

Services & Amenities

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

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

Highlighted Programs

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

Independent Prayer & Meditation

Mondays and Wednesdays at 2pm 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

Garden Party Mocktails

On the Carling Terrace, Mondays after Bingo

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,

September 2023

Autumn is around the corner!

The warm days of summer are still with us but September marks the start of a new season. National Assisted Living Week is September 10-16; this year's theme is "Seasons of Reflection." McLean will host many themed events this week to celebrate, including:

- Bringing a **classic malt shop experience** to our residents on September 12
- Hosting a **Harvest Fair** on September 14
- Celebrating "**Fall in Love**" on September 15 with a wedding photo display and tasty treats. If you have not yet sent in wedding photos for the display, feel free to reach out to Jennifer Alexander at Jennifer.alexander@mcleancare.org.

We have also extended our Summer Concert Series for one more show with Jimmy and the Hat Tricks, who will share their sounds on September 13 from 6-7:30 p.m. in our courtyard. We invite you all to bring your lawn chair and join in the fun! To RSVP to the concert, use the QR code below or call 860-658-3700.

Many additional Assisted Living week events, along with our usual full slate of monthly programs, can be found in the September calendar. We encourage you to participate as you are able!

As a reminder, with the indoor season approaching we must be mindful of Covid and flu symptoms. We ask visitors to help us in limiting our resident population to any exposure – and to consider getting your booster and flu shots.

