

## 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.

### 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

## Highlighted Programs

### 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,

January 2025

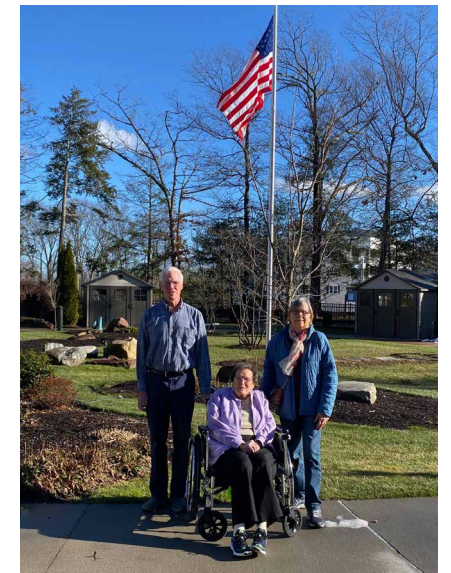
January is a great time to reflect and reconnect. Please take the opportunity to attend an activity with your loved one this month!

- Enjoy music in our living room: John Brighenti on January 2, the Ben and Ed show on January 9, and Cameron Sutphin on January 16. All music starts at 2:00 p.m.
- If art is your pleasure, we have ceramics weekly in our Craft Room. Or check out the local art in our Art Lounge, outside of the Pfirman Dining Room.
- Additionally, we offer regular outings for your loved ones. Please check the monthly activities schedule for the latest trip.

Watch for emails with the link to our virtual quarterly Family Council Meetings. They are informative and also give you the chance to ask questions of our leadership.

We are still tentatively looking at the end of February 2025 for a move upstairs to the Willows for our post-acute and Chapel residents. As previously promised, we will give all residents moving a 30-day notice.

It is with great appreciation and thanks that we share that McLean resident Barbara Hartwell has donated a new flagpole in our courtyard in memory of her husband John Hartwell. Barbara and her family, David and Sharmane Hartwell, are pictured above. Thank you, Barbara!



