Services & Amenities

Eucharistic Minister Visits

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

Outings

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

Musical Entertainment

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

Sorenson Express Mail

Printing and distributing letters to residents sent 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, and Argos

Tuesdays & Thursdays, 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

Protestant and Catholic services are scheduled monthly. See calendar for details

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

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, Cardio Drumming and more!

Hymn Singing

Every other Thursday at 10:30am in the Living Room

Rosary 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, every other Monday at 11am in the Koopman

Acrylics for Beginners

Learn to paint in a relaxed setting, every other Monday at 11am in the Koopman Room

Create & Sip

Get crafty while enjoying refreshments during this weekly social, Tuesdays at 2:30pm in the Craft 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



1 Purple Flag

The Health Center Newsletter



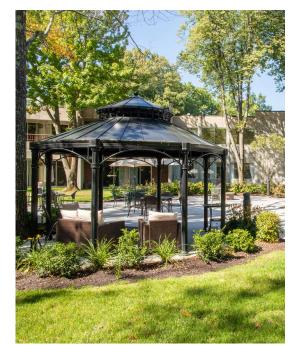
Dear Families,

March 2024

Let us "March" into spring!

As our weather starts to warm, we look forward to time outside in our courtyard to enjoy the daffodils, as well as the opportunity to be out and about in town. Please connect with Bridget Finney, Life Enrichment Director, at 860-658-3725 if you would like information about upcoming events throughout campus and outings in Simsbury.

Lots of fun is planned at the Health Center this month. Throughout the month we will be welcoming the Pysanky Egg show, Irish music, and step dancing,



along with the annual Easter Egg Hunt on March 23 from 11:00 a.m. to noon in the courtyard. Residents and their grandchildren and/or great-grandchildren are welcome to participate, as are McLean staff with young children.

Don't forget to set your clocks ahead on March 10 as we Spring forward for Daylight Savings Time. We are excited to say goodbye to winter, and hello to longer and warmer days.

Anne Rolfe, DPT

Administrator of the Health Center Director of Assisted Living and Resident Resources



