

Services & Amenities

Highlighted Programs

Eucharistic Minister Visits

Offering holy communion starting at 9:15am Wednesday morning in resident rooms

Outings

Shuttle services to the Goodrich Performing Arts Center, and to nearby shopping locales. Please contact x3725 to express interest. Availability is limited.

Adaptive Bikes

Contact x3725 if you are interested in a ride on one of our adaptive bikes!

Sorenson Express Mail

Printing and distributing letters to residents via Email at McLeanResident@McLeanCare.org

Simsbury Library Books at your Door

Call x3725 for more information or to sign-up!

Pet Visits with Toby & Rudy

Tuesdays, door to door in resident rooms

'Sew What' Sewing, Mending & Tailoring

Call x3998 for more information

Salon Services

Contact x3945 for pricing and information or to book an appointment

Carling Chapel

See our calendar for our monthly Protestant and Catholic services, rosary group and hymn singing and more!

Art Lounge

Exhibiting the works of our residents and local artists

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, Cardio Drumming and more!

Arts & Crafts

Including ceramics, McLean Paper Crafters group, Acrylic painting and more

Knit-Wit Club

Join our weekly knitting group, Friday afternoons in the Koopman Room

Literature Lovers Book Club

Contact Laura Chandler or Marilyn Cadoff for more information

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

Travel Programs

Learn about the world during our popular Post Crossings and Tastes Around the World programs! See weekly schedule for details

Gardening Group

Wednesdays before Bingo in the greenhouse. See schedule for details.

Educational Programs

See our schedule to find out about our Great Courses series, documentary hour, trivia groups, history programs and more!

Weekly Movie

Fridays at 3:00pm in the Koopman Room. Call x3725 to offer movie suggestions!

Musical Entertainment

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



The Health Center Newsletter

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

Dear Families,

April 2024

Welcome Spring

It is so sweet to feel the warmth of the sun and to breathe in the scents of spring. Take a moment to notice all the new growth in our courtyard – the leaves are budding and the plants are greening up. It will feel wonderful to be outside enjoying the newness of spring with your loved one.



A couple of new things to note within our building:

- **McLean is now offering a new TV system that allows for additional channels – including more basketball as well as an in-house McLean channel. A new channel guide has been circulated to residents.**
- **We are very excited to welcome Patricia Wagstaff as our new Technology and Engagement Specialist. As a part of the Life Enrichment Department, Patty will be running the Sorenson Media Center to meet the growing needs of our increasingly tech-savvy residents. Patty comes to us from the Philly area with a background in recreation therapy, and lots of tech experience and know-how.**

We do not yet have any new information regarding the relocation of Skilled Nursing residents to the second floor. We will update families just as soon as we have concrete dates. In the meanwhile, we invite you to contact Amy Daniels with any questions at 860-658-3950.

