

## Village Highlights

### Sunday, March 9<sup>th</sup>

McLean Presents: Eight to the Bar at 2:00 p.m. in the PAC. A lively concert of swing, boogie-woogie, and Motown. This fun and upbeat group was voted "Best Musical Group" in 2024 by CT Magazine. Sign up in the book required.

### Wednesday, March 12<sup>th</sup>

Come celebrate St. Patrick's Day with us at 4:00 in the Grouse and Quail. Entertainment provided by the Music Makers.

### Sunday, March 23<sup>rd</sup>

McLean Presents: "Camelot," a live musical revue directed by Michael Yachanin, at 2:00 in the PAC. Sign up in the book required.

### Monday, March 24<sup>th</sup>

Dietitian Stella Leone presents a "Spring Forward" teaching kitchen, an enlightening health and nutrition seminar, in the Grouse and Quail at 2:00. Enjoy a delicious snack too!

## The Plastic Pollution Crisis By The Numbers

Presented by the McLean Environmental Group

- America's rank in global plastic production: **1**
- The percentage of plastics that gets recycled in the United States each year: **5-6%**
- The percentage of plastic produced annually that's used for single-use plastics: **42%**
- The number of chemicals used to make plastics: **16,000**
- The number of microplastics particles found in a 1-liter plastic bottle of water: **240,000**

source: [BeyondPlastics.org](https://www.beyondplastics.org)



The Goodrich Map/ Location/Abbreviation Key

The Goodrich		
CAC	Creative Arts Center	
CON	Conference Room	
FC	Fitness Center	
M	Massage	
GL	Goodrich Lobby	
PAC	Garmany Performing Arts Center	
Pines	Pines Restaurant	
RD	Round Dining Room	
TER	Bordonaro Terrace	
EC	Exercise Center	

The Burkholder		
BR	Burkholder Restaurant	
CR	Card Room	
GQ	Grouse & Quail	
H	Harbor Room	

The Health Center		
HR	Hartford Room	
LC	Library Connector	
RN	Reading Nook	
TR	The Refuge	
TS	Tech Suite	

McLean

## BOUNDLESS

The Boundless Wellness team would like to remind you all that your FREE 30-minute wellness coaching awaits! Come meet with one of our fantastic coaches for a free customized session. Whether your goals are weight loss, functional strength, stress management, flexibility, improved sleep, or overall improved health, our experts are here to help. Stop by the fitness office or call (860) 658-3750 to schedule your free session today.

# The Village Newsletter

BOUNDLESS

March 2025

## FROM THE DESK OF THE DIRECTOR

### *March is a month of transitions and new beginnings.*

The saying "in like a lion, out like a lamb" has always seemed a straightforward enough proverb: when March starts, it's still winter, and by the end of the month, spring has begun. Our ancestors believed in balance, both in weather and life. If March started with stormy weather (like a roaring lion), they hoped it would end calmly (like a gentle lamb).

With March being such a changeable month – with equal chances of warm spring-like temperatures and late-season snowstorms – this saying continues to hold true.

### Two Important Dates in March:

**March 9:** Daylight saving time begins. Don't forget to "spring forward" and set your clocks ahead one hour.

**March 20:** The first day of spring!

I don't know about you, but I can't wait for the days to start getting longer, for flowers to begin to bloom, and for the warmer weather that allows us to spend more time enjoying the outdoors. After the cold winter blasts of February, Spring is a very welcome sight!