March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	KEY 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	Shopping trips will be scheduled twice a month. Please call x3725 to express interest! Space is limited.	This calendar is subject to change. Please see weekly schedules for most up-to-date information.		11:00 Protestant Service (KR) 1:15 Giant Crossword (ST) 1:30 Scrabble Club (KR) 2:00 Ceramics (CR) 3:00 Friday Flick (KR) 3:30 Knit-Wit Club (KR) 4:00 Rummikub with Sarah (ST)	10:30 Scattegories (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (CC)
10:30 Virtual Mass (KR/AT/ST) 11:30 Word in a Word (KR) 2:00 Over Easy (LR)	10:30 Seated Tai Chi (KR) 11:00 Acrylics for Beginners (KR) 2:00 Bingo with Tiffanay (ST) 3:15 Common Sayings (ST)	10:30 Seated Zumba (LR) 11:00 Rosary w/ Fran & Mary (CR) 11:00 Tuesday Nail Hour (AT) 1:30 Historical Topics with Ann (ST) 2:00 Jeff the Plant Guy (KR) 3:00 Karaoke (ST) 3:30 Create & Sip (CR)	10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Wednesday Word Games (KR) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 List It! (ST)	7 10:30 Hymn Singing (LR) 11:00 Quiet Comfort (QR) 1:30 Celebrating Women's History Month (KR) 3:30 Music visits w/ Maggie (CC/EV) 3:15 Trivia Time! (ST)	10:45 Baking Group (KR) 1:15 Giant Crossword (ST) 1:30 Irish Lore (KR) 2:00 Ceramics (CR) 3:00 Friday Flick (KR) 3:30 Knit-Wit Club (KR) 4:00 Rummikub with Sarah (ST)	10:30 Word in a Word (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Laura (KR) 2:00 Ryu Circus Pole Acrobatics & Juggling (PAC) 3:30 Puzzle Table (CC)
DAYLIGHT SAVINGS 10 10:30 Virtual Mass (KR/AT/ST) 11:30 Sit & Stretch (KR) 2:00 SRL Irish Step Dancers (KR)	10:30 Seated Tai Chi (KR) 11:00 McLean Paper Crafters (KR)	12 10:30 Seated Zumba (LR) 11:00 Rosary (CR) 1:30 Historical Topics with Ann (ST) 2:00 Rummikub (ST) 2:30 Create & Sip (CR) 3:00 Badminton (ST)	13 10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Wednesday Word Games (KR) 1:15 Gardening Club GH) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 Balloon Burst (ST)	11:00 Post Crossings (KR) 11:00 Quiet Comfort (QR) 11:00 Brain Booster Games (ST) 2:00 Irish Music with Maggie (LR) 3:00 March Birthday Party (KR) 3:15 St. Patrick's Trivia! (ST)	11:00 Catholic Mass (CH) 1:15 Giant Crossword (ST) 1:30 Literature Lovers (KR) 2:00 Ceramics (CR) 3:00 Friday Flick (KR) 3:30 Knit-Wit Club (KR) 4:00 Rummikub with Sarah (ST)	16 10:30 List It! (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (CC)
ST. PATRICK'S DAY 10:30 Virtual Mass (KR/AT/ST) 11:30 Word Games (KR) 2:00 SHS Music Honor Society Series (LR) 2:00 Sound of Music Musical Revue (PAC)	18 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 Common Sayings (ST)	FIRST DAY OF SPRING 10:30 Seated Zumba (LR) 11:00 Rosary w/ Fran & Mary (CR) 11:00 Tuesday Nail Hour (AT) 1:30 Tastes of the World (KR) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 3:00 Karaoke (ST)	10:00 Men's Group (CR) 20 10:30 Cardio Drumming (KR) 11:00 Sit & Stitch (ST) 11:00 Wednesday Word Games (KR) 1:15 Gardening Club GH) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 Scattegories (ST)	10:30 Hymn Singing (LR) 11:00 Quiet Comfort (QR) 2:00 Hot Cat Jazz (LR) 3:30 Music visits w/ Maggie (CC/EV) 3:15 Trivia Time! (ST)	10:45 Pysanky Egg Show (KR) 1:15 Giant Crossword (ST) 1:30 Minute to Win It! (KR) 2:00 Ceramics (CR) 3:00 Friday Flick (KR) 3:30 Knit-Wit Club (KR) 4:00 Rummikub with Sarah (ST)	11:00 Easter Egg Hunt (CY) 2:00 Bingo with Shyrel (KR) 3:30 Puzzle Table (CC)
PALM SUNDAY 10:30 Virtual Mass (KR/AT/ST) 11:30 Sit & Stretch (KR) 2:00 Keir White (LR) EASTER SUNDAY 10:30 Virtual Mass (KR/AT/ST) 11:30 Easter Treats & Trivia (KR)	10:30 Seated Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Resident Council (KR) 3:00 Bingo with Tiffanay (ST) 3:00 Word in a Word (ST)	10:30 Seated Zumba (LR) 11:00 Rosary (CR) 1:30 Historical Topics with Ann (ST) 2:00 Rummikub (ST) 2:30 Create & Sip (CR) 3:00 Badminton (ST)	10:00 Men's Group (CR) 27 10:30 Workout with Weights (KR) 11:00 Wednesday Word Games (KR) 1:15 Gardening Club GH) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:15 Balloon Burst (ST)	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 (ST) 3:15 Trivia Time! (ST)	GOOD FRIDAY 10:45 Baking Group (KR) 1:15 Giant Crossword (ST) 1:30 Palm Folding (KR) 2:00 Ceramics (CR) 3:00 Friday Flick (KR) 3:30 Knit-Wit Club (KR) 4:00 Rummikub with Sarah (ST)	10:30 Scattegories (AT) 11:30 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (CC)