Anne Rolfe, DPT

Administrator of the Health Center

Ann Pavano

Director of Assisted Living and Resident Resources



Dining Highlights



September 2

Coconut Day

September 4

Labor Day

September 7

Acorn Squash Day

September 14

Cream Filled Donut Day

September 19

Butterscotch Pudding Day

September 21

Beef Stroganoff Day

September 28

Strawberry Cream Pie Day

September 30

Hot Mulled Cider Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2023</h1>	<p>KEY</p> <p><i>This calendar is subject to change; please see weekly schedules for most up-to-date information.</i></p>	<p>WL= Watson Library CT=Carling Terrace GH= Greenhouse MC= Media Center CY= Courtyard CR=Craft Room DR = Pfirman Dining Room AT= Atwater LR=Living Room KR=Koopman Room ST=Skyview Terrace CC=Chapel Crossing QR = Quiet Room CH=Carling Chapel</p>			<p>11:00 Protestant Service (CH) 1 10:30 Keep It Moving Games (AT) 1:00 Online Concert (AT) 1:30 Giant Crossword (ST) 1:15 Mindful Meditation (QR) 2:00 Ceramics (CR) 2:00 Table Games (KR) 4:00 Rummikub with Sarah (ST)</p>	<p>2 11:00 Online Word Games (CC) 11:30 Computer Crossword (ST) 1:15 Nature Documentary (AT) 2:00 Bingo with Jennifer (KR)</p>
<p>3 10:30 Adult Coloring (CC) 10:30 Virtual Mass (KR/CC) 10:45 Balloon Burst (AT) 11:15 Sit & Stretch (KR) 2:00 Garden Tea (CC)</p>	<p>4 LABOR DAY 10:15 Seated Tai Chi (KR) 11:15 Digital Painting (AT) 11:15 EZ Trivia (ST) 2:00 Bingo with Rachel (ST) 2:00 Independent Prayer (CH)</p>	<p>5 10:15 Seated Zumba (KR) 10:30 Keep It Moving (ST) 11:00 Rosary & Communion (CH) 1:30 Jeff the Plant Guy (KR) 2:00 Storytime with Ann (ST) 2:00 Word in a Word (AT)</p>	<p>6 10:00 Men's Group (CR) 10:30 Exercise with Weights (KR) 11:00 Cardio Drumming (ST) 11:00 Word Games (KR) 11:30 5 Crowns (CC) 1:15 Trivia with Judy (KR) 1:30 Jose Paulo (LR) 3:00 Bingo with Laura (ST)</p>	<p>7 10:30 Hymn Singing (CH) 1:15 Table Games (KR) 2:00 Reading Group (AT) 2:45 Creative Workshop (CC) 3:15 Mahjong (ST) 3:30 Music with Maggie (AT)</p>	<p>8 10:30 Have You Ever? (AT) 10:15 Baking Group (KR) 11:30 Keep It Moving (ST) 1:30 Giant Crossword (ST) 2:00 Ceramics (CR) 3:00 Movie Matinee (KR) 4:00 Rummikub with Sarah (ST)</p>	<p>9 10:30 Starts with "D" (CC) 11:15 Giant Crossword (ST) 1:15 Nature Documentary (AT) 2:00 Bingo with Tiffanay (KR)</p>
<p>10 GRANDPARENTS DAY 10:30 Adult Coloring (CC) 10:30 Virtual Mass (KR/CC) 10:45 List It! (AT) 11:15 Sit & Stretch (KR) 2:00 Jack Bussman (LR)</p>	<p>11 NAT'L ASSISTED LIVING WEEK! 10:15 Seated Tai Chi (KR) 11:00 Coffee & Reflections (KR) 11:00 Gardening (GH) 11:15 Digital Painting (AT) 11:15 Wacky Words (ST) 2:00 Bingo with Tiffanay (ST) 2:00 Independent Prayer (CH)</p>	<p>12 10:15 Seated Zumba (KR) 10:30 Keep It Moving (ST) 11:00 Rosary & Communion (CH) 2:00 Name It! (AT) 2:00 Storytime with Ann (ST) 2:30 Old Fashioned Malt Shop (ST) 2:30 Chat & Craft (CR)</p>	<p>13 10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Cardio Drumming (ST) 11:00 Word Games (KR) 11:30 Today in History (CC) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 6:00 Jimmy and the Hat Tricks (CY)</p>	<p>14 10:15 Chair Yoga (KR) 11:30 Brain Boosters (ST) 11:30 Gentle Exercises (CC) 1:15 Table Games (KR) 2:00 Harvest Fair ft. music by Maggie @ 3:30 (CY) 3:15 Mahjong (ST)</p>	<p>15 11:00 Catholic Mass (CH) 10:30 Keep it Moving Games (AT) 1:00 Online Concert (AT) 1:30 Giant Crossword (ST) 2:00 "Fall" in Love (LR) 2:00 Ceramics (CR) 4:00 Rummikub with Sarah (ST)</p>	<p>16 11:00 Online Word Games (CC) 11:35 Computer Crossword (ST) 1:15 Nature Documentary (AT) 2:00 Bingo with Jennifer (KR)</p>
<p>17 10:30 Adult Coloring (CC) 10:30 Virtual Mass (KR/CC) 10:45 Balloon Burst (AT) 11:15 Sit & Stretch (KR) 2:00 Garden Tea (CC)</p>	<p>18 10:15 Seated Tai Chi (KR) 11:15 Digital Painting (AT) 11:15 Tastes of the World (KR) 1:15 McLean Paper Crafters (KR) 2:00 David Eberly (LR) 2:00 Independent Prayer (CH) 3:30 Bingo with Bridget (ST)</p>	<p>19 10:15 Seated Zumba (KR) 10:30 Keep It Moving (ST) 11:00 Rosary & Communion (CH) 11:00 Knitting Group (CR) 11:30 Puzzles (AT) 1:30 Horse Race Game (CC) 2:00 Storytime with Ann (ST) 2:00 Word in a Word (AT) 2:30 Soap Making (CR)</p>	<p>20 10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Cardio Drumming (ST) 11:00 Word Games (KR) 11:30 Jeopardy (CC) 1:15 Trivia with Judy (KR) 2:00 T-Bone (LR) 3:00 Bingo with Laura (ST)</p>	<p>21 10:30 Hymn Singing (CH) 1:15 Table Games (KR) 2:00 End of Summer S'mores (CY) 2:00 Reading Group (AT) 2:45 Creative Workshop (CC) 3:15 Mahjong (ST) 3:30 Music with Maggie (CC)</p>	<p>22 FIRST DAY OF FALL 10:30 Would you Rather? (AT) 10:15 Baking Group (KR) 11:30 Keep It Moving (ST) 1:30 Giant Crossword (ST) 3:00 Movie Matinee (KR) 4:00 Rummikub with Sarah (ST)</p>	<p>23 10:30 Starts with "F" (CC) 11:15 Giant Crossword (ST) 1:15 Nature Documentary (AT) 2:00 Bingo with Tiffanay (KR)</p>
<p>24 10:30 Adult Coloring (CC) 10:30 Virtual Mass (KR/CC) 10:45 Common Sayings (AT) 11:15 Sit & Stretch (KR) 2:00 Guys & Dolls Musical Revue ft. Rachel Armstrong at the Garmany! (RSVP Required)</p>	<p>25 10:15 Seated Tai Chi (KR) 11:00 Gardening (GH) 11:15 Digital Painting (AT) 11:15 Wacky Words (ST) 1:15 Word in a Word (AT) 2:00 Resident/Food Council (CR) 2:00 Independent Prayer (CH) 3:00 Bingo with Tiffanay (ST)</p>	<p>26 10:15 Seated Zumba (KR) 10:30 Keep It Moving (ST) 11:00 Rosary & Communion (CH) 1:30 Tabletop Basketball (CC) 2:00 Storytime with Ann (ST) 2:00 Rummikub (ST) 2:00 Name It! (AT) 2:30 Chat & Craft (CR)</p>	<p>27 10:30 Exercise for Every Body (KR) 11:00 Cardio Drumming (ST) 11:00 Word Games (KR) 11:30 Today in History (CC) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST)</p>	<p>28 10:15 Chair Yoga (KR) 11:00 Post Crossings (KR) 11:30 Brain Boosters (ST) 11:30 Gentle Exercises (CC) 2:00 Michael Casavant (LR) 3:15 Mahjong (ST) 3:15 Creative Workshop (CC) 3:30 Music with Maggie (ST)</p>	<p>29 11:00 Acrylics for Beginners (CR) 10:30 Keep It Moving Games (AT) 1:00 Online Concert (AT) 1:30 Giant Crossword (ST) 2:00 Table Games (KR) 2:00 Ceramics (CR) 4:00 Rummikub with Sarah (ST)</p>	<p>30 11:00 Online Word Games (CC) 11:35 Computer Crossword (ST) 1:15 Nature Documentary (AT) 2:00 Bingo with Jennifer (KR)</p>