

Village Highlights

Tuesday, August 6

10am -1pm in the massage studio: Free sample chair massage. Come meet our massage therapist, Rachel. Ask questions and receive a free mini massage! Sign up in the book required.

Tuesday, August 13

4pm Trivia and Happy Hour with Jesse in the G&Q. Come enjoy music, food, drinks, and of course trivia!

Tuesday, August 27

2pm in the PAC: McLean Tech Advisor Patty Wagstaff presents information on home safety technology. From Apple watches to life alert systems, come learn about what technology options are available to help keep you safe and thriving at home.

The Pines Restaurant - Lunch Menu

Hours: 11:30 am–1:30 pm Monday - Saturday

- **Soup Du Jour**
Small (8 oz.) or Large (12 oz.)
 - **Flame Grilled Burgers Made to Order**
Served on a Toasted Kaiser Roll with a Pickle. Your Choice of Cheese, Lettuce, Tomato, Sliced Onion, Ketchup, Mustard, Mayo
 - **Beef, Turkey, Impossible, Veggie Grilled Sandwiches**
Choose from our Cold Case and Have Chef Grill or Panini Press. Served on a Toasted Roll with a Pickle
 - **All Beef Hot Dog**
Your Choice of Diced Onion, Ketchup, Mustard, Relish
 - **Balsamic Grilled Chicken Breast**
Your Choice of Cheese, Lettuce, Tomato, Mustard, Mayo
 - **Classic Grilled Cheese**
Your Choice of American, Cheddar, Swiss, or Provolone, White Wheat, Rye, or Gluten Free Bread. Lettuce, Tomato, Bacon
- Sides**
Onion Rings, French Fries, House Made Chips
- Beverages**
Fountain Soda (Coke, Diet Coke, Ginger Ale, Orange, Root Beer) Minute Maid Juice (Orange, Cranberry, Apple, Lemonade)

Wednesday night dinners will be served in the Burkholder Restaurant and in the Pines.

Sunday Brunch is served in the Burkholder Restaurant. On Sundays, the Pines will be open 7am–7pm, however, 2pm–7pm is for Grab and Go Only.



The Village Newsletter

BOUNDLESS

August 2024

FROM THE DESK OF THE DIRECTOR

August is National Wellness Awareness month.

When someone mentions wellness, many of us immediately think of physical fitness and exercise. But if you've spent any time with our Wellness Director Kim Wright and her team, you know that wellness is BOUNDLESS! Physical health is just one aspect of overall wellness. Wellness is a broad concept including physical, mental, and spiritual well-being – fueling the body, engaging the mind, and nurturing the spirit.

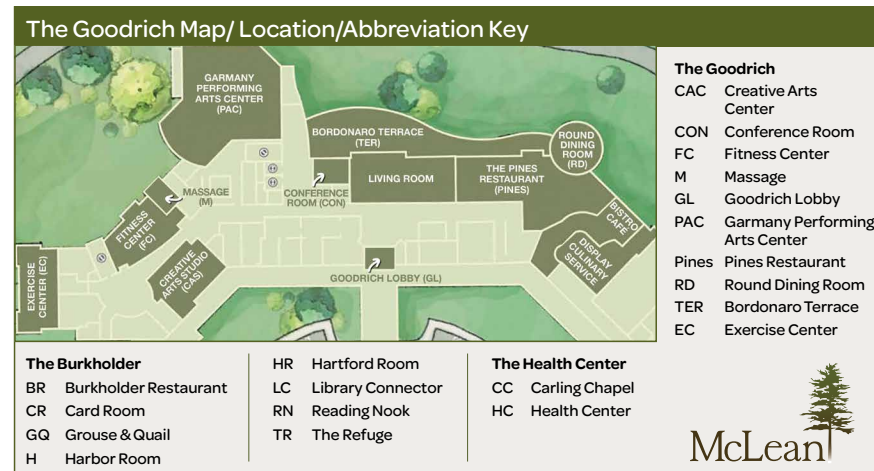
During Wellness Awareness Month perhaps try something new:

- Challenge your mind and socialize during a game of Scrabble or Bridge
- Join in a lively discussion at the book club
- Relax while watching the movie of the week
- Try a new class or activity – Mah Jong or Molkky, anyone?

