

## 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.

### 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. Self-Serve Kiosk

### Pfirman Dining Room

Breakfast 7-9am \* Lunch 12-1:30pm \* Dinner 5-6:30pm

### 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

### 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

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,

December 2024

Let us delight in December,

There is plenty of hustle and bustle around the Health Center this holiday season. Please consult the Life Enrichment calendar for all the month's activities and entertainment.

We are very grateful to the McLean Auxiliary who started off the holiday season with a wreath sale. Staff decorated over 70 wreaths donated by the Auxiliary. Those wreaths were then auctioned off, with all proceeds to be used by the Auxiliary for the benefit of McLean. On December 6th, the Auxiliary will host a craft fair and bake sale from 10-4pm in the lobby of the Health Center. They promise to have many lovely gift ideas.

If you would like to join your loved ones for a holiday meal please see the front desk for details.

Remember to pause during this busy time of year to enjoy family and friends.




Anne Rolfe, DPT  
Administrator of the Health Center

Ann Pavano  
Director of Assisted Living and Resident Resources





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 UNO (AT) 11:00 Virtual Mass (AT) 11:15 Trivia Topics (ST) 2:00 Sam Pasco Band (LR)	2 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (CR) 2:00 BINGO! (KR) 3:15 Trivia (ST) 4:00 Wheel of Fortune! (AT) 6:00 After Dinner Music (LR)	3 9:45 Morning Topics (AT) 10:30 Seated Zumba (ST) 11:30 Rosary w/ Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:30 Writers Bloc (CR) 2:30 Word Games (ST) 3:45 Great Courses (KR) 4:00 Finish the Rhyme (AT)	4 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Rhyme Time (AT) 11:00 Word Challenge (KR) 1:15 Photography Club (KR) 2:00 BINGO! (ST) 3:15 Christmas Karaoke (ST) 4:00 Giant Crossword (AT)	5 9:45 Morning Topics (AT) 10:30 Cardio Drumming (ST) 11:00 Brain Boosters (ST) 11:00 Post Crossings (KR) 2:00 Blaise (LR) 3:30 Trimming the Tree (LB) 6:15 Wii Bowling (KR)	6 <b>Auxiliary Craft Fair &amp; Bake Sale</b> 9:45 Friday Catch-up (AT) 10:30 Documentary Hour (AT) 11:00 Church w/ Rev. George (CH) 1:30 Chapel/Skyview Ceramics (CR) 3:00 Atwater/Robinson Ceramics (CR) 2:00 Movie Club (KR) 3:00 Chuck it in the Bucket (ST)	7 10:15 Word in a Word (AT) 11:00 Giant Crossword (KR) 2:00 Christmas Songs with Keir White (LR) 3:00 Puzzle Swap (All neighborhoods)
8 10:00 UNO (AT) 10:30 Brunch Bunch: <i>White Christmas Mocktails &amp; Cocktails (KR)</i> 11:00 Virtual Mass (AT) 2:00 Hot Cat Jazz (LR)	9 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 11:00 Mass with Fr. Whyte (CH) 2:00 Bingo! (ST) 3:30 The Music Makers (LR) 6:00 After Dinner Music (LR)	10 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 11:30 Kazoo Band Practice (CH) 1:30 Historical Topics with Ann (ST) 2:00 Jeff the Plant Guy (KR) 2:30 Word Games (ST) 3:45 Great Courses (MC) 4:00 Finish the Phrase (AT)	11 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Rhyme Time (AT) 11:00 Word Challenge (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	12 9:45 Morning Topics (AT) 10:30 Ribbon Dancing (ST) 11:00 Brain Boosters (ST) 11:00 Travel with Shyrel (KR) 2:00 Ruriko Wheeler (LR) 3:30 Ornament Making (ST) 6:15 Wii Bowling (KR)	13 9:45 Friday Catch-up (AT) 10:30 Documentary Hour (AT) 10:30 Atwater/Robinson Ceramics (CR) 11:00 Church w/ Fr. Albright (CH) 1:15 Christmas Carol Word Game (KR) 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 3:00 Horse Races (ST) 3:30 Girl Scouts Caroling	14 10:15 Yard Games (KR) 11:00 Giant Crossword (ST) 2:00 Bingo (KR) 3:00 Puzzle Swap (All neighborhoods)
