

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,

April 2025

Hello Spring!

It’s an exciting time of year as we can get back outside. Watch the front desk for information on how to sign up your loved ones for rides on our adaptive bikes. We have two adaptive bikes here at the health center, one that accommodates a wheelchair and one a tandem bike, so that your loved one can enjoy some time outside! Our annual training for families, staff, and volunteers will begin in early April.

On April 10th we will celebrate the Passover Seder at 4pm in the Pfirman Ding Room. Please rsvp by April 5th at the front desk if interested in joining us. The cost is for the Passover Seder \$20 per person. On April 12th we invite your friends and family with young children to join in our 2nd annual Easter egg hunt and spring festivities in the Health Center courtyard. The Egg Hunt will be held in the Health Center living room in the event of inclement weather. Additionally, if you wish to join your loved one for Easter dinner on April 20th please sign up at the front desk by April 15th. The cost is \$20 per person for the holiday dinner.

In March, the Caring Hands award ceremony was held at the Aqua Turf in Plantsville to celebrate front-line caregivers. McLean nursing aides Eulen Murphy, Urszula Niemczycki, and Arlene Norton were recognized for the kind, compassionate care they give to our residents and clients in our McLean community.



Anne Rolfe, DPT

Administrator of the Health Center

Ann Pavano

Director of Assisted Living and Resident Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>April</div> <div>2025</div> </div>	<div> <div>McLean</div> <div>  </div> </div>	APRIL FOOL'S DAY 1 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) 2:30 Writer's Bloc (KR) 3:45 Great Courses (KR) 4:00 Finish the Lyrics (AT)	2 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) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)	3 9:45 Morning Topics (AT) 10:15 Cardio Drumming (KR) 11:00 Brain & Body (ST) 11:00 Postcrossings (KR) 2:00 Willie Nininger (LR) 2:00 Rummikub (ST) 3:30 Art Journaling (ST)	4 9:45 Current Events (AT) 10:30 Atwater/Rob. Ceramics (CR) 11:00 Congregational Church Service (CH) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 6:15 Wii Bowling (KR)	5 AL OPEN HOUSE <i>10am -12pm</i> 10:15 Word in a Word (KR) 11:00 Giant Crossword (ST) 2:00 BINGO! (ST) 3:30 Hooks N' Needles (CC)
6 9:30 St. Mary's Live Stream (KR) 10:00 UNO (AT) 11:00 St. Mary's Live Stream (AT) 11:15 IN2L Trivia (ST) 1:30 Piano Lessons (LR)	7 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)	8 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Tea w/ Mary Lou (RB) 11:00 Folded Paper Eggs (KR) 1:30 Historical Topics with Ann (ST) 2:30 Resin Coasters (CR) 3:45 Great Courses (MC) 4:00 Finish the Phrase (AT)	9 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 Solve the Puzzle (AT)	10 9:45 Morning Topics (AT) 10:15 Chair Yoga (KR) 11:00 Brain & Body (ST) 11:00 Travel to Turkey! (KR) 2:00 Mass-Conn Fusion (LR) 2:00 Rummikub (ST) 3:30 Art Journaling (ST) 4:00 Passover Seder (DR)	11 9:45 Current Events (AT) 10:30 Atwater/Rob. Ceramics (CR) 11:00 Episcopalian Church Service (CH) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 6:15 Wii Bowling (KR)	12 PASSOVER BEGINS 10:30 Easter Egg Hunt (CY)** 2:00 BINGO! (KR) 2:00 Sheryl Faye presents: Helen Keller (PAC) 3:30 Puzzle Table (CC) <i>**Weather Permitting</i>
PALM SUNDAY 13 9:30 St. Mary's Live Stream (KR) 10:00 UNO (AT) 11:00 St. Mary's Live Stream (AT) 1:30 Piano Lessons (LR)	14 9:45 Morning Topics (AT) 10:45 Intermediate Art (CR) 2:00 BINGO! (ST) 3:15 Passover Trivia (ST) 4:00 Category Games (AT)	15 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) 2:30 Writer's Bloc (KR) 3:45 Great Courses (KR) 4:00 Finish the Lyrics (AT)	16 9:45 Virtual Tours (AT) 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)	17 9:45 Morning Topics (AT) 10:15 Cardio Drumming (ST) 11:00 Brain & Body (ST) 11:00 Art Appreciation (KR) 2:00 Piano w/ Ruriko (LR) 2:00 Rummikub (ST) 3:30 Art Journaling (ST)	18 GOOD FRIDAY 9:45 Current Events (AT) 10:30 Brain Games (AT) 10:30 Atwater/Rob. Ceramics (CR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 6:15 Wii Bowling (KR)	19 10:15 Word in a Word (KR) 11:00 Giant Crossword (ST) 2:00 BINGO! (ST) 3:30 Hooks n' Needles (CC)
EASTER 20 9:30 St. Mary's Easter Mass Live Stream (KR) 11:00 St. Mary's Easter Mass Live Stream (AT) 2:00 Fuzzy Bunny Mocktails (KR)	21 9:45 Morning Topics (AT) 10:45 McLean Paper Crafters (CR) 11:00 History Club (PAC) 2:00 BINGO! (ST) 3:15 Life Enrichment Planning (KR) 3:15 Earth Day Trivia (ST) 4:00 Category Games (AT)	22 EARTH DAY 9:45 Morning Topics (AT) 10:30 Seated Zumba (ST) 11:00 Tea w/ Mary Lou (RB) 11:00 Decorative Plates (KR) 1:30 Historical Topics with Ann (ST) 2:30 Pipe Cleaner Flowers (CR) 3:45 Great Courses (KR) 4:00 Finish the Rhyme (AT)	23 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 1:15 Trivia with Judy (KR) 1:30 Photography Club (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Solve the Puzzle (AT)	24 9:45 Morning Topics (AT) 10:15 Chair Yoga (KR) 10:30 Music Visits w/ Maggie 11:00 Poetry Circle (KR) 2:00 April Birthday Mixer (KR) 2:00 Rummikub (ST)	25 9:45 Current Events (AT) 10:30 Brain Games (AT) 10:30 Atwater/Rob. Ceramics (CR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 5:00 'Shuki' Israeli Food (DR) 6:15 Wii Bowling (KR)	26 10:15 Word in a Word (AT) 11:00 Giant Crossword (ST) 2:00 BINGO! (KR) 3:30 Puzzle Table (CC)
27 9:30 St. Mary's Live Stream (KR) 10:00 UNO (AT) 11:00 St. Mary's Live Stream (AT) 2:00 Fiddler on the Roof: Musical Revue (PAC) 2:00 Afternoon Cocktails & Art Reception (LR) Piano Lessons (LR)	28 9:45 Morning Topics (AT) 10:30 Tai Chi (KR) 10:45 Intermediate Art (CR) 11:00 Catholic Mass (CH) 1:45 Resident Council (KR) 3:00 BINGO! (ST) 4:00 Category Games (AT)	29 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) 2:30 Word Games (ST) 3:45 Great Courses (KR) 4:00 Finish the Phrase (AT)	30 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Workout with Weights (KR) 11:00 Word Challenge (KR) 1:15 Literature Lovers (KR) 2:00 BINGO! (ST) 3:15 Karaoke! (ST) 4:00 Giant Crossword (AT)		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: Tuesdays & Fridays in resident rooms Communion Visits: Starting at 9:15 on Wednesdays	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