b>CC</b> =Chapel Crossing    Center <b>CH</b> =Carling Chapel <b>CY</b> =Courtyard	Outings are held on Thursday mornings. Bike Rides are held Tuesday and Thursday afternoons. Manicures with Tiffanay are offered Friday afternoons.  <b>Please sign up at the Front Desk.</b>		<b>Summer of '23 Outdoor Summer Concert Series Kicks off on 6/21!</b>	<b>10:30</b> Hymn Singing (CH) <b>11:00</b> Would You Rather (AT) <b>1:15</b> Table Games (KR) <b>2:00</b> Hot Cat Jazz Trio <b>3:00</b> Library Re-Opening (WL) <b>3:30</b> Music with Maggie (ST)	<b>11:00 Protestant Service (CH)</b> <b>1:30</b> Giant Crossword (ST) <b>1:30</b> Pokeno (KR) <b>2:00</b> Ceramics (CR) <b>2:30</b> 20 Questions (KR) <b>4:00</b> Majong with Sarah (ST)	<b>ASSISTED LIVING OPEN HOUSE</b> <b>10:15</b> Cardio Drumming (KR) <b>10:30</b> List it! (AT) <b>11:15</b> Giant Crossword (ST) <b>1:15</b> Natural Wonders (AT) <b>2:00</b> Bingo (KR)
<b>10:15</b> Adult Coloring (CC) <b>10:30</b> Virtual Mass (KR/CC) <b>10:45</b> Balloon Burst (AT) <b>11:30</b> Sit & Stretch (KR) <b>2:00</b> Board Games (ST)	<b>10:15</b> Seated Tai Chi (KR) <b>11:00</b> IN2L Game Time! (AT) <b>11:15</b> Walking Club (ST) <b>2:00</b> Explore the Continent (ST/AT) <b>2:00</b> David Eberly (LR) <b>3:15</b> Bingo (ST)	<b>10:15</b> Seated Zumba (KR) <b>11:30</b> Gentle Exercise (CC) <b>11:30</b> Puzzle Table (AT) <b>1:30</b> Tabletop Basketball (CC) <b>2:00</b> Storytime with Ann (ST) <b>2:00</b> Rummikub (ST)	<b>10:00</b> Men's Group (CR) <b>10:30</b> Exercise with Weights (KR) <b>11:00</b> Word Wheel (KR) <b>11:30</b> Jeopardy (CC) <b>1:15</b> Trivia with Judy (KR) <b>2:00</b> Bingo (ST) <b>3:15</b> Garden Party (CT)	<b>10:15</b> Chair Yoga (KR) <b>11:30</b> Gentle Exercise (CC) <b>11:30</b> Exercise with Weights (ST) <b>1:15</b> Table Games (KR) <b>2:00</b> Wooden Butterfly Craft (CR) <b>3:30</b> Music with Maggie (CC)	<b>10:30</b> Would You Rather? (AT) <b>1:30</b> Giant Crossword (ST) <b>2:00</b> Ceramics (CR) <b>4:00</b> Rummikub with Sarah (ST) <b>6:00</b> Movie Night (KR)	<b>10:30</b> Starts with "T" (CC) <b>11:15</b> Word Games (ST) <b>1:15</b> Natural Wonders (AT) <b>2:00</b> Bingo (KR)
<b>10:15</b> Adult Coloring (CC) <b>10:30</b> Virtual Mass (KR/CC) <b>10:45</b> Common Sayings (AT) <b>11:30</b> Sit & Stretch (KR) <b>2:00</b> Garden Tea (CY)	<b>10:15</b> Seated Tai Chi (KR) <b>11:00</b> IN2L Matching (AT) <b>11:15</b> Walking Club (ST) <b>2:00</b> Explore the Continent (ST/AT) <b>2:00</b> Bingo (ST) <b>3:15</b> Garden Party (CT)	<b>10:15</b> Seated Zumba (KR) <b>11:00</b> Knitting Group (CR) <b>11:30</b> Gentle Exercise (CC) <b>12:00</b> Robinson Picnic! (CY) <b>2:00</b> Willie & Jan (LR) <b>2:00</b> Rummikub (ST)	<b>FLAG DAY</b> <b>10:00</b> Men's Group (CR) <b>10:30</b> Exercise for Everybody (KR) <b>11:00</b> Word Challenge (KR) <b>1:15</b> Trivia with Judy (KR) <b>2:00</b> Bingo (ST) <b>3:15</b> Red White & Blue Party (CT)	<b>10:30</b> Hymn Singing (CH) <b>11:30</b> Gentle Exercise (CC) <b>11:30</b> Exercise for Everybody (ST) <b>1:15</b> Table Games (KR) <b>2:00</b> Chris Merwin (LR)	<b>10:30</b> Have You Ever? (AT) <b>11:00</b> Catholic Mass (CH) <b>1:30</b> Giant Crossword (ST) <b>2:00</b> Ceramics (CR) <b>2:00</b> Backyard Shuffleputt (CY) <b>4:00</b> Majong with Sarah (ST)	<b>10:30</b> Starts with "W" (CC) <b>11:15</b> Word Games (ST) <b>1:15</b> Natural Wonders (AT) <b>2:00</b> Bingo (KR)
