

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,

February 2025

We hope you are staying warm and toasty during these deep winter days.

We would like to take this opportunity to welcome McLean's new CFO, Paula DePinto .

Paula joined us on January 21 as the new Vice President of Finance/CFO and has worked in the Senior Living industry for 20 years in various roles. She has been involved in senior community-based activities such as resident retreats and senior beauty pageants. Paula has three adult children and resides in Plantsville. In her free time she enjoys hiking, yoga, reading, and taking long walks. We welcome Paula to our community.

Take some time to enjoy artists featured in our Art Lounge outside the Pfirman dining room. The display, "Three Visions," includes works by local artists Nora Hillman, Sarah Ryor, and Beth Schave-Bemis.

A reception with light refreshments will be held on February 2 from 2:00 – 4:00 p.m.

The annual Angel Hearts tree, sponsored by the McLean Auxiliary, has returned to the lobby! On this Valentine's tree are items requested by our residents. Staff, families, and friends are welcome to take a heart from the tree, fill the request, and return the item to the front desk by February 6. The Auxiliary graciously packages up all the gifts and presents every resident with a gift on Valentine's Day.



Anne Rolfe, DPT

Administrator of the Health Center

Ann Pavano

Director of Assisted Living and Resident Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Additional Services: Shopping Trips: call x3725 for more information Media Center Tech Support: Tuesdays 10-12 – Call x3734 to request an appointment Pet Therapy Visits: 10am Tuesdays in resident rooms Communion Visits: 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>	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= Performing Arts Center QR = Quiet Room RB = Robinson ST =Skyview Terrace	February is Black History Month: <i>Check out Channel 5 Thursday Mornings throughout February to watch movies inspired by black history!</i>			10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 BINGO! (ST)
Groundhog Day 2 10:30 Groundhog Day 101 (AT) 11:00 History of Groundhog Day 11:00 Virtual Mass (AT) 1:30 Trivia (ST) 2:00 Art Reception (LR) 2:30 Groundhog Day (Ch 5/KR)	9:45 Morning Topics (AT) 3 10:15 Communion (KR) 10:30 Tai Chi (KR) 11:00 Theater Group (KR) 2:00 Bingo! (ST) 3:15 Trivia (ST) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 4 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 11:30 Rosary w/ Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:00 Jeff the Plant Guy (KR) 3:45 Great Courses (MC) 4:00 Finish the Phrase (AT)	9:45 Virtual Tours (AT) 5 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Word Challenge (KR) 1:15 Trivia with Judy (KR) 1:30 Photography Club (KR) 2:00 BINGO! (ST) 3:15 Karaoke (ST) 4:00 Giant Crossword (AT)	10:30 Ribbon Dancing (ST) 6 11:00 Brain Boosters (ST) 11:00 Travel with Shyrel (KR) 2:00 Piano-Ruriko Wheeler (LR) 3:00 Dissipated 8 (LR) 3:30 Beginners Zen Painting (ST) 6:15 Wii Bowling (KR)	9:45 Friday Catch-up (AT) 7 10:30 Documentary Hour (AT) 10:30 Atwater/Rob. Ceramics (CR) 11:00 Congregational Church Service (CH) 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 2:00 UNO (CC) 3:00 Word Games (AT)	10:15 Word in a Word (KR) 11:00 Giant Crossword (CC) 2:00 BINGO! (KR) 8
11:00 Virtual Mass (AT) 9 11:15 Educational Topics (KR) 2:00 Superbowl Games (ST) 6:30 Super Bowl LIX (KR/FOX)	9:45 Morning Topics (AT) 10 10:15 Communion (KR) 10:30 Tai Chi (KR) 10:45 Intermediate Art (CR) 11:00 Catholic Mass (CH) 2:00 Food Forum (KR) 3:00 BINGO! (KR) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 11 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 1:30 Historical Topics with Ann (ST) 2:30 Writer's Bloc (CR) 2:30 Valentine Arrangements (CR) 3:45 Great Courses (KR) 4:00 Finish the Lyrics (AT)	9:45 Virtual Tours (AT) 12 10:00 Men's Group (CR) 10:30 Exercise Bands (KR) 11:00 Word Challenge (KR) 1:15 Trivia with Judy (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	10:30 Cardio Drumming (ST) 13 11:00 Brain Boosters (ST) 11:00 Art Appreciation (KR) 2:00 Vocals by Chicago Joe (LR) 6:15 Wii Bowling (KR)	Valentine's Day 14 9:45 Friday Catch-up 10:30 Atwater/Rob. Ceramics (CR) 11:00 Episcopalian Church Service (CH) 12:00 Sweetheart Luncheon (DR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 2:00 Horse Race Game (CC) 3:00 Word Games (AT)	10:15 Word in a Word (AT) 15 11:00 Giant Crossword (ST) 2:00 BINGO! (ST)
10:30 Brunch Bunch (KR) 16 11:00 Virtual Mass (AT) 11:15 Educational Topics (KR) 2:00 Willie & Jan (LR)	Presidents Day 17 9:45 Morning Topics (AT) 10:15 Communion (KR) 10:30 Tai Chi (KR) 11:00 History Club (PAC) 11:00 McLean Paper Crafters (CR) 2:00 BINGO! (ST) 3:00 Life Enrichment Planning (KR) 3:15 Trivia (ST) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 18 10:30 Seated Zumba (ST) 11:00 Tea w/ Mary Lou (RB) 11:30 Rosary w/ Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:30 Word Games (ST) 3:45 Great Courses (KR) 4:00 Finish the Rhyme (AT)	9:45 Virtual Tours (AT) 19 10:00 Men's Group (CR) 10:30 Fitness Ball Exercises (KR) 11:00 Word Challenge (KR) 1:15 Trivia with Judy (KR) 1:30 Photography Club (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	10:30 Ribbon Dancing (ST) 20 11:00 Brain Boosters (ST) 11:00 Poetry Circle (KR) 2:00 Red & Yellow Music (LR) 3:15 Black History Month Discussion (KR) 6:15 Wii Bowling (KR)	10:00 Cooking Group (AT) 21 10:30 Documentary Hour (AT) 10:30 Atwater/Rob. Ceramics (CR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 2:00 EZ Yahtzee (CC) 3:00 Word Games (AT) Tangines: Taste of the world	10:15 Word in a Word (KR) 22 11:00 Giant Crossword (CC) 2:00 BINGO! (KR)
11:00 Virtual Mass (AT) 23 1:30 Trivia (ST) 2:30 Educational Topics (KR)	9:45 Morning Topics (AT) 24 10:15 Communion (KR) 10:30 Tai Chi (KR) 10:45 Intermediate Art (CR) 11:00 Theater Group (KR) 2:00 Resident Council (KR) 3:00 BINGO! (KR) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 25 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 1:30 Historical Topics with Ann (ST) 2:30 Word Games (ST) 2:30 Writers Bloc (CR) 3:45 Great Courses (KR) 4:00 Finish the Phrase (AT)	9:45 Virtual Tours (AT) 26 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Word Challenge (KR) 1:15 Trivia with Judy (KR) 2:00 Literature Lovers (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	10:30 Cardio Drumming (ST) 27 11:00 Brain Boosters (ST) 2:00 Birthday Happy Hour (KR) 6:15 Wii Bowling (KR)	10:00 Cooking Group (KR) 28 10:30 Documentary Hour (AT) 10:30 Atwater/Rob. Ceramics (CR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 2:00 Chuck it (ST) 3:00 Word Games (AT)	February 2025 