

Services & Amenities

Quiet Comfort

For residents living with advanced dementia to provide a soothing multi-sensory experience

Art Lounge

Exhibiting the works of our residents and other local artists

Sorenson Express Mail

Distributed Monday-Friday by the Sorenson Media Center

Nail Painting

Please contact the front desk to express interest.

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.

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 and more!

Musical Entertainment

At 2pm in the Living Room – See our calendar for dates!

Church Services

Protestant and Catholic services offered monthly

Hymn Singing

Every other Thursday at 10:30am

Rosary & Communion Group

Tuesdays at 11am in the Craft Room

Trivia with Judy

Wednesdays at 1:15pm in the Koopman Room

Ceramics Class

Fridays at 2pm in the Craft Room

McLean Paper Crafters

Artisan card making class, every other Monday at 10:45 am in the Koopman Room

Acrylics for Beginners

Learn to paint in a relaxed setting every other Monday at 10:45 in the Koopman Room

Create & Sip

Get crafty while enjoying refreshments during this weekly social, every Tuesday at 2:30 in the Koopman Room

Men's Group

Wednesdays at 10am in the Craft Room with Dane Woodberry

Music Therapy with Maggie

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

Pet Visits with Toby

Tuesdays starting at 10am in resident rooms

Travel Programs

Come learn about the world during our popular Postcrossings and Tastes Around the World programs! See weekly schedule for details

McLean

The Health Center Newsletter

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

Dear Families,

January 2024

Welcome 2024!

The calendar has turned to a new page, and with it comes an exciting change to McLean. We give a warm welcome to NexDine, our new partners in dining. We are excited for their team to enhance the dining experience for our residents and entire community.

In addition to participating in the many daily exercise options at the Health Center, our Health Center residents are welcome to attend exercise and wellness classes in our Boundless Wellness Center in the Goodrich. And, Boundless Wellness membership packages are available for family and friends age 55+. Family and friends can try the first class for free. Please contact the Boundless Wellness Center for more information at 860-658-3750.

We hope the new year brings peace and good health to all of our residents and their families.

Happy new year!

Every year you make a resolution to change yourself. This year, make a resolution to be yourself.

Anne Rolfe, DPT

Ann Pavano

Administrator of the Health Center

Director of Assisted Living and Resident Resources

McLean

McLean

75 Great Pond Road Simsbury, CT 06070 | 860-658-3700 | McLeanCare.org

January 2024

For more information contact Bridget Finney, Director
of Life Enrichment at x3725 or the Front Desk at x3700

