

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 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, chair yoga, Cardio Drumming and more!

Arts & Crafts

Including ceramics, McLean Paper Crafters group, Acrylic painting, and more!

Literature Lovers Book Club

Contact Marilyn Cadoff or x8351 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,

June 2025

This month, we’re excited to bring a variety of events and programs to our residents, their families, and our dedicated staff!

Summer Kick-Off

We’re launching our Resident and Staff Picnics, along with the start of the Summer Courtyard Concert Series. Be sure to check the Activities Calendar for specific dates and times—you won’t want to miss these special gatherings!

The Longest Day – Honoring Memory Care Residents

June 21st marks the Summer Solstice, the longest day of the year. The Alzheimer’s Association recognizes this day to raise awareness and support for those affected by Alzheimer’s. Their motto: “The day with the most light is the day we fight.”

From June 16–20, we’ll be hosting a series of meaningful activities to honor and celebrate our Memory Care residents. Please see calendar for additional details. Highlights include:

- **Monday:** Coffee Hour
- **Tuesday:** Family Dementia Education Program
- **Wednesday:** Concert by Jukebox 45 at 6pm inn our courtyard.
- **Thursday:** McLean and Me educational series at the Garment Performing Arts Center
- **Friday:** Ice cream for residents and staff in the Butterfly garden

Artist Lounge Feature

Don’t forget to visit our Artist Lounge outside the Pfirman Dining Room. This month’s featured artist(s) will be announced soon—stop by and enjoy the creativity on display!

Electric Adaptive Bikes

With the warm weather upon us, it’s a perfect time to enjoy the outdoors. Residents are encouraged to try our Electric Adaptive Bikes. For details and to schedule a ride, please visit the front desk.


Father’s Day Lunch at McLean

We’d love to have you join us for a special Father’s Day Lunch. If you’d like to attend, please sign up at the front desk. We look forward to making June a joyful, connected, and memorable month for all!