15 10:00 UNO (AT) 10:00 Breakfast with Santa (DR) 11:00 Virtual Mass (AT) 2:00 Holiday Variety Show (PAC)	16 9:45 Morning Topics (AT) 10:30 Squadron Line Chorus (LR) 11:00 History Club (PAC) 2:00 Food Forum (KR) 3:00 BINGO! (KR) 4:00 Wheel of Fortune! (AT) 6:00 After Dinner Music (LR)	17 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 11:30 Rosary with Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:00 Connecticut Yuletide Carolers (LR) 3:00 Writer's Bloc (CR) 3:45 Great Courses (KR) 4:00 Finish the Lyrics (AT)	18 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Rhyme Time (AT) 11:00 Word Challenge (KR) 1:15 Photography Club (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	19 9:45 Morning Topics (AT) 10:30 Cardio Drumming (ST) 11:00 Art Appreciation (KR) 2:00 Red & Yellow Music (LR) 3:30 Christmas Crafts (ST) 6:15 Wii Bowling (KR)	20 9:45 Baking Group (KR) 10:30 Atwater/Robinson Ceramics (CR) 1:30 Staff Christmas Caroling & Kazoo Performance (LR) 2:15 Chapel & Skyview Ceramics (CR) 2:15 Movie Club (KR) 3:00 UNO (ST)	21 <b>First Day of Winter</b> 10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 Bingo (ST) 3:00 Puzzle Swap (All neighborhoods)
22 10:00 UNO (AT) 10:30 Brunch Bunch: <i>Egg Nog Social (KR)</i> 11:00 Virtual Mass (AT) 2:00 Willie Ninger (LR)	23 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 11:00 Intermediate Art (CR) 2:00 BINGO! (ST) 3:00 Life Enrichment Planning (KR) 3:15 Trivia (ST) 4:00 Wheel of Fortune! (AT) 6:00 After Dinner Music (LR)	24 9:45 Morning Topics (AT) 10:30 Seated Zumba (ST) 11:30 Rosary w/ Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:30 Create & Sip (CR) 2:30 Word Games (ST) 3:45 Great Courses (KR) 4:00 Finish the Rhyme (AT)	25 <b>Christmas Day/ Hanukkah Begins</b> 10:30 Friends & Family Cookies & Cocoa Social (KR) 4:30 Menorah Lighting (LR)	26 9:45 All About Hanukkah (AT) 10:30 Cardio Drumming (ST) 11:00 Poetry Circle (KR) 2:00 Birthday Happy Hour (KR) 3:30 Beginners Zen Painting (AT) 4:30 Menorah Lighting (LR) 6:15 Wii Bowling (KR)	27 9:45 Friday Catch-up (AT) 10:30 Documentary Hour (AT) 10:30 Atwater/Robinson Ceramics (CR) 1:00 Literature Lovers (KR) 1:30 Chapel & Skyview Ceramics (CR) 2:00 Movie Club (KR) 3:00 EZ Yahtzee (ST) 4:30 Menorah Lighting (LR)	28 10:15 Yard Games (KR) 11:00 Giant Crossword (ST) 2:00 Bingo (ST) 3:00 Puzzle Swap (All neighborhoods) 4:30 Menorah Lighting (LR)
29 10:00 UNO (AT) 11:00 Virtual Mass (AT) 11:15 Trivia Topics (ST) 2:00 Over Easy (LR) 2:00 It's a Wonderful Life Radio Play (PAC) 4:30 Menorah Lighting (LR)	30 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 11:00 McLean Paper Crafters (KR) 2:00 Resident Council (KR) 3:00 BINGO! (KR) 4:00 Wheel of Fortune! (AT) 6:00 After Dinner Music (LR) 4:30 Menorah Lighting (LR)	31 <b>New Year's Eve</b> 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:30 Traditions Around the World (KR) 1:30 Historical Topics with Ann (ST) 2:30 Word Games (ST) 2:30 Writers Bloc (CR) 4:00 New Year's Toast & Happy Hour (LR) 4:30 Menorah Lighting	<b>Additional Services:</b> <i>Shopping Trips:</i> Monday Mornings- call x3725 for more information <i>Media Center Tech Support:</i> Tuesdays 10-12 – Call x3734 to request an appointment <i>Pet Therapy Visits:</i> 10am Tuesdays in resident rooms <i>Communion:</i> Offered Tuesday mornings at 10:15 and Wednesday starting at 9:15 room to room	<i>Please see monthly newsletter and weekly schedule of events for additional programs or program changes</i>	<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= Performing Arts Center QR = Quiet Room RB = Robinson ST =Skyview Terrace	<b>December 2024</b>  <i>Friday Dec. 20<sup>th</sup> is Christmas Sweater Day!</i>