

## Services & Amenities

### Sorenson Media Center

Printing and distributing letters to residents via Email at McLeanResident@McLeanCare.org, assisting residents with video calls, offering technology lessons and support, and providing adaptive equipment. Call x3734 for more information.

### 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!

### Pet Visits with Toby & Rudy

Tuesdays, door to door in resident rooms

### Spiritual Support

Offering Faith & Friends visits with Mary Lou Cobb, holy communion, and visits with Father Terry. Please reach out to x3725 for more information.

### 'Sew What' Sewing, Mending & Tailoring

Call x3998 for more information

### Salon Services

Contact x3945 for pricing and information or to book an appointment

### 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!

### Arts & Crafts

Including ceramics, McLean Paper Crafters group, knitting, sewing, soap making, acrylic painting and more.

### For the Literature Lovers

Book Club, writing group, poetry circle and full access to our Watson Library. For information about the Simsbury Library 'Books at Your Door' program, please contact x3725

### Men's Group

Wednesdays at 10am in the Craft Room with Dane Woodberry

### Travel Programs

Learn about the world during Post Crossings, Tastes Around the World, and Travel with Shyre! See weekly schedule for details

### Educational Programs & Brain Games

To keep our minds sharp! See our schedule for our Great Courses series, trivia groups, history programs and more!

### Movie Club

Fridays at 2:30pm in the Koopman Room. Call x3725 to offer movie suggestions!

### Musical Entertainment

Join us for entertainment weekly in the Living Room and monthly in our courtyard for our evening Summer Concert Series! Music therapy with Maggie is offered Thursday afternoons.

### Picnics, Socials & Happy Hours

Neighborhood family picnics will rotate throughout the health center all summer long. Please RSVP to the front Desk

### Carling Chapel

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



# The Health Center Newsletter

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



Dear Families,

July 2024

The fun continues in July with our popular outdoor concert series. Come out and enjoy the sounds of Le' Mixx on July 17 from 6:00-7:00 p.m. in our beautiful courtyard. And we hope you will join us for one of our neighborhood picnics throughout the summer. The Skyview picnic is on July 11 and the Robinson picnic is on July 25 – both at noon. Please make your reservations at the front desk.



As you are aware, McLean is adapting some of our neighborhoods in order to provide the best care to all. As part of that plan, we will be moving our long-term care and post-acute residents and patients upstairs over the next several months. Amy Daniels, our social worker, will be reaching out to each family to walk you through the move. We will re-name our new space upstairs "The Willows" to reflect this new chapter of care. A willow tree grows and adapts quickly, providing an expansive canopy of protection – always our goal for our residents and patients.

During these hot days of summer, don't forget to stay hydrated. As we age, we need to drink more water to compensate for changes in body temperature. Stop by the hydration station in the living room to try some favor-infused water!