The calendar is filled with BOUNDLESS options to promote the different aspects of wellness!

Megan Gill

Megan Gill, Director of McLean Village



August 2024

McLeanCare.org

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Village Events Hotline
860-658-3939
(Please Call for Daily Updates and Activities)

Campus Update
Wednesdays
1:00 (PAC/Virtual)



11:00 Hooks N Needles (GL) **1**
1:00 Scrabble (CR)

1:00 Movie: "The Getaway" (PAC) **2**
1:00 Mahjong (G&Q)



4 1:00 Monday Movie Special "Oppenheimer" (PAC) **5**
7:00 Poker at the Round Tables (GL)

6 10:00-1:00 Free Sample Chair Massage with Rachel. Sign up in book required (Massage Room in Gym)
1:00 Mexican Train (CR)

7 10:00-12:00 Village Gift Shop (GQ)
1:00 Campus Update (PAC & Virtual)
2:30 Great Courses (HR)
4:00 Happy Hour (G&Q)

8 9:45 Parkies & Friends (HR)
10:30 Non-Denominational Hymn Sing (CC)
11:00 Hooks N Needles (GL)
11:00 Conversations with Lyn (HR)

9 9:30 Ladies' Coffee (RD)
10:00 Dementia Caregiver Support with Ann (CON)
1:00 Movie: "Beach Blanket Bingo" (PAC)
1:00 Mahjong (G&Q)
3:00 Drop by Registration for Simsbury Public Library Card (GL)



11 1:30 Bean Bag Toss (HR) **12**
7:00 Poker at the Round Tables (GL)

13 10:00 "Sew smART" (CON)
4:00 Trivia Happy Hour with Jesse (G&Q)

14 10:00-12:00 Village Gift Shop (G&Q)
1:00 Campus Update (PAC & Virtual)
2:30 Great Courses (HR)
4:00 Happy Hour (G&Q)

15 11:00 Hooks N Needles (GL)
1:00 Scrabble (CR)

16 1:00 Movie: "Teahouse of the August Moon" (PAC)
1:00 Mahjong (G&Q)



18 11:00 History Group (PAC) **19**
1:00 Monday Movie Special "The Talented Mr. Ripley" (PAC)
1:00 Podiatrist (TH) by appointment
7:00 Poker at the Round Tables (GL)

20 1:00 Mexican Train (CR)

21 10:00-12:00 Village Gift Shop (GQ)
1:00 Campus Update (PAC & Virtual)
1:30 Dining Forum (PAC)
2:30 Great Courses (HR)
4:00 Happy Hour (G&Q)
6:00 Summer Concert Series with "Deep River Ramblers" (Courtyard)

22 10:30 Non-Denominational Hymn Sing (CC)
11:00 Hooks N Needles (GL)
2:15-3:45 Drop-In Hours with Ann (CON)
2:00 Poetry Group (Burkholder Library Connector)
4:00-5:00 Welcome New Residents Happy Hour Sponsored by Marketing (GL)

23 9:30 Men's Coffee (RD)
11:00 Catholic Mass (Carling)
1:00 Movie: "Elsa & Fred" (PAC)
1:00 Mahjong (G&Q)



25 1:30 Molky (HR) **26**
7:00 Poker at the Round Tables (GL)

27 10:00 "Sew smART" (CON)
2:00 Presentation on Home Safety Device Options with McLean Tech Advisor Patty Wagstaff (PAC)

28 10:00-12:00 Village Gift Shop (GQ)
1:00 Campus Update (PAC & Virtual)
1:30 Drop-In Blood Pressure Clinic with McLean Home Care Nurse
1:30 Podiatrist (TH) by appointment
2:30 Great Courses (HR)
4:00 Happy Hour (G&Q)

29 11:00 Hooks N Needles (GL)
2:00 The Teaching Kitchen with Dietitian Stella Leone and Chef Kalet (GQ)

30 1:00 Mahjong (G&Q)
1:00 Movie: "Dirty Dancing" (PAC)



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