<b>FATHER'S DAY</b> <b>10:15</b> Adult Coloring (CC) <b>10:30</b> Virtual Mass (KR/CC) <b>10:45</b> Balloon Burst (AT) <b>11:30</b> Sit & Stretch (KR) <b>2:00</b> Father's Day Yard Games (CY)	<b>JUNETEENTH</b> <b>10:15</b> Seated Tai Chi (KR) <b>11:00</b> IN2L Game Time! (AT) <b>11:15</b> Walking Club (ST) <b>2:00</b> Explore the Continent (ST/AT) <b>2:00</b> Elderly Brothers (LR) <b>3:00</b> Bingo (ST)	<b>10:15</b> Seated Zumba (KR) <b>11:00</b> Post Crossings (KR) <b>12:00</b> Chapel/ Evergreen Picnic (CY) <b>1:30</b> Tabletop Basketball (CC) <b>2:00</b> Storytime with Ann (ST) <b>2:00</b> Rummikub (ST) <b>2:30</b> Crochet Club (CR)	<b>10:00</b> Men's Group (CR) <b>11:30</b> Jeopardy (CC) <b>2:00</b> Longest Day Gathering (CY) <b>3:00</b> Bingo (ST) <b>6:00</b> Summer Concert Series: Raging Gracefully (CY)	<b>10:15</b> Chair Yoga (KR) <b>11:30</b> Gentle Exercise (CC) <b>11:30</b> Workout with Weights (ST) <b>1:15</b> Table Games (KR) <b>2:00</b> Jose Paulo (LR) <b>3:30</b> Visits with Maggie	<b>10:30</b> Would You Rather? (AT) <b>1:30</b> Giant Crossword (ST) <b>2:00</b> Ceramics (CR) <b>2:00</b> Dutch Shuffleboard (KR) <b>4:00</b> Rummikub with Sarah (ST) <b>6:00</b> Movie Night (KR)	<b>10:30</b> Starts with "A" (CC) <b>11:15</b> Word Games (ST) <b>1:15</b> Natural Wonders (AT) <b>2:00</b> Bingo (KR)
<b>10:15</b> Adult Coloring (CC) <b>10:30</b> Virtual Mass (KR/CC) <b>10:45</b> Common Sayings (AT) <b>11:30</b> Sit & Stretch (KR) <b>2:00</b> Red & Yellow Music (LR)	<b>10:15</b> Seated Tai Chi (KR) <b>11:00</b> IN2L Matching (AT) <b>11:15</b> Walking Club (ST) <b>2:00</b> Resident/Food Council (CR) <b>3:00</b> Bingo (ST)	<b>10:15</b> Seated Zumba (KR) <b>11:30</b> Puzzle Table (AT) <b>11:30</b> Gentle Exercise (CC) <b>12:00</b> Skyview/Abernthly Picnic (CY) <b>1:30</b> Tabletop Basketball (CC) <b>2:00</b> Storytime with Ann (ST) <b>2:00</b> Rummikub (ST)	<b>10:00</b> Men's Group (CR) <b>10:30</b> Exercise Bands (KR) <b>11:00</b> Word in a Word (KR) <b>11:30</b> Jeopardy (CC) <b>1:15</b> Trivia with Judy (KR) <b>2:00</b> Bingo (ST) <b>3:15</b> June Birthday Celebration (CT)	<b>10:30</b> Hymn Singing (CH) <b>11:30</b> Gentle Exercise (CC) <b>11:30</b> Exercise Bands (ST) <b>1:15</b> Table Games (KR) <b>2:00</b> Backyard Corn Hole (CY) <b>2:30</b> Clay Work (CR)	<b>10:30</b> Have You Ever? (AT) <b>1:30</b> Giant Crossword (ST) <b>1:30</b> Left, Right, Center (KR) <b>2:00</b> Ceramics (CR) <b>2:30</b> Backyard Molkky (CY) <b>4:00</b> Majong with Sarah (ST)	 <b>This calendar is subject to change. Please see weekly schedules for most up-to-date information.</b>