

## Services & Amenities

### Eucharistic Minister / Faith & Friends visits

Offering religious support Tuesday mornings, and 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

### Sorenson Media Center & Tech Support

Tech Support open hours are Tuesday, 10am-12pm. Reach out to our Technology Engagement specialist at x3734

### Simsbury Library Books at your Door

Call x3725 for more information or to sign-up!

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

Call x3998 for more information

### Salon Services

Contact x3945 for pricing and information or to book an appointment. For manicures reach out to x3943.

### 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

## 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, Acrylic painting, knitting group, and more

### 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

### Family Picnics

Rotating through the Health Center neighborhoods weekly throughout the summer

### Educational Opportunities

See our schedule to find out about our Great Courses series, TED talks, trivia groups, history lectures and more!

### Travel Programs

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

### Weekly Movie

Fridays at 2:00pm in the Koopman Room. Call x3734 to offer movie suggestions!

### Musical Entertainment & Outdoor Concerts

See our calendar for dates!

### Pet Visits with Toby & Rudy

Tuesdays, door to door in resident rooms

### Socials & Happy Hours

See calendar for more information

### Wii Bowling League

Thursday nights at 6:15



# The Health Center Newsletter

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



Dear Families,

August 2024

It was back in February 2020 that we were the very first Assisted Living to receive the Purple Flag distinction, recognizing McLean as offering and achieving 60 standards in best practices in Dementia care. At the Atwater August 1<sup>st</sup> summer picnic at noon, McLean will receive the first ever re-accreditation as a Purple Flag Assisted Living community. We welcome families to join us in our celebration. Please sign up at the front desk.



Take time during these dog days of summer to enjoy the summer sun – and the concert series in the courtyard on August 21st at 6pm. All are welcome. Even though the weather has not cooperated thus far for our concerts it did not dampen the mood. The music brought many smiles to our residents, families, and staff.

During these beautiful summer days we encourage your family member to get out on our adaptive electric bikes. It is always so invigorating to feel the warm breeze wash over you on a bike ride. Please inquire at the front desk. If a ride outdoors on a bike is not your thing, maybe during International Dog month your family member might enjoy a visit from one of our furry friends. Find out more info at our front desk.

Our other furry friends have been very active so please always be bear aware on our campus.

Anne Rolfe, DPT

Administrator of the Health Center


Ann Pavano

Director of Assisted Living and Resident Resources



# August 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
<b>KEY</b> 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	<i>Please see monthly newsletter and weekly schedule of events for additional programs or program changes</i>		<b>Wear purple on August 1st to celebrate our Purple Flag in Dementia Care reaccreditation!</b>	1 10:30 Brain Boosters (ST) 12:00 Atwater Family Picnic (CY) 2:00 McLean Olympic Games (CY) 2:15 Rummikub (ST) 3:30 Music with Maggie (ST) 4:30 This Week in History (AT)	2 11:00 Protestant Service (CH) 2:00 Peg Dolls with Tiffanay (CR) 2:00 Movie Club (KR)	3 10:15 Word Wheel (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle table (RB)
4 10:30 Walking Group (CY) 11:00 Virtual Mass (AT) 2:00 Garden Happy Hour (CY) 3:30 TED Talks (KR)	5 10:30 Tai Chi (KR) 11:00 Acrylic Painting (KR) 2:00 Bingo with Tiffanay (ST) 3:15 Music Trivia (ST) 4:30 Discussions & Discovery (AT)	6 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:30 Rosary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 3:45 Great Courses: <i>Broadway!</i> (KR) 5:00 Paint a' Partner (KR)	7 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Wednesday Word Game (KR) 2:00 Bingo with Laura (ST) 3:00 Tech Time (QR) 3:15 Karaoke! (ST)	8 10:30 Hymn Singing (LR) 12:00 Chapel & Evergreen Family Picnic (CY) 2:00 Bob Hennessey (LR) 3:15 Trivia Thursdays (ST) 3:30 Music visits with Maggie (AT) 4:30 Card Sharks (AT) 6:15 Wii Bowling League (KR)	9 10:30 Baking Group (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:30 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	10 <b>Nat'l S'mores Day</b> 10:15 Horse Race Game (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Laura (KR) 3:30 Puzzle Table (CC)
11 10:30 Yard Games (CY/KR) 11:00 Virtual Mass (AT) 2:00 Jack Bussman (LR) 3:30 TED Talks (KR)	12 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Food Forum (KR) 3:00 Bingo with Tiffanay (KR)	13 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:00 Tuesday Tea (RB) 11:30 Rosary w/ Fran & Mary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Writers Bloc (CR) 3:45 Great Courses: <i>Broadway!</i> (KR)	14 10:00 Men's Group (CR) 10:30 Cardio Drumming (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Club (CT) 2:00 Bingo with Laura (ST) 3:00 Tech Time (QR) 3:15 Karaoke! (ST)	15 10:30 Brain Boosters (ST) 11:00 Art Appreciation (KR) 2:00 August Birthday Happy Hour (KR) 2:15 Rummikub (ST) 3:15 Trivia Thursdays (ST) 4:30 Would you Rather? (AT)	16 1:00 Catholic Mass (CH) 1:00 Literature Lovers (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:30 Willie & Jan (LR) 3:00 Atwater/Robinson Ceramics (CR)	17 10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (RB)
18 10:30 Walking Group (CY) 11:00 Virtual Mass (KR/AT) 2:00 Water Ice! (CY)	19 10:30 Tai Chi (KR) 11:00 History Club (PAC) 11:00 Acrylic Painting (KR) 2:00 Resident Council (KR) 3:00 Bingo with Tiffanay (KR)	20 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:00 Tuesday Tea (RB) 11:30 Rosary (CH) 1:15 Travel w/ Shyrel (KR) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 3:45 Great Courses: <i>Broadway!</i> (KR)	21 10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Sit & Stitch (RB) 2:00 Bingo with Laura (ST) 3:00 Simsbury Library Support (KR) 3:15 Karaoke! (ST) 6:00 Deep River Ramblers (CY)	22 10:30 Hymn Singing (LR) 11:00 Poetry Circle (KR) 12:00 Skyview Family Picnic (CY) 2:00 Red & Yellow Music (LR) 2:15 Rummikub (ST) 3:15 Trivia Challenge (ST) 4:30 Famous Phrases (AT) 6:15 Wii Bowling League (KR)	23 10:30 Baking Group (KR) 1:00 Literature Lovers (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:30 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	24 10:15 Piggy Bankers (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with (KR) 3:30 Puzzle Table (CC)
25 10:30 Hatchet Toss (KR) 11:00 Virtual Mass (KR/AT) 1:30 Trivia Challenge (CC) 2:30 TED Talks (KR)	26 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Bingo with Tiffanay (ST) 3:15 Music Trivia (ST) 4:30 Discussions & Discovery (AT)	27 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:00 Tuesday Tea (RB) 11:30 Rosary w/ Fran & Mary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Writers Bloc (CR) 3:45 Great Courses: <i>Broadway!</i> (KR)	28 10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Club (CT) 2:00 Bingo with Laura (ST) 3:00 Tech Time (QR) 3:15 Karaoke! (ST)	29 10:30 Brain Boosters (ST) 11:00 Post Crossings (KR) 2:00 Blaise (LR) 2:15 Rummikub (ST) 3:15 Trivia Thursdays (ST) 4:30 Memory Ball (AT) 6:15 Wii Bowling League (KR)	30 10:30 Decorating w/ Dacie (CR) 1:30 Chapel/Skyview Ceramics (CR) 2:30 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	31 10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (RB)