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>The Carling Chapel is getting a brand-new entrance! Please see calendar for changes in program locations while construction is taking place.</div>	<div>NEW YEAR'S DAY 1</div> <div>10:30 Seated Tai Chi (KR)</div> <div>1:00 Movie Matinee (AT)</div> <div>2:00 Bingo with Tiffanay (ST)</div>	<div>10:00 Around the World (AT) 2</div> <div>10:30 Seated Zumba (LR)</div> <div>11:00 Rosary & Communion (CR)</div> <div>2:00 Historical Topics with Ann (ST)</div> <div>2:00 Jeff the Plant Guy (KR)</div> <div>3:00 Create & Sip Social (KR)</div>	<div>10:00 Men's Group (CR) 3</div> <div>10:30 Workout with Weights (KR)</div> <div>10:30 Karaoke Time! (AT)</div> <div>11:00 Wednesday Word Games (KR)</div> <div>1:15 Trivia with Judy (KR)</div> <div>2:00 Bingo with Laura (ST)</div>	<div>10:00 Weekly Trivia (AT) 4</div> <div>10:45 Creative Workshop (CC)</div> <div>11:00 Brain Booster Games (ST)</div> <div>2:00 New Resident Mixer (KR)</div> <div>3:00 Writer's Block (KR)</div> <div>3:30 Music with Maggie (AT)</div>	<div>10:00 Puzzle Table (AT) 5</div> <div>11:00 Protestant Service (CH)</div> <div>1:15 Giant Crossword (ST)</div> <div>1:30 Card Games (KR)</div> <div>2:00 Ceramics (CR)</div> <div>4:00 Rummikub with Sarah (ST)</div>	<div>10:45 Scattegories (AT) 6</div> <div>11:30 Giant Crossword (ST)</div> <div>2:00 Bingo with Tiffanay (KR)</div> <div>3:30 Puzzle Table (CC)</div>
<div>7</div> <div>10:30 Virtual Mass (KR/CC)</div> <div>10:45 Balloon Burst (AT)</div> <div>11:30 Word in a Word (KR)</div> <div>1:15 Classic Films (AT)</div> <div>2:00 High Tea (CC)</div>	<div>8</div> <div>10:30 Seated Tai Chi (KR)</div> <div>10:45 Acrylics for Beginners (KR)</div> <div>1:00 Movie Matinee (AT)</div> <div>2:00 Food Forum (CR)</div> <div>3:00 Bingo with Tiffanay (ST)</div>	<div>9</div> <div>10:00 Around the World (AT)</div> <div>10:30 Seated Zumba (LR)</div> <div>11:00 Rosary & Communion (CR)</div> <div>1:30 Post-Crossings (KR)</div> <div>2:00 Historical Topics with Ann (ST)</div> <div>2:00 Rummikub (ST)</div> <div>2:30 Create & Sip Social (KR)</div>	<div>10</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Fitness Ball Exercises (KR)</div> <div>10:30 Karaoke Time! (AT)</div> <div>11:00 Wednesday Word Games (KR)</div> <div>1:15 Trivia with Judy (KR)</div> <div>2:00 Bingo with Laura (ST)</div>	<div>11</div> <div>10:00 Weekly Trivia (AT)</div> <div>10:00 Sew What? (CR)</div> <div>10:30 Hymn Singing (LR)</div> <div>2:00 Chicago Joe (LR)</div> <div>3:30 Music visits w/ Maggie (CC/EV)</div>	<div>12</div> <div>10:00 Puzzle Table (AT)</div> <div>10:15 Baking Group (KR)</div> <div>1:15 Giant Crossword (ST)</div> <div>1:30 Living Abroad (KR)</div> <div>2:00 Ceramics (CR)</div> <div>4:00 Rummikub with Sarah (ST)</div>	<div>13</div> <div>10:45 Word in a Word (AT)</div> <div>11:30 Giant Crossword (ST)</div> <div>2:00 Bingo with Laura (KR)</div> <div>3:30 Puzzle Table (CC)</div>
<div>14</div> <div>10:30 Virtual Mass (KR/CC)</div> <div>10:45 List it! (AT)</div> <div>11:30 Sit & Stretch (KR)</div> <div>1:15 Classic Films (AT)</div> <div>2:00 High Tea (CC)</div>	<div>15</div> <div>10:30 Seated Tai Chi (KR)</div> <div>10:45 McLean Paper Crafters (KR)</div> <div>1:00 Movie Matinee (AT)</div> <div>2:00 Bingo with Tiffanay (ST)</div>	<div>16</div> <div>10:00 Around the World (AT)</div> <div>10:30 Seated Zumba (LR)</div> <div>11:00 Rosary & Communion (CR)</div> <div>2:00 Historical Topics with Ann (ST)</div> <div>2:00 Rummikub (ST)</div> <div>2:30 Create & Sip Social (KR)</div>	<div>17</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Exercise Bands (KR)</div> <div>10:30 