Anne Rolfe, DPT

Administrator of the Health Center

Ann Pavano

Director of Assisted Living and Resident Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Additional Services:</b> <b>Shopping Trips:</b> call x3725 for more information <b>Media Center Tech Support:</b> Tuesdays 10-12 – Call x3734 to request an appointment <b>Pet Therapy Visits:</b> 10am Tuesdays in resident rooms <b>Communion Visits:</b> Starting at 9:15 Wednesdays in resident rooms	<i>Please see monthly newsletter and weekly schedule of events for additional programs or program changes</i>	<b>KEY</b> <b>AT</b> = Atwater <b>CC</b> =Chapel Crossing <b>CH</b> = Carling Chapel <b>CR</b> = Craft Room <b>CT</b> =Carling Terrace <b>CY</b> = Courtyard <b>DR</b> =Pfirman <b>EV</b> =Evergreen Way <b>GH</b> = Greenhouse <b>KR</b> =Koopman Room <b>LR</b> = Living Room <b>PAC</b> = Performing Arts Center <b>QR</b> = Quiet Room <b>RB</b> = Robinson <b>ST</b> =Skyview Terrace	<b>NEW YEAR'S DAY</b> 1 <b>10:30</b> New Year's Day Mimosas (KR) <b>2:00</b> BINGO! (ST) <b>4:30</b> Menorah Lighting (LR)	2 <b>10:30</b> Cardio Drumming (ST) <b>11:00</b> Brain Boosters (ST) <b>11:00</b> Post Crossings (KR) <b>2:00</b> John Brighenti (LR) <b>3:30</b> Beginners Zen Painting (ST) <b>6:15</b> Wii Bowling (KR) <b>4:30</b> Menorah Lighting (LR)	3 <b>9:45</b> Friday Catch-up (AT) <b>10:30</b> Documentary Hour (AT) <b>11:00</b> Church w/ Rev. George (CH) <b>1:30</b> Chapel/Skyview Ceramics (CR) <b>3:00</b> Atwater/Robinson Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>2:00</b> Chuck it (CC) <b>3:00</b> Word Games (AT)	4 <b>10:15</b> Word in a Word (AT) <b>11:00</b> Giant Crossword (ST) <b>2:00</b> BINGO! (ST)
5 <b>10:00</b> UNO (AT) <b>10:30</b> Brunch Bunch (KR) <b>11:00</b> Virtual Mass (AT) <b>1:30</b> Trivia (ST) <b>2:30</b> Educational Topics (KR)	6 <b>9:45</b> Morning Topics (AT) <b>10:15</b> Communion (KR) <b>10:30</b> Tai Chi (KR) <b>11:00</b> Mass with Fr. Whyte (CH) <b>2:00</b> Bingo! (ST) <b>3:15</b> Trivia (ST) <b>4:00</b> Category Games (AT)	7 <b>9:45</b> Morning Topics (AT) <b>10:30</b> Seated Zumba (KR) <b>11:00</b> Tea w/ Mary Lou (RB) <b>11:30</b> Rosary w/ Mary & Fran (CH) <b>1:30</b> Historical Topics with Ann (ST) <b>2:00</b> Jeff the Plant Guy (KR) <b>3:45</b> Great Courses (MC) <b>4:00</b> Finish the Phrase (AT)	8 <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men's Group (CR) <b>10:30</b> Workout with Weights (KR) <b>11:00</b> Word Challenge (KR) <b>1:15</b> Photography Club (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Resident Appreciation Happy Hour (LR)	9 <b>10:30</b> Ribbon Dancing (ST) <b>11:00</b> Brain Boosters (ST) <b>11:00</b> Travel with Shyrel (KR) <b>2:00</b> The Ben & Ed Show (LR) <b>3:30</b> Beginners Zen Painting (ST) <b>6:15</b> Wii Bowling (KR)	10 <b>9:45</b> Friday Catch-up (AT) <b>10:30</b> Documentary Hour (AT) <b>10:30</b> Atwater/Robinson Ceramics (CR) <b>11:00</b> Church w/ Fr. Albright (CH) <b>1:30</b> Chapel/Skyview Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>2:00</b> UNO (CC) <b>3:00</b> Word Games (AT)	11 <b>10:15</b> Kazoo Band (KR) <b>11:00</b> Giant Crossword (CC) <b>2:00</b> BINGO! (KR)