Anne Rolfe, DPT

Administrator of the Health Center


Ann Pavano

Director of Assisted Living and Resident Resources



# July 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>1</p> <p>10:00 Tech Support (MC) 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Bingo with Tiffanay (ST) 3:30 Great Courses (RB)</p>	<p>2</p> <p>10:30 Disco Day Zumba (LR) 11:30 Rosary w/ Fran &amp; Mary (CH) 1:30 Historical Topics with Ann (ST) 2:00 <b>Jeff the Plant Guy (KR)</b> 3:30 Music visits with Maggie 3:00 Afternoon Bike Rides* *Call x3725 to express interest</p>	<p>3</p> <p>10:00 Men's Group (CR) 10:30 Cardio Drumming (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Club (CT) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST)</p>	<p>4</p> <p><b>INDEPENDENCE DAY</b> 10:00 Independence Day Trivia (AT) 11:00 Fourth of July Craft (KR) 2:00 Garden Party &amp; Games (CC) 3:00 Patriotic Sing (ST)</p>	<p>5</p> <p><i>Hawaii Day</i> 11:00 <b>Protestant Service (CH)</b> 1:30 Scrabble (KR) 2:00 Hawaiian Craft (CR) 2:30 Movie Club (KR)</p>	<p>6</p> <p>10:15 Word Wheel (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle table (RB)</p>
<p>7</p> <p><b>World Chocolate Day</b> 10:30 Chocolate Trivia &amp; Tasting (KR) 11:00 Virtual Mass (KR/AT) 2:00 Garden Party -Cocktails &amp; Mocktails (CY)</p>	<p>8</p> <p>10:00 Tech Support (MC) 10:30 Tai Chi (KR) 11:00 Acrylic Painting (KR) 2:00 <b>Food Forum (KR)</b> 3:00 Bingo with Tiffanay (KR) 3:30 Great Courses (RB)</p>	<p>9</p> <p>10:30 Zumba (LR) 11:00 Manicures by Tiffanay (AT) 11:30 Rosary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Create &amp; Sip (CR) 3:00 Afternoon Bike Rides*</p>	<p>10</p> <p><b>Pina Colada Day</b> 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Wednesday Word Game (KR) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 3:30 Tech Time (MC)</p>	<p>11</p> <p>10:30 Hymn Singing (LR) 11:00 Art Appreciation (KR) 12:00 <b>Skyview Family Picnic (CY)</b> 2:00 <b>Chicago Joe (LR)</b> 3:30 Music visits with Maggie 3:30 Decorating with Dacie</p>	<p>12</p> <p>10:30 Baking Group: National Blueberry month 1:30 Chapel/Skyview Ceramics (CR) 2:30 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)</p>	<p>13</p> <p>10:15 Horse Race Game (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Laura (KR) 3:30 Puzzle Table (CC)</p>
<p>14</p> <p>10:30 Hatchet Toss (KR) 11:00 Virtual Mass (KR/AT) 2:00 <b>Art Reception (LR)</b></p>	<p>15</p> <p>10:00 Tech Support (MC) 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 11:00 <b>History Club (PAC)</b> 2:00 Bingo with Tiffanay (ST) 3:30 Great Courses (KR)</p>	<p>16</p> <p>10:30 Zumba (LR) 11:30 Rosary w/ Fran &amp; Mary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Create &amp; Sip (CR) 2:30 Writers Bloc (CR) 2:30 Music visits with Maggie 3:00 Afternoon Bike Rides*</p>	<p>17</p> <p><b>Hot Dog Day</b> 10:00 Men's Group (CR) 10:30 Cardio Drumming (KR) 11:00 Wednesday Word Game (KR) 1:15 Trivia with Judy (KR) 2:00 Bingo with Laura (ST) 6:00 <b>Le' Mixx (CY)</b></p>	<p>18</p> <p>11:00 Post Crossings (KR) 2:00 Rummikub (ST) 2:00 <b>John Brighenti (LR)</b> 3:15 <b>July Birthday Happy Hour (KR)</b></p>	<p>19</p> <p>1:00 Literature Lovers (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:30 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)</p>	<p>20</p> <p><b>Space Exploration Day</b> 10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (RB)</p>
<p>21</p> <p>10:30 Brunch Bunch: Mocktails &amp; Cocktails (KR) 11:00 Virtual Mass (KR/AT) 2:00 Ice Cream Sundaes the Courtyard (CY)</p>	<p>22</p> <p>10:00 Tech Support (MC) 10:30 Tai Chi (KR) 11:00 Acrylic Painting (KR) 2:00 Bingo with Tiffanay (ST) 3:30 Great Courses (KR)</p>	<p>23</p> <p>10:30 Zumba (LR) 11:00 Manicures by Tiffanay (AT) 11:30 Rosary (CH) 1:15 Travel w/ Shyrel: <i>Mexico</i> (KR) 1:30 Historical Topics with Ann (ST) 2:00 <b>Brookes' Bunny Farm (CY)</b> 3:00 Afternoon Bike Rides*</p>	<p>24</p> <p>10:00 Men's Group (CR) 11:00 Sit &amp; Stitch (RB) 11:00 Black Music Appreciation (KR) 1:15 Trivia with Judy (KR) 2:00 Bingo with Tiffanay (ST) 3:30 Tech Time (MC)</p>	<p>25</p> <p><b>Wine &amp; Cheese Day</b> 10:30 Hymn Singing (LR) 11:00 Poetry Circle (KR) 12:00 <b>Robinson Family Picnic (CY)</b> 2:00 Rummikub (ST) 2:00 <b>Over Easy (LR)</b> 3:15 <b>Wine &amp; Cheese Mixer (KR)</b> 3:30 Music visits with Maggie</p>	<p>26</p> <p>11:00 <b>Catholic Mass (CH)</b> 1:00 Literature Lovers (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:30 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)</p>	<p>27</p> <p><b>Cowboy Day</b> 10:15 Piggy Bankers (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Shyrel (KR) 3:30 Puzzle Table (CC)</p>
<p>28</p> <p>10:30 Hatchet Toss (KR) 11:00 Virtual Mass (KR/AT) 2:00 TED Talks (KR)</p>	<p>29</p> <p>10:00 Tech Support (MC) 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 <b>Resident Council (KR)</b> 3:00 Bingo with Tiffanay (KR) 3:30 Great Courses (RB)</p>	<p>30</p> <p>10:30 Zumba (LR) 11:30 Rosary w/ Fran &amp; Mary (CH) 1:30 Historical Topics with Ann (ST) 2:00 <b>Ranger Talks (KR)</b> 2:30 Writers Bloc (CR) 3:00 Afternoon Bike Rides*</p>	<p>31</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 (CT) 2:00 Bingo with Laura (ST)</p>			<p><b>KEY</b></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>

*Families:  
Please RSVP to the  
Front Desk for  
family picnics*