

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,

July 2025

Happy Summer!

As the temperatures rise, we want to take a moment to extend a heartfelt thank you to our wonderful Auxiliary. Their dedication and tireless efforts greatly enrich the lives of our residents here at McLean.

Most recently, the Auxiliary hosted their beloved annual Strawberry Festival, raising and distributing over \$15,000 to support resident needs. In addition to organizing this festive event, the Auxiliary stocks and staffs our Gift Shop year-round, ensuring that residents have convenient access to thoughtful items and essentials. Proceeds from the Gift Shop are reinvested right back into our community.

The Auxiliary also provides scholarships to employees and their children, grants to various departments, and thoughtful gestures throughout the year—including floral arrangements for Memorial and Veterans Day, Valentine’s Day gifts for every resident, and other special touches that brighten our community.



Upcoming Events & Reminders:

- **4th of July Holiday Meal:** Please RSVP at the front desk as usual
- **Atwater Family Picnic:** Wednesday, July 10th | 12:00pm
- **Chapel & Evergreen Family Picnic:** Wednesday, July 24th | 12:00pm
- **Art Reception featuring Rita Law-McConaughy:** Saturday, July 13th | 2:30–3:30 pm
- **Evening Concert – Southside Strummers Ukulele Band:** Wednesday, July 16th | 6:00pm | RSVP appreciated
Hawaiian shirts encouraged – tropical mocktails will be served!

We look forward to sharing these joyful moments with you and your loved ones this summer. Thank you for being part of the McLean family!

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>July 2025</div> <div>McLean</div> </div>	<div>  <p>Ask us about our Adaptive Bicycles! 860-658-3725</p> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:30 Seated Zumba (KR)</div> <div>11:00 Music 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>2:00 Jeff the Plant Guy (KR)</div> <div>2:30 Writers' Bloc (CR)</div> <div>3:45 What About? (KR)</div> <div>4:00 Finish the Lyrics (AT)</div> </div>	<div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (LR/CY)</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 Jumbo Jumble (AT)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (KR)</div> <div>10:30 Music Therapy (CC/EW)</div> <div>2:00 Crafting with Tiffanay (CC)</div> <div>6:15 Wii Bowling (KR)</div> </div>	<div> <div>Independence Day</div> <div>10:30 Walking Group (CY)</div> <div>11:15 American Revolution 101 (KR)</div> <div>1:30 Patriotic Painting (CR)</div> <div>2:30 Courtyard Popsicles (CY)</div> </div>	<div> <div>10:15 Jumbo Jumble (KR)</div> <div>11:00 Giant Crossword (ST)</div> <div>2:00 BINGO! (ST)</div> </div>
<div> <div>10:30 Garden Trivia (CY)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>1:30 UNO (AT)</div> <div>2:30 Ice Cream (CT)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai Chi (KR)</div> <div>10:45 Intermediate Art (CR)</div> <div>1:45 Food Forum (KR)</div> <div>3:00 BINGO! (ST)</div> <div>4:00 Category Games (AT)</div> </div>	<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>2:30 Word Games (ST)</div> <div>3:45 What About? (KR)</div> <div>4:00 Finish the Phrase (AT)</div> </div>	<div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (LR/CY)</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 Connect 8 (AT)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (KR)</div> <div>11:00 Postcrossings (KR)</div> <div>12:00 Atwater Family Picnic</div> <div>2:00 Res. Meet & Greet (KR)</div> <div>2:00 John Brighenti (ST)</div> <div>3:30 Art Journaling (CR)</div> <div>6:15 Wii Bowling (KR)</div> </div>	<div> <div>9:45 Walking Group (CY)</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>	<div> <div>10:15 Giant Crossword (KR)</div> <div>11:00 Word in a Word (ST)</div> <div>2:00 BINGO! (ST)</div> </div>
<div> <div>10:30 Terrace Trivia (CT)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>1:30 UNO (AT)</div> <div>2:30 Art Reception & Cocktail Hour (LR)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai chi (KR)</div> <div>10:45 McLean Paper Crafters (CR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Trivia (ST)</div> <div>4:00 Category Games (AT)</div> </div>	<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 What About? (MC)</div> <div>4:00 Finish the Lyrics (AT)</div> </div>	<div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (LR/CY)</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 Jumbo Jumble (AT)</div> <div>6:00 Southside Strummers (CY)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (ST)</div> <div>11:00 Travel w/ Shyrel (KR)</div> <div>2:00 Blaise (LR)</div> <div>3:30 Art Journaling (CR)</div> <div>6:15 Wii Bowling (KR)</div> </div>	<div> <div>9:45 Walking Group (CY)</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>	<div> <div>10:15 Jumbo Jumble (KR)</div> <div>11:00 Giant Crossword (ST)</div> <div>2:00 BINGO! (ST)</div> </div>
<div> <div>10:30 Garden Trivia (CY)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>2:00 Willie Nininger (LR)</div> </div>	<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 History Club (PAC)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Trivia (ST)</div> <div>4:00 Category Games (AT)</div> </div>	<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 What About? (KR)</div> <div>4:00 Finish the Rhyme (AT)</div> </div>	<div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (LR/CY)</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 Connect 8 (AT)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:15 Cardio Drumming (KR)</div> <div>11:00 Art Appreciation (KR)</div> <div>12:00 Chapel/Evergreen Picnic</div> <div>2:00 July Birthday Mixer (KR)</div> <div>3:30 Art Journaling (CR)</div> <div>6:15 Wii Bowling (KR)</div> </div>	<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>	<div> <div>10:15 Giant Crossword (AT)</div> <div>11:00 Word in a Word (ST)</div> <div>2:00 BINGO! (KR)</div> </div>
<div> <div>10:30 Terrace Trivia (CT)</div> <div>11:00 St. Mary's Live Stream (AT)</div> <div>1:30 UNO (AT)</div> <div>2:30 Ice Cream (CY)</div> </div>	<div> <div>9:45 Morning Topics (AT)</div> <div>10:00 Tai Chi (KR)</div> <div>10:45 McLean Paper Crafters (CR)</div> <div>11:00 Catholic Mass (CH)</div> <div>1:45 Resident Council (KR)</div> <div>3:00 BINGO! (ST)</div> <div>4:00 Category Games (AT)</div> </div>	<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>11:30 Rosary w/ Mary & Fran (CH)</div> <div>1:30 Historical Topics with Ann (ST)</div> <div>2:30 Writers' Bloc (KR)</div> <div>2:30 Word Games (ST)</div> <div>3:45 What About? (KR)</div> <div>4:00 Finish the Phrase (AT)</div> </div>	<div> <div>International Day of Friendship</div> <div>9:45 Virtual Tours (AT)</div> <div>10:00 Men's Group (CR)</div> <div>10:30 Chair Yoga (LR/CY)</div> <div>11:15 Giant Crossword (ST)</div> <div>1:30 Literature Lovers (KR)</div> <div>2:00 BINGO! (ST)</div> <div>3:15 Karaoke! (ST)</div> <div>4:00 Jumbo Jumble (AT)</div> </div>	<div> <div>10:15 Cardio Drumming (KR)</div> <div>10:30 Music Therapy (AT/ST)</div> <div>11:00 Poetry Circle (KR)</div> <div>2:00 Over Easy (LR)</div> <div>3:30 Art Journaling (ST)</div> <div>6:15 Wii Bowling (KR)</div> </div>	<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>	<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>