

## Village Highlights

### February 16

2:00pm in the PAC. McLean Presents: "The Sweet Adelines," a concert of love songs. Sign up in the book required.

### February 23

2:00pm in the PAC. McLean Presents: "Anything Goes," a musical revue directed by Michael Yachanin. Sign up in the book required.

### February 24

2:00pm in the PAC. The Teaching Kitchen with Dietitian Stella Leone: Building a Healthy Plate. Learn strategies on what menu options to choose to maximize your nutritional benefits.

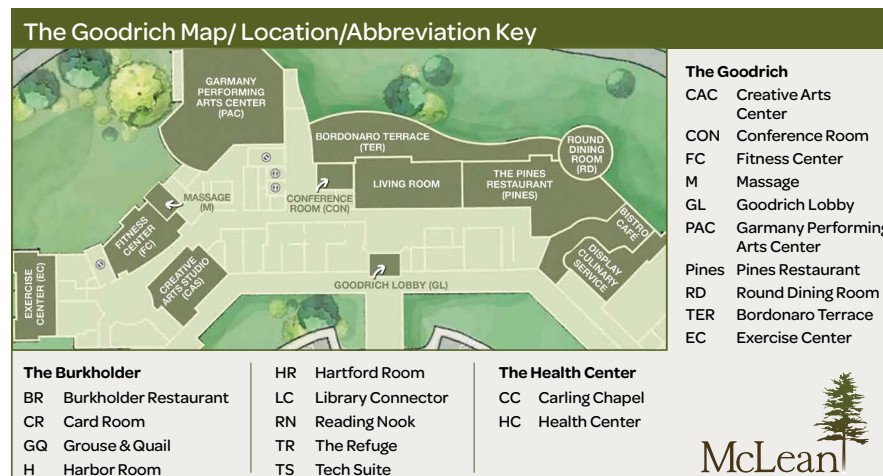
### February 25

2:00pm in the PAC. University of Hartford Presidents' College: "The Beauty of Fractal Geometry." Even if math was your most hated (or feared) subject, your grown-up self will be able to "get" the beauty of fractal geometry. It's about patterns, ones that repeat infinitely, the smallest part of the whole being structured like the whole itself. Fractal geometry is a tool to describe how shapes in art, science, and nature intersect.

## The Principles of Sustainability

Presented by the McLean Environmental Group

- **RETHINK** your choices.
- **REFUSE** single use.
- **REDUCE** your consumption.
- **REUSE** everything.
- **REFURBISH** old stuff.
- **REPAIR** before replacing.
- **REPURPOSE** with creativity.
- **RECYCLE** as a last option.



# The Village Newsletter

BOUNDLESS

February 2025

## FROM THE DESK OF THE DIRECTOR

Valentine's Day is an annual festival to celebrate romantic love, friendship, and admiration. Every year on February 14, people celebrate by sending messages of love, affection, and support to partners, family, and friends.

This year, why not think about "being your own valentine" by practicing a bit of self-care – defined as having a positive regard for yourself and taking care of your needs and well-being.

### Why is self-care important?

- It can help you navigate life's ups and downs.
- It can help you form better relationships with others.
- It can help you celebrate your wins, even the small ones.

### How can you practice self-care?

- Be kind to yourself: Treat yourself with the same kindness and understanding you would show a friend.
- Take care of yourself: Make time to nourish your physical and mental health.
- Rest: Give yourself time to relax and do things you enjoy.
- Be aware of your feelings: Notice how you treat yourself when things don't go as planned.
- Be proud of yourself: Learn about your emotions, even if they seem uncomfortable.

So this February 14, when you are thinking of others, don't forget to be kind to yourself too!

Megan Gill

Megan Gill, Director of McLean Village



BOUNDLESS

Please visit the Fitness Center for your free 30-minute wellness coaching. Call (860) 658-3750 to schedule your appointment.

# February 2025

McLeanCare.org

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1:00 Van departs from the Goodrich lobby for SHS performance of "Anastasia" Sign up required.