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>1</div> <div>10:30 UNO (AT)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>11:15 IN2L Trivia (ST)</div> <div>2:00 Willie & Jan (LR)</div>	<div>2</div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai Chi (KR)</div> <div>10:45 McLean Paper Crafters (CR)</div> <div>1:45 Food Forum (KR)</div> <div>3:00 BINGO! (ST)</div> <div>4:00 Category Games (AT)</div>	<div>3</div> <div>National Bike Day</div> <div>9:45 Morning Topics (AT)</div> <div>10:30 Seated Zumba (KR)</div> <div>11:00 Trivia (KR)</div> <div>11:00 Tea w/ Mary Lou (RB)</div> <div>1:30 Historical Topics with Ann (ST)</div> <div>2:00 Jose Paulo (LR)</div> <div>2:30 Writers' Bloc (KR)</div> <div>3:45 Great Courses (KR)</div> <div>4:00 Finish the Lyrics (AT)</div>	<div>4</div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (KR)</div> <div>11:00 Giant Crossword (ST)</div> <div>1:15 Trivia with Judy (KR)</div> <div>1:30 Photography Club (KR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Karaoke (ST)</div> <div>4:00 Jumble Jumble (AT)</div>	<div>5</div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (KR)</div> <div>11:00 Postcrossings (KR)</div> <div>2:00 Hot Cat Jazz (LR)</div> <div>3:30 Art Journaling (ST)</div> <div>6:15 Wii Bowling (KR)</div>	<div>6</div> <div>National Donut Day</div> <div>9:45 Current Events (AT)</div> <div>10:00 Atwater/Rob. Ceramics (CR)</div> <div>1:30 Chapel/ Sky. Ceramics (CR)</div> <div>2:00 Movie Club (KR)</div> <div>5:00 Cazuela House Pop Up: Chilean Food (ALL)</div>	<div>7</div> <div>10:15 Word in a Word (KR)</div> <div>11:00 Giant Crossword (ST)</div> <div>2:00 BINGO! (ST)</div>
<div>8</div> <div>10:30 UNO (AT)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>11:15 IN2L Trivia (ST)</div> <div>2:00 Afternoon Cocktails & Art Reception (LR)</div>	<div>9</div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai Chi (KR)</div> <div>10:45 Intermediate Art (CR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Trivia (ST)</div> <div>4:00 Category Games (AT)</div>	<div>10</div> <div>9:45 Morning Topics (AT)</div> <div>10:30 Seated Zumba (KR)</div> <div>11:00 Trivia (KR)</div> <div>11:00 Tea w/ Mary Lou (RB)</div> <div>1:30 Historical Topics with Ann (ST)</div> <div>2:00 Jeff the Plant Guy (KR)</div> <div>2:30 Word Games (ST)</div> <div>3:45 Great Courses (KR)</div> <div>4:00 Finish the Phrase (AT)</div>	<div>11</div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (KR)</div> <div>11:15 Giant Crossword (ST)</div> <div>1:15 Trivia with Judy (KR)</div> <div>1:30 Photography Club (KR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Karaoke (ST)</div> <div>4:00 Connect 8 (AT)</div>	<div>12</div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (KR)</div> <div>11:00 Travel w/ Shyrel (KR)</div> <div>2:00 June Birthday Mixer (KR)</div> <div>3:30 Art Journaling (ST)</div> <div>6:15 Wii Bowling (KR)</div>	<div>13</div> <div>9:45 Current Events (AT)</div> <div>10:00 Atwater/Rob. Ceramics (CR)</div> <div>11:00 Episcopalian Church Service (CH)</div> <div>1:30 Chapel/ Sky. Ceramics (CR)</div> <div>4:30 Wine & Dine (DR)</div>	<div>14</div> <div>Flag Day</div> <div>Wear Red, White & Blue</div> <div>10:15 Word in a Word (KR)</div> <div>11:00 Flag Day Trivia (ST)</div> <div>2:00 BINGO! (ST)</div>
<div>15</div> <div>FATHER'S DAY</div> <div>10:30 Dads & Donuts (KR)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>2:00 Ice Cream Sunday (CY)</div>	<div>16</div> <div>10:00 Alzheimer's & Dementia Awareness Coffee (LR)</div> <div>10:45 McLean Paper Crafters (CR)</div> <div>11:00 History Club (PAC)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Trivia (ST)</div> <div>4:00 Category Games (AT)</div>	<div>17</div> <div>9:45 Morning Topics (AT)</div> <div>10:30 Seated Zumba (KR)</div> <div>11:00 Trivia (KR)</div> <div>11:00 Tea w/ Mary Lou (RB)</div> <div>11:30 Rosary w/ Mary & Fran (CH)</div> <div>1:30 Historical Topics with Ann (ST)</div> <div>2:30 Word Games (ST)</div> <div>2:30 Writer's Bloc (CR)</div> <div>3:45 Great Courses (MC)</div> <div>4:00 Finish the Lyrics (AT)</div>	<div>18</div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (KR)</div> <div>11:15 Giant Crossword (ST)</div> <div>1:15 Trivia with Judy (KR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Karaoke! (ST)</div> <div>4:00 Jumble Jumble (AT)</div> <div>6:00 Jukebox 45 Concert (CY)</div>	<div>19</div> <div>JUNETEENTH</div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (ST)</div> <div>10:30 Music Visits with Maggie</div> <div>11:00 Art Appreciation (KR)</div> <div>2:00 Honoring Juneteenth (KR)</div> <div>3:30 Art Journaling (ST)</div> <div>6:15 Wii Bowling (KR)</div>	<div>20</div> <div>Longest Day</div> <div>9:45 Current Events (AT)</div> <div>10:00 Atwater/Rob. Ceramics (CR)</div> <div>1:30 Chapel/ Sky. Ceramics (CR)</div> <div>2:00 Ice Cream Truck (CY)</div> <div>2:00 Movie Club (KR)</div> <div>5:00 Pickles and Pastrami Pop-up (ALL)</div>	<div>21</div> <div>10:15 Word in a Word (KR)</div> <div>11:00 Giant Crossword (ST)</div> <div>2:00 BINGO! (ST)</div>
<div>22</div> <div>10:30 UNO (AT)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>11:15 IN2L Trivia (ST)</div> <div>2:00 Ice Cream Sunday (CT)</div>	<div>23</div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai Chi (KR)</div> <div>10:45 Intermediate Art (CR)</div> <div>11:00 Catholic Mass (CH)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Trivia (ST)</div> <div>4:00 Category Games (AT)</div>	<div>24</div> <div>9:45 Morning Topics (AT)</div> <div>10:30 Seated Zumba (ST)</div> <div>11:00 Trivia (KR)</div> <div>11:00 Tea w/ Mary Lou (RB)</div> <div>1:30 Historical Topics with Ann (ST)</div> <div>2:30 Word Games (ST)</div> <div>3:45 Great Courses (KR)</div> <div>4:00 Finish the Rhyme (AT)</div>	<div>25</div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (KR)</div> <div>11:15 Giant Crossword (ST)</div> <div>1:15 Trivia with Judy (KR)</div> <div>1:30 Photography Club (KR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Karaoke! (ST)</div> <div>4:00 Connect 8 (AT)</div>	<div>26</div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (KR)</div> <div>11:00 Poetry Circle (KR)</div> <div>2:00 Ben & Ed Show (LR)</div> <div>3:30 Art Journaling (ST)</div> <div>6:15 Wii Bowling (KR)</div>	<div>27</div> <div>9:45 Current Events (AT)</div> <div>10:00 Atwater/Rob. Ceramics (CR)</div> <div>1:30 Chapel/ Sky. Ceramics (CR)</div> <div>2:00 Movie Club (KR)</div> <div>4:30 Wine & Dine (DR)</div>	<div>28</div> <div>10:15 Word in a Word (AT)</div> <div>11:00 Giant Crossword (ST)</div> <div>2:00 BINGO! (KR)</div>
<div>29</div> <div>10:00 UNO (AT)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>11:15 IN2L Trivia (ST)</div> <div>2:00 Ice Cream Sunday (CY)</div>	<div>30</div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai Chi (KR)</div> <div>10:45 McLean Paper Crafters (CR)</div> <div>1:45 Resident Council (KR)</div> <div>3:00 BINGO! (ST)</div> <div>4:00 Category Games (AT)</div>		<div>Additional Services:</div> <div>Shopping Trips: call x3725 for more information</div> <div>Media Center Tech Support: Tuesdays 10am – Call x3734 to request an appointment</div> <div>Pet Therapy Visits: Tuesdays & Fridays in resident rooms</div> <div>Communion Visits: Starting at 9:15 on Wednesdays</div>	 <div>Ask us about our Adaptive Bicycles!</div> <div>860-658-3725</div>	<div>KEY</div> <div>AT= Atwater CC=Chapel Crossing</div> <div>CH= Carling Chapel CR= Craft Room</div> <div>CT =Carling Terrace CY= Courtyard</div> <div>DR =Pfirman EV=Evergreen Way</div> <div>GH = Greenhouse KR =Koopman Room</div> <div>LB= Lobby LR= Living Room</div> <div>PAC= Performing Arts Center</div> <div>QR = Quiet Room RB = Robinson</div> <div>ST =Skyview Terrace</div>	<div>June 2025</div> 