

Services & Amenities

Highlighted Programs

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

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,

September 2024

We would like to take the opportunity to warmly welcome two new members of our staff:

Paulina Luna is our new social worker. Paulina started her career helping older adults at the Alzheimer's Resource Center of CT (now Livewell) as a Therapeutic Recreation Director. Paulina has been involved with long-term care and short-term rehab, as well as managing memory care neighborhoods. She is originally from Poland and can speak Polish. Her interests include traveling, hiking, camping, gardening, music, taking care of her apple orchard, being a mom to her "wonderful 4-year-old who is a beautiful, autistic boy." Paulina believes our elders have so much to offer and is honored to help them continue to learn and grow as human beings.



Alison Lunde our new nurse educator. Alison Lunde has over 10 years' experience in both long-term care and assisted living. She specializes in gerontology, infection control, and staff development. Alison's background as a former Director of Nurses and Memory Care Director (at an assisted living community) will allow her to guide a healthcare team who will be prepared and to accelerate care for both residents and patients. She understands patients' and residents' needs as well as the needs of their families. Alison is looking forward to making an impact at McLean so that staff will continue to perform consistently with care, compassion, and dignity for those in transition to specialized care or otherwise.

Anne Rolfe, DPT

Administrator of the Health Center

Ann Pavano

Director of Assisted Living and Resident Resources



September 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
1 10:15 Walking Group (CY) 11:00 Virtual Mass (AT) 11:15 Word Games (ST) 1:30 Movie Matinee (Ch 5) 2:00 Courtyard Cocktails (CY)	2 LABOR DAY 10:30 Tai Chi (KR) 11:00 Acrylic Painting (KR) 2:00 Bingo (KR/ST) 4:00 Board Games (AT)	3 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:30 Rosary (CH) 2:00 Jeff the Plant Guy (KR) 3:45 Great Courses: <i>Broadway!</i> (KR) 4:00 Trivia Quiz (AT)	4 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Club (CT) 2:00 Bingo (KR/ST) 3:00 Tech Time (QR) 3:15 Karaoke! (ST) 4:00 Word Games (AT)	5 10:30 Brain Boosters (ST) 12:00 Art Appreciation (KR) 2:00 Keir White (LR) 2:15 Rummikub (ST) 3:15 Trivia Thursdays (ST) 4:00 Apples to Apples (AT) 6:30 Movie Night (CY)	6 11:00 Protestant Service (CH) 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	7 10:15 Word Wheel (AT) 11:00 Giant Crossword (ST) 2:00 Shyrel Faye is Queen Elizabeth II (PAC) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle table (CC/ST)
8 National Assisted Living Week: INSPIRING GENERATIONS 10:15 Hatchet Toss (KR) 11:00 Virtual Mass (AT) 11:15 Trivia Challenge (ST) 2:00 Grandparent's Day Soirée (CC) <i>Write down Life Lessons: All Week in the Lobby</i>	9 10:15 Tai Chi (KR) 10:45 Pin your Ancestry (KR) 11:00 McLean Paper Crafters: Memory Books (KR) 2:00 Resident Council (KR) 3:00 Bingo with Tiffanay (ST)	10 10:30 Evolution of Dance Lesson (LR) 11:00 Tuesday Tea (RB) 11:30 Rosary w/ Fran & Mary (CH) 12:00 Centenarian Luncheon (DR) 1:30 Historical Topics with Ann (ST) 2:30 Writers Bloc (CR) 3:15 Music Through the Ages (ST) 3:45 Great Courses: <i>Broadway!</i> (KR) 4:00 Would you Rather? (AT)	11 10:00 Men's Group (CR) 10:30 Cardio Drumming (KR) 11:00 Honoring 9/11 and the Moments that Made Us (KR) 2:00 Bingo with Laura (ST) 3:00 Tech Time (QR) 3:15 Karaoke! (ST)	12 10:30 Generation Gap Game! (KR) 2:00 David Eberly (LR) 3:15 Word Games (ST)	13 DECADES DAY Photo Booth: All Day in the Lobby 11:00 Veterans Ceremony 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	14 10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Laura (KR) 3:30 Puzzle Table (RB/AT)
15 10:15 Walking Group (CY) 11:00 Virtual Mass (AT) 11:15 Word Games (ST) 1:30 Movie Matinee (Ch 5) 2:00 Build Your own Sundae Cart	16 10:30 Tai Chi (KR) 11:00 History Club (PAC) 11:00 Acrylic Painting (KR) 2:00 Food Forum (KR) 3:00 Bingo with Tiffanay (KR)	17 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:00 Tuesday Tea (RB) 11:30 Rosary (CH) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 3:15 Word Games (ST) 3:45 Great Courses: <i>Broadway!</i> (KR)	18 10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Wednesday Word Game (KR) 1:15 Gardening Club (CT) 2:00 Bingo with Laura (ST) 3:00 Simsbury Library Info Session (KR) 3:15 Karaoke! (ST) 6:00 Mass-Conn Fusion (CY)	19 10:30 Brain Boosters (ST) 11:00 Post Crossings (KR) 2:00 Hot Cat Jazz (LR) 2:15 Rummikub (ST) 3:15 August & September Birthday Happy Hour (KR) 3:15 Trivia Thursdays (ST) 6:15 Wii Bowling League (KR)	20 11:00 Catholic Mass (CH) 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	21 10:15 List it! (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Tiffanay (KR) 3:30 Puzzle Table (CC/ST)
22 First Day of Autumn 10:15 Hatchet Toss (KR) 11:00 Virtual Mass (AT) 2:00 Hello Dolly Musical Revue (PAC)	23 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Bingo with Tiffanay (KR)	24 10:00 Tech Support (MC) 10:30 Zumba (LR) 11:00 Tuesday Tea (RB) 11:30 Rosary w/ Fran & Mary (CH) 1:15 Travel w/ Shyrel: <i>Germany</i> (KR) 1:30 Historical Topics with Ann (ST) 2:30 Writers Bloc (CR) 3:15 List it! (ST) 3:45 Great Courses: <i>Broadway!</i> (KR)	25 10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Sit & Stitch (RB) 2:00 Bingo with Laura (ST) 3:15 Karaoke! (ST)	26 LAST DAY OF OKTOBERFEST 11:00 Poetry Circle (KR) 2:00 German Beer Garden: Pretzels & Beer (KR) 2:15 Rummikub (ST) 3:15 Trivia Thursdays (ST) 6:15 Wii Bowling League (KR)	27 10:30 Baking Group (KR) 1:00 Literature Lovers (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 3:00 Atwater/Robinson Ceramics (CR)	28 10:15 Piggy Bankers (AT) 11:00 Giant Crossword (ST) 2:00 Bingo with Shyrel (KR) 3:30 Puzzle Table (RB/AT) 5:00 Pop-up Restaurant: Wicked Roast Beef
29 10:30 Hatchet Toss (KR) 11:00 Virtual Mass (AT) 11:15 Word Games (ST) 1:30 TED Talks (KR) 2:30 Afternoon Mixer (CC)	30 10:30 Tai Chi (KR) 11:00 Acrylic Painting (KR) 2:00 Bingo with Tiffanay (ST) 3:15 Music Trivia (ST)	 		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	<i>Please see monthly newsletter and weekly schedule of events for additional programs or program changes</i>	