*Megan Gill*

Megan Gill, Director of McLean Village



# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p><b>1</b></p> <p>12:00 Lunch Bunch (Pines) 1:00 Hand &amp; Foot Card Game (GL Balcony) 3:00 Easy Listening with Bill (PAC)</p>
	<p><b>2</b></p> <p>1:30 Documentary "The Eagle Huntress" (PAC) 7:00 Poker at the Round Tables (GL)</p>	<p><b>3</b></p> <p>10:30 Pinochle (CR) 11:30 Rosary (CC) 1:00 Mexican Train (CR) 2:00 Music Makers (G&amp;Q) 7:00 Hand &amp; Foot Card Game (GL Balcony)</p>	<p><b>4</b></p> <p>11:00 -12:00 Village Giftshop (G&amp;Q) 1:00 Campus Update (PAC &amp; Virtual) 1:30 Podiatrist by appt. only (H) 2:30 Great Courses (HR) <b>4:00 Happy Hour (G&amp;Q)</b></p>	<p><b>5</b></p> <p>10:00 Parkies &amp; Friends (HR) 11:00 Hooks N Needles (GL) 1:00 Scrabble (CR) 2:00 Poetry Group (CON) 2:00 Sketching Hour (CAC) 3:30 Tech Group (HR)</p>	<p><b>6</b></p> <p>11:00 First Church (CC) 1:00 Movie "As Good as It Gets" (PAC) 1:00 Mahjong (G&amp;Q) <b>4:00 smART Reception (CAC)</b></p>	<p><b>7</b></p> <p>12:00 Lunch Bunch (Pines) 1:00 Hand &amp; Foot Card Game (GL Balcony) 3:00 Easy Listening with Bill (PAC)</p>
<p><b>9</b></p> <p><b>2:00 McLean Presents: Eight to the Bar Sign up required. (PAC)</b></p>	<p><b>10</b></p> <p>11:00 Catholic Mass (CC) 1:00 Environmental Group meeting (Visitors welcome) (CON) 1:30 Bean Bag Toss (HR) 7:00 Poker at the Round Tables (GL)</p>	<p><b>11</b></p> <p>10:00 Sew smART (CON) 10:30 Pinochle (CR) 2:00 Music Makers (G&amp;Q) 4:45 -6:45 Drop-In Tech Help with Patty (GL) 7:00 Hand &amp; Foot Card Game (GL Balcony)</p>	<p><b>12</b></p> <p>11:00 -12:00 Village Giftshop (G&amp;Q) 1:00 Campus Update (PAC &amp; Virtual) 2:30 Great Courses (HR) <b>4:00 Happy Hour (G&amp;Q) featuring the Music Makers</b></p>	<p><b>13</b></p> <p>11:00 Hooks N Needles (GL) 11:00 Conversations w/Lyn (HR) 2:00 Sketching Hour (CAC) w</p>	<p><b>14</b></p> <p>9:30 Ladies' Coffee (RD) 10:00-11:15 Dementia Caregiver Support with Ann (CON) 11:00 Trinity Episcopal (CC) 11:00a Memoir Writing Group (CAC) 1:00 Movie "Argo" (PAC) 1:00: Mahjong (G&amp;Q)</p>	<p><b>15</b></p> <p>12:00 Lunch Bunch (Pines) 1:00 Hand &amp; Foot Card Game (GL Balcony) 3:00 Easy Listening with Bill (PAC)</p>
	<p><b>16</b></p> <p>11:00 History Group (PAC) 1:30 Podiatrist by appt. only (H) 1:30 Documentary (PAC) 7:00 Poker at the Round Tables (GL)</p>	<p><b>17</b></p> <p>10:30 Pinochle (CR) 11:30 Rosary (CC) 1:00 Mexican Train (CR) 2:00 Music Makers (G&amp;Q) 7:00 Hand &amp; Foot Card Game (GL Balcony)</p>	<p><b>18</b></p> <p>10:00 -12:00 Village Giftshop (G&amp;Q) 1:00 Campus Update (PAC &amp; Virtual) 1:30 Dining Forum (PAC) 2:30 Great Courses (HR) <b>4:00 Happy Hour</b></p>	<p><b>19</b></p> <p>11:00 Hooks N Needles (GL) 1:00 Scrabble (CR) 2:00 Poetry Group (CON) 2:00 Sketching Hour (CAC) 3:30 Tech Group (HR)</p>	<p><b>20</b></p> <p>11:00 Book Group (HR) 1:00 Movie "Nyad" (PAC) 1:00 Mahjong (G&amp;Q)</p>	<p><b>21</b></p> <p>12:00 Lunch Bunch (Pines) 1:00 Hand &amp; Foot Card Game (GL Balcony) 3:00 Easy Listening with Bill (PAC)</p>
<p><b>23</b></p> <p><b>2:00 McLean Presents: "Camelot," a musical revue directed by Michael Yachanin. Sign up required. (PAC)</b></p>	<p><b>24</b></p> <p>1:00 Environmental Group meeting (Visitors welcome) (CON) 1:30 Molky (HR) <b>2:00 "Spring Forward" Teaching Kitchen with Stella Leone (GQ)</b> 7:00 Poker at the Round Tables (GL)</p>	<p><b>25</b></p> <p>10:00 Sew smART (CON) 10:30 Pinochle (CR) 2:00 Music Makers (G&amp;Q) 4:45 -6:45 Drop-In Tech Help with Patty (GL) 7:00 Hand &amp; Foot Card Game (GL Balcony)</p>	<p><b>26</b></p> <p>9:00 On Site Dermatology (HC) by appt only 10:00 -12:00 Village Giftshop (G&amp;Q) 1:00 Campus Update (PAC &amp; Virtual) 1:30 Drop-in BP clinic with McLean Home Care (CON) 2:30 Great Courses (HR) <b>4:00 Happy Hour</b></p>	<p><b>27</b></p> <p>11:00 Hooks N Needles (GL) 2:00 Sketching Hour (CAC) 2:15-3:45: Drop-in hours with Ann (CON)</p>	<p><b>28</b></p> <p>9:30 Men's Coffee (RD) 11:00 Memoir Writing Group (CAC) 1:00 Movie "It Could Happen to You" (PAC) 1:00 Mahjong (G&amp;Q)</p>	<p><b>29</b></p> <p>12:00 Lunch Bunch (Pines) 1:00 Hand &amp; Foot Card Game (GL Balcony) 3:00 Easy Listening with Bill (PAC)</p>
	<p><b>30</b></p> <p>7:00 Poker at the Round Tables (GL)</p>				<p><b>Village Events Hotline 860-658-3939 (Please Call for Daily Updates and Activities)</b></p>	<p><b>Campus Update Wednesdays 1:00 (PAC/Virtual)</b></p>