2

7:00 Poker at the Round Tables (GL)

3

10:30 Pinochle Card Game (CR)  
1:00 Mexican Train (CR)  
2:00 Music Makers (PAC)

4

10:00 -12:00 Village Giftshop (G&Q)  
1:00 Campus Update (PAC & Virtual)  
2:30 Great Courses (PAC)  
4:00 Happy Hour (G&Q)

5

10:00 Parkies & Friends (HR)  
11:00 Hooks N Needles (GL)  
1:00 Scrabble (CR)  
2:00 Poetry Group (CON)  
3:30 Tech Group (TS)

6

11:00 University of Hartford Physical Therapy Students present: Heart Health Tips (PAC)  
1:00 Movie "Rear Window" (PAC)  
1:00 Mahjong (G&Q)

7

12:00 Lunch Bunch (Pines)  
1:00 Hand & Foot Card Game (GL Balcony)  
3:00 Easy Listening with Bill (PAC)

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12:00 Lunch Bunch (Pines)  
1:00 Hand & Foot Card Game (GL Balcony)  
3:00 Easy Listening with Bill (PAC)

8



9

11:00 Catholic Mass (Carling)  
1:00 Environmental Group meeting: visitors welcome (CON)  
1:30 Bean Bag Toss (HR)  
7:00 Poker at the Round Tables (GL)

10

10:30 Pinochle Card Game (CR)  
10:00 "Sew smART" (CON)  
2:00 Music Makers (G&Q)  
4:45 -6:45 Drop-In Tech Help with Patty (GL)  
6:00 McLean & Me: Five Wishes (PAC) Advance registration required by 2/4.

11

10:00 -12:00 Village Giftshop (G&Q)  
1:00 Campus Update (PAC & Virtual)  
2:30 Great Courses (HR)  
4:00 Happy Hour (G&Q)

12

11:00 Hooks N Needles (GL)  
11:00 Conversations w/Lyn (HR)  
3:00 Carol Harris Presents: "Everything You Wanted to Know About Flying." (PAC)

13

9:30 Ladies' Coffee (RD)  
10:00-11:15 Dementia Caregiver Support with Ann (CON)  
11:00a Memoir Writing Group (CAC)  
1:00 Movie "Battle of the Sexes" (PAC)  
1:00 Mahjong (G&Q)  
4:00 smART Reception (CAC)

14

12:00 Lunch Bunch (Pines)  
1:00 Hand & Foot Card Game (GL Balcony)

15

2:00 McLean Presents: "The Sweet Adelines," a concert of love songs. Sign up required. (PAC)

16

11:00 History Group (PAC)  
1:30 Podiatrist by appt. only  
7:00 Poker at the Round Tables (GL)

17

10:30 Pinochle Card Game (CR)  
1:00 Mexican Train (CR)  
2:00 Music Makers (G&Q)

18

10:00 -12:00 Village Giftshop (CQ)  
1:00 Campus Update (PAC & Virtual)  
1:30 Dining Forum (PAC)  
2:30 Great Courses (HR)  
4:00 Happy Hour (G&Q)

19

11:00 Hooks N Needles (GL)  
1:00 Scrabble (CR)  
2:00 Poetry Group (CON)  
3:30 Tech Group (TS)

20

11:00 Book Group (HR)  
1:00 Movie "Moonstruck" (PAC)  
1:00 Mahjong (G&Q)

21

12:00 Lunch Bunch (Pines)  
1:00 Hand & Foot Card Game (GL Balcony)  
3:00 Easy Listening with Bill (PAC)

22

2:00 McLean Presents: Anything Goes Musical Revue directed by Michael Yachanin. Sign up required. (PAC)

23

1:00 Environmental Group meeting: visitors welcome (CON)  
1:30 Molky (HR)  
2:00 "Building a Healthy Plate" Teaching Kitchen with Stella Leonne  
7:00 Poker at the Round Tables (GL)

24

10:30 Pinochle Card Game (CR)  
10:00 "Sew smART" (Con)  
2:00 Music Makers (G&Q)  
2:00 University of Hartford Presidents' College "The Beauty of Fractal Geometry" (PAC)  
4:45 -6:45 Drop-In Tech Help with Patty (GL)

25

9:00 On Site Dermatology (HC) by appt only  
10:00 -12:00 Village Giftshop (G&Q)  
1:00 Campus Update (PAC & Virtual)  
1:30 Drop-in BP clinic with McLean homecare (CON)  
2:30 Great Courses (HR)  
4:00 Happy Hour (G&Q)

26

11:00 Hooks N Needles (GL)  
2:15-3:45 Drop-in Hours with Ann (CON)

27

9:30 Men's Coffee (RD)  
10:00-11:15 Dementia Caregiver Support with Ann (CON)  
11:00 Memoir Writing Group (CAC)  
1:00 Movie "The Black Stallion" (PAC)  
1:00 Mahjong (G&Q)

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**Village Events Hotline 860-658-3939**  
(Please Call for Daily Updates and Activities)

**Campus Update**  
Wednesdays  
1:00 (PAC/Virtual)