Karaoke Time! (AT)</div> <div>11:00 Sit & Stitch Knitting (ST)</div> <div>11:00 Wednesday Word Games (KR)</div> <div>1:15 Trivia with Judy (KR)</div> <div>2:00 Bingo with Laura (ST)</div>	<div>18</div> <div>10:00 Weekly Trivia (AT)</div> <div>10:45 Creative Workshop (CC)</div> <div>11:00 Brain Booster Games (ST)</div> <div>2:00 Jan. Birthday Celebration (KR)</div> <div>3:00 Art History with Shyrel (KR)</div> <div>3:30 Music with Maggie (ST)</div>	<div>19</div> <div>10:00 Puzzle Table (AT)</div> <div>11:00 Catholic Mass (CH)</div> <div>1:15 Giant Crossword (ST)</div> <div>1:30 Card Games (KR)</div> <div>2:00 Ceramics (CR)</div> <div>4:00 Rummikub with Sarah (ST)</div>	<div>20</div> <div>10:45 Scattegories AT)</div> <div>11:30 Giant Crossword (ST)</div> <div>2:00 Bingo with Tiffanay (KR)</div> <div>3:30 Puzzle Table (CC)</div>
<div>21</div> <div>10:30 Virtual Mass (KR/CC)</div> <div>10:45 Common Sayings (AT)</div> <div>11:30 Word in a Word (KR)</div> <div>2:00 SHS Music Honor Society Series (LR)</div>	<div>22</div> <div>10:30 Seated Tai Chi (KR)</div> <div>10:45 Acrylics for Beginners (KR)</div> <div>1:00 Movie Matinee (AT)</div> <div>2:00 Bingo With Tiffanay (ST)</div>	<div>23</div> <div>10:00 Around the World (AT)</div> <div>10:30 Seated Zumba (LR)</div> <div>11:00 Rosary & Communion (CR)</div> <div>1:30 Tastes of the World (KR)</div> <div>2:00 Historical Topics with Ann (ST)</div> <div>2:30 Create & Sip Social (KR)</div>	<div>24</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Cardio Drumming (KR)</div> <div>10:30 Karaoke Time! (AT)</div> <div>11:00 Wednesday Word Games (KR)</div> <div>1:15 Trivia with Judy (KR)</div> <div>2:00 Bingo with Laura (ST)</div>	<div>25</div> <div>10:00 Weekly Trivia (AT)</div> <div>10:00 Sew What? (CR)</div> <div>10:30 Hymn Singing (LR)</div> <div>2:00 Jose Paulo (LR)</div> <div>3:30 Music visits w/ Maggie (CC/EV)</div>	<div>26</div> <div>10:00 Puzzle Table (AT)</div> <div>10:15 Baking Group (KR)</div> <div>1:15 Giant Crossword (ST)</div> <div>1:30 Living Abroad (KR)</div> <div>2:00 Ceramics (CR)</div> <div>4:00 Rummikub with Sarah (ST)</div>	<div>27</div> <div>10:45 Word in a Word (AT)</div> <div>11:30 Giant Crossword (ST)</div> <div>2:00 Bingo with Shyrel (KR)</div> <div>3:30 Puzzle Table (CC)</div>
<div>28</div> <div>10:30 Virtual Mass (KR/CC)</div> <div>10:45 Music Trivia! (AT)</div> <div>11:30 Sit & Stretch (KR)</div> <div>1:15 Classic Films (AT)</div> <div>2:00 High Tea (CC)</div>	<div>29</div> <div>10:30 Seated Tai Chi (KR)</div> <div>10:45 McLean Paper Crafters (KR)</div> <div>1:00 Movie Matinee (AT)</div> <div>2:00 Resident Council (CR)</div> <div>3:00 Bingo With Tiffanay (ST)</div>	<div>30</div> <div>10:00 Around the World (AT)</div> <div>10:30 Seated Zumba (LR)</div> <div>11:00 Rosary & Communion (CR)</div> <div>2:00 Historical Topics with Ann (ST)</div> <div>2:00 Rummikub (ST)</div> <div>2:30 Create & Sip Social (KR)</div>	<div>31</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Keep it Moving (KR)</div> <div>10:30 Karaoke Time! (AT)</div> <div>11:00 Wednesday Word Games (KR)</div> <div>1:15 Trivia with Judy (KR)</div> <div>2:00 Bingo with Laura (ST)</div>	<div>This calendar is subject to change. Please see weekly schedules for most up-to-date information.</div>	<div>KEY</div> <div>AT= Atwater CC=Chapel Crossing</div> <div>CH= Carling Chapel CR= Craft Room</div> <div>CT=Carling Terrace CY = Courtyard</div> <div>DR =Pfirman Dining Room EV=Evergreen Way</div> <div>GH=Greenhouse KR =Koopman Room</div> <div>LR= Living Room MC= Media Center</div> <div>QR = Quiet Room ST=Skyview Terrace</div> <div>WL=Watson Library</div>	