12 <b>10:00</b> UNO (AT) <b>11:00</b> Virtual Mass (AT) <b>11:15</b> Educational Topics (KR) <b>2:00</b> Comedian Jane Conden (PAC) <b>2:00</b> Indoor Yard Games (ST)	13 <b>9:45</b> Morning Topics (AT) <b>10:15</b> Communion (KR) <b>10:30</b> Tai Chi (KR) <b>11:00</b> Theater Group (KR) <b>11:00</b> Intermediate Art (CR) <b>2:00</b> Food Forum (KR) <b>3:00</b> BINGO! (KR) <b>4:00</b> Category Games(AT)	14 <b>9:45</b> Morning Topics (AT) <b>10:30</b> Seated Zumba (KR) <b>11:00</b> Tea w/ Mary Lou (RB) <b>1:30</b> Historical Topics with Ann (ST) <b>2:30</b> Word Games (ST) <b>3:45</b> Great Courses (KR) <b>4:00</b> Finish the Lyrics (AT)	15 <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men's Group (CR) <b>10:30</b> Exercise Bands (KR) <b>11:00</b> Word Challenge (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Karaoke! (ST) <b>4:00</b> Giant Crossword (AT)	16 <b>10:30</b> Cardio Drumming (ST) <b>11:00</b> Brain Boosters (ST) <b>11:00</b> Art Appreciation (KR) <b>2:00</b> Birthday Happy Hour (KR) <b>6:15</b> Wii Bowling (KR)	17 <b>10:00</b> Baking Group (KR) <b>10:30</b> Atwater/Robinson Ceramics (CR) <b>1:30</b> Chapel & Skyview Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>2:00</b> Horse Race Game (CC) <b>3:00</b> Word Games (AT)	18 <b>10:15</b> Word in a Word (AT) <b>11:00</b> Giant Crossword (ST) <b>2:00</b> BINGO! (ST)
19 <b>10:00</b> UNO (AT) <b>11:00</b> Virtual Mass (AT) <b>11:15</b> Educational Topics (KR) <b>2:00</b> Art Reception (LR)	<b>Martin Luther King Day</b> 20 <b>9:45</b> Morning Topics (AT) <b>10:15</b> Communion (KR) <b>10:30</b> Tai Chi (KR) <b>11:00</b> History Club (PAC) <b>11:00</b> McLean Paper Crafters (KR) <b>2:00</b> BINGO! (ST) <b>3:00</b> Life Enrichment Planning (KR) <b>3:15</b> Trivia (ST) <b>4:00</b> Category Games(AT)	21 <b>9:45</b> Morning Topics (AT) <b>10:30</b> Seated Zumba (ST) <b>11:00</b> Tea w/ Mary Lou (RB) <b>11:30</b> Rosary w/ Mary & Fran (CH) <b>1:30</b> Historical Topics with Ann (ST) <b>2:30</b> Word Games (ST) <b>3:45</b> Great Courses (KR) <b>4:00</b> Finish the Rhyme (AT)	22 <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men's Group (CR) <b>10:30</b> Fitness Balls (KR) <b>11:00</b> Word Challenge (KR) <b>1:15</b> Photography Club (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Karaoke! (ST) <b>4:00</b> Giant Crossword (AT)	23 <b>10:30</b> Ribbon Dancing (ST) <b>11:00</b> Brain Boosters (ST) <b>11:00</b> Poetry Circle (KR) <b>2:00</b> Crafting with Tiffanay: Resin Coasters (CR) <b>6:15</b> Wii Bowling (KR)	24 <b>9:45</b> Friday Catch-up (AT) <b>10:30</b> Documentary Hour (AT) <b>10:30</b> Atwater/Robinson Ceramics (CR) <b>1:00</b> Literature Lovers (KR) <b>1:30</b> Chapel & Skyview Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>2:00</b> EZ Yahtzee (CC) <b>3:00</b> Word Games (AT)	25 <b>10:15</b> Kazoo Band (KR) <b>11:00</b> Giant Crossword (CC) <b>2:00</b> BINGO! (KR)
26 <b>10:00</b> UNO (AT) <b>10:30</b> Brunch Bunch (KR) <b>11:00</b> Virtual Mass (AT) <b>1:30</b> Trivia (ST) <b>2:00</b> Live music with the Airborne Trio (PAC) <b>2:30</b> Educational Topics (KR)	27 <b>9:45</b> Morning Topics (AT) <b>10:15</b> Communion (KR) <b>10:30</b> Tai Chi (KR) <b>11:00</b> Theater Group (KR) <b>11:00</b> Intermediate Art (CR) <b>2:00</b> Resident Council (KR) <b>3:00</b> BINGO! (KR) <b>4:00</b> Category Games (AT)	28 <b>9:45</b> Morning Topics (AT) <b>10:30</b> Seated Zumba (KR) <b>11:00</b> Tea w/ Mary Lou (RB) <b>1:30</b> Historical Topics with Ann (ST) <b>2:30</b> Word Games (ST) <b>2:30</b> Writers Bloc (CR) <b>3:45</b> Great Courses (KR) <b>4:00</b> Finish the Phrase (AT)	29 <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men's Group (CR) <b>10:30</b> Workout with Weights (KR) <b>11:00</b> Word Challenge (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Karaoke! (ST) <b>4:00</b> Giant Crossword (AT)	30 <b>10:30</b> Cardio Drumming (ST) <b>11:00</b> Brain Boosters (ST) <b>1:00</b> Literature Lovers (KR) <b>2:00</b> Beginners Zen Painting (ST) <b>6:15</b> Wii Bowling (KR)	31 <b>10:00</b> Baking Group (KR) <b>10:30</b> Documentary Hour (AT) <b>10:30</b> Atwater/Robinson Ceramics (CR) <b>1:30</b> Chapel & Skyview Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>2:30</b> Chuck it (ST)	

January 2025

