

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,

September 2025

We continue to make progress on the necessary steps for our upcoming move upstairs to The Willows. Thank you for your patience and support