

## 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,

March 2025

Spring is almost here! Soon, we'll have the opportunity to get back on our adaptive bikes. Stay tuned for information on how you can take loved ones out on our electric adaptive bikes.

March is a busy month, filled with exciting events:

- **Casino Afternoon:** Join us on **March 11** in the Living Room at 2:00 p.m. for a fun-filled casino afternoon, hosted by our Auxiliary.
- **Therapy Dog Educational Lecture:** On **March 12**, learn about the benefits of therapy dogs, featuring our own furry friends, Rambler and Jazzy.
- **St. Patrick's Day Celebrations:** Don't miss the festivities on **March 13 and 17**, featuring step dancing and live music. Check the Life Enrichment schedule for exact times.

Additionally, we offer a **Dementia Caregiver Support Group** every second Friday of the month from 10:00-11:15 a.m. in the Goodrich conference room. For more information, please contact Ann Pavano at 860-658-3941.





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>MARCH 30th</b> 10:30 Brunch Bunch (AT) 11:00 Virtual Mass (AT) 1:30 IN2L Trivia (ST) 2:30 Tech Topics (KR)	<b>MARCH 31st</b> 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 10:45 McLean Paper Crafters (CR) 1:45 Resident Council (KR) 3:00 BINGO! (KR) 4:00 Category Games (AT)	<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>March is National Social Work month!</b>  <i>Please see monthly newsletter and weekly schedule of events for additional programs or program changes</i>	<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> Tuesdays & Fridays in resident rooms <b>Communion Visits:</b> Starting at 9:15 on Wednesdays	<b>March 2025</b> 	1 10:15 Word in a Word (KR) 11:00 Giant Crossword (ST) 2:00 BINGO! (ST) 3:30 Hooks N' Needles (CC)
2 10:30 Brunch Bunch (AT) 11:00 Virtual Mass (AT) 1:30 IN2L Trivia (ST) 2:30 Tech Topics (KR)	3 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 10:45 McLean Paper Crafters (CR) 11:00 Resident Ambassador Meeting (KR) 1:45 Food Forum (KR) 3:00 Bingo! (KR) 4:00 Category Games (AT)	4 <b>Mardi Gras</b> 9:45 Morning Topics (AT) 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) 4:15 Mardi Gras Happy Hour (LR)	5 <b>Ash Wednesday</b> 9:45 Virtual Tours (AT) 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)	6 10:30 Exercise for EveryBody (ST) 10:30 Cardio Drumming (KR) 11:00 Brain Boosters (ST) 11:00 Postcrossing (KR) 2:00 Piano w/ John B. (LR) 2:00 Rummikub (ST) 3:30 Art Journaling (ST) 6:15 Wii Bowling (KR)	7 9:45 Friday Catch-up (AT) 10:30 Documentary Hour (AT) 10:30 Atwater/Robinson Ceramics (CR) 11:00 Congregational Church Service (CH) 1:30 Chapel/Skyview Ceramics (CR) 2:00 Movie Club (KR) 2:00 Piano Lessons (LR)	8 <b>International Women's Day</b> 10:15 Women's Day Trivia (AT) 11:00 Giant Crossword (ST) 2:00 BINGO! (KR) 3:30 Puzzle Table (CC)
9 <b>Daylight Savings Time Begins</b> 10:00 Have You Ever? (AT) 11:00 Virtual Mass (AT) 11:15 Balloon Burst (ST) 2:00 Eight to the Bar (PAC) 1:30 UNO (AT) 2:30 Veteran's Group (LR)	10 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 10:45 Intermediate Art (CR) 11:00 Catholic Mass (CH) 2:00 BINGO! (ST) 3:15 Trivia (ST) 4:00 Category Games (AT)	11 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 1:30 Historical Topics with Ann (ST) 2:00 Auxiliary Casino! (LR) 2:30 Writer's Bloc (CR) 3:45 Great Courses (KR) 4:00 Finish the Lyrics (AT)	12 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Jazzy & Rambler: Saving the World One Paw at a Time(KR) 1:15 Trivia with Judy (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	13 10:30 Cardio Drumming (ST) 10:30 Chair Yoga (KR) 11:00 Brain Boosters (ST) 11:00 Art Appreciation (KR) 2:00 New Resident Mixer (KR) 3:30 Irish Step Dancing Show (LR) 6:15 Wii Bowling (KR)	14 9:45 Friday Catch-up 10:30 Documentary Hour (AT) 10:30 Atwater/Rob. Ceramics (CR) 11:00 Episcopalian Church Service (CH) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 2:00 Piano Lessons (LR)	15 10:15 Word in a Word (KR) 11:00 Giant Crossword (ST) 2:00 BINGO! (ST) 3:30 Puzzle Table (CC)
16 10:30 Brunch Bunch (AT) 11:00 Virtual Mass (AT) 1:30 IN2L Trivia (ST) 2:00 Art Reception (LR) 2:30 Tech Topics (KR)	17 <b>St. Patrick's Day</b> 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 10:45 McLean Paper Crafters (CR) 11:00 History Club (PAC) 2:00 BINGO! (ST) 3:15 St. Patty's Trivia (ST) 4:00 Category Games (AT) 4:15 St. Patty's Happy Hour (LR)	18 9:45 Morning Topics (AT) 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)	19 9:45 Virtual Tours (AT) 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)	20 <b>First Day of Spring</b> 10:30 Exercise for EveryBody (ST) 10:30 Cardio Drumming (KR) 11:00 Brain Boosters (ST) 11:00 Travel with Shyrel (KR) 2:00 Hot Cat Jazz (LR) 2:00 Rummikub (ST) 3:30 Art Journaling (CR) 6:15 Wii Bowling (KR)	21 10:00 Cooking Corner (AT) 10:30 Documentary Hour (AT) 10:30 Atwater/Robinson Ceramics (CR) 1:30 Chapel & Skyview Ceramics (CR) 2:00 Movie Club (KR) 2:00 Piano Lessons (LR) 5:00 Taste of France (All neighborhoods)	22 10:15 Trivia Time (AT) 11:00 Giant Crossword (ST) 2:00 BINGO! (KR)
23 10:00 Would you Rather? (AT) 11:00 Virtual Mass (AT) 11:15 List it! (ST) 1:30 Chuck it (AT) 2:00 Camelot Musical Revue (PAC)	24 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 10:45 Intermediate Art (CR) 11:00 Theater Group (ST) 2:00 BINGO! (ST) 3:00 Life Enrichment Planning (KR) 3:00 Trivia (ST) 4:00 Category Games (AT)	25 9:45 Morning Topics (AT) 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)	26 9:45 Virtual Tours (AT) 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)	27 10:30 Cardio Drumming (ST) 11:00 Brain Boosters (ST) 11:00 Poetry Circle (KR) 2:00 Rummikub (ST) 2:00 Brad Smolkin (LR) 3:15 March Birthday Happy Hour (KR) 6:15 Wii Bowling (KR)	28 10:00 Cooking Corner (KR) 10:30 Documentary Hour (AT) 10:30 Atwater/Robinson Ceramics (CR) 1:30 Chapel & Skyview Ceramics (CR) 2:00 Movie Club (KR) 2:00 Piano Lessons (LR)	29 10:15 Word in a Word (KR) 11:00 Giant Crossword (ST) 2:00 BINGO! (KR) 3:30 Hooks N' Needles (CC)