Anne Rolfe, DPT
Administrator of the Health Center

Ann Pavano
Director of Assisted Living and Resident Resources



April 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
<p>April is Move More Month!!</p> <p>Ask about our Keep it Moving program and our Adaptive Bikes!</p>	<p>APRIL FOOLS DAY 1</p> <p>10:30 Seated Tai Chi (KR) 11:00 Acrylics for Beginners (KR) 2:00 Bingo with Tiffanay (ST) 3:15 Common Sayings (ST) 3:30 Great Courses (KR)</p>	<p>2</p> <p>10:30 Seated Zumba (LR) 11:00 Manicures by Tiffanay (AT) 11:00 Rosary w/ Fran & Mary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 3:00 Chair Yoga (ST)</p>	<p>3</p> <p>10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Wednesday Word Game (KR) 1:15 Trivia with Judy (KR) 1:15 Gardening Club GH 2:00 Bingo with Laura (ST) 3:15 Karaoke (ST)</p>	<p>4</p> <p>10:30 Hymn Singing (LR) 11:00 Fabric Arts (CR) 11:00 Quiet Comfort (QR) 2:00 Broadway with Rachel (LR) 3:30 Music visits w/ Maggie (CC/EV) 3:30 Jewelry Making (KR) 3:15 Trivia Time! (ST)</p>	<p>5</p> <p>11:00 Protestant Service (CH) 1:15 Giant Crossword (ST) 1:30 Scrabble Club (KR) 2:00 Ceramics (CR) 2:30 Movie Matinee (KR) 4:00 Rummikub with Sarah (ST)</p>	<p>6</p> <p>10:30 Scattagories (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Knit-Wit Club (RB)</p>
<p>7</p> <p>10:30 Virtual Mass (KR/AT/ST) 11:30 Word in a Word (KR) 2:00 John Brighenti (LR) 3:15 Documentary Hour (KR)</p>	<p>8</p> <p>10:30 Seated Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Dining Forum (KR) 3:00 Bingo with Tiffanay (KR) 3:15 Word in a Word (ST)</p>	<p>9</p> <p>11:00 Rosary (CH) 1:15 Travel Scotland w/ Shyrel (KR) 1:30 Historical Topics with Ann (ST) 2:00 Auxiliary Casino (LR)</p>	<p>10</p> <p>10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Group (GH) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 Karaoke (ST)</p>	<p>11</p> <p>11:00 Post Crossings (KR) 11:00 Quiet Comfort (QR) 11:00 Brain Booster Games (ST) 2:00 Jose Paulo (LR) 3:00 April Birthday Party (KR) 3:30 Music with Maggie (ST)</p>	<p>12</p> <p>10:30 Baking Group (KR) 1:15 Giant Crossword (ST) 1:30 Jeopardy! (KR) 2:00 Ceramics (CR) 2:30 Movie Matinee (KR)</p>	<p>13</p> <p>10:30 Word in a Word (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Laura (KR) 3:30 Puzzle Table (CC)</p>
<p>14</p> <p>10:30 Virtual Mass (KR/AT/ST) 11:30 Sit & Stretch (KR) 2:00 Lynn T Duo (LR) 3:15 Documentary Hour (KR)</p>	<p>15</p> <p>10:30 Seated Tai Chi (KR) 11:00 Acrylics for Beginners (KR) 11:00 History Club (PAC) 2:00 Bingo With Tiffanay (ST) 3:15 List it! (ST) 3:30 Great Courses (KR)</p>	<p>16</p> <p>10:30 Seated Zumba (LR) 11:00 Manicures by Tiffanay (AT) 11:00 Rosary w/ Fran & Mary (CH) 1:30 Tastes of the World (KR) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 3:00 Chair Yoga (ST)</p>	<p>17</p> <p>10:00 Men's Group (CR) 11:00 Intonations Concert (LR) 1:15 Gardening Club GH 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 Karaoke (ST)</p>	<p>18</p> <p>10:30 Hymn Singing (LR) 11:00 Poetry Circle (KR) 11:00 Quiet Comfort (QR) 2:00 Willie Ninger (LR) 3:30 Music visits w/ Maggie (CC/EV) 3:30 Jewelry Making (KR) 3:15 Trivia Time! (ST)</p>	<p>19</p> <p>11:00 Catholic Mass (CH) 1:15 Giant Crossword (ST) 1:30 Literature Lovers (KR) 2:00 Ceramics (CR) 2:30 Movie Matinee (KR)</p>	<p>20</p> <p>10:30 Scattagories (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Knit-Wit Club (RB)</p>
<p>NAT'L VOLUNTEER WEEK 21</p> <p>10:30 Virtual Mass (KR/AT/ST) 11:30 Word Games (KR) 2:00 SHS Music Honor's Society Series (LR) 3:15 Documentary Hour: Earth Day (KR)</p>	<p>EARTH DAY 22</p> <p>10:30 Seated Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Bingo With Tiffanay (ST) 3:30 Planting on the Skyview Terrace (ST) 3:30 TED Talks (KR)</p>	<p>PASSOVER 23</p> <p>10:30 Seated Zumba (LR) 11:00 Rosary (CH) 1:15 Travel Mexico w/ Shyrel (KR) 1:30 Historical Topics with Ann (ST) 2:00 Rummikub (ST) 3:00 Chair Yoga (ST)</p>	<p>24</p> <p>10:00 Men's Group (CR) 10:30 Cardio Drumming (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Club GH 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 Karaoke (ST)</p>	<p>25</p> <p>11:00 Art Appreciation (KR) 11:00 Quiet Comfort (QR) 11:00 Brain Booster Games (ST) 2:00 Mass Conn-Fusion (LR) 3:30 Music with Maggie (AT) 3:15 Trivia Time! (ST)</p>	<p>NAT'L PRETZEL DAY 26</p> <p>10:30 Pretzel Making (KR) 1:15 Giant Crossword (ST) 1:30 Minute to Win It! (KR) 2:00 Ceramics (CR) 2:30 Movie Matinee (KR)</p>	<p>27</p> <p>10:30 Resident Story Hour (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Shyrel (KR) 3:30 Puzzle Table (CC)</p>
<p>28</p> <p>10:30 Virtual Mass (KR/AT/ST) 11:30 Sit & Stretch (KR) 2:00 Over Easy (LR) 3:15 Documentary Hour (KR)</p>	<p>29</p> <p>10:30 Seated Tai Chi (KR) 11:00 Acrylics for Beginners (KR) 2:00 Resident Council (KR) 3:00 Bingo With Tiffanay (KR) 3:00 Balloon Burst (ST)</p>	<p>30</p> <p>10:30 Seated Zumba (LR) 11:00 Manicures by Tiffanay (AT) 11:00 Rosary w/ Fran & Mary (CH) 1:30 Historical Topics with Ann (ST) 2:00 Rummikub (ST) 2:30 Create & Sip (CR) 3:00 Chair Yoga (ST)</p>	<p>31</p> <p><i>This calendar is subject to change; Please see weekly schedules for most up-to-date information</i></p>	<p>28</p> <p>KEY</p> <p>AT= Atwater CC=Chapel Crossing CH= Carling Chapel CR= Craft Room CT=Carling Terrace CY= Courtyard DR=Pfirman EV=Evergreen Way GH = Greenhouse KR =Koopman Room LR= Living Room PAC= Perf. Arts Center QR = Quiet Room RB = Robinson ST=Skyview Terrace</p>	<p>29</p> <p>Please call x3725 to express interest in our shuttles, outings, adaptive bikes or to recommend a movie for our Movie Matinee!</p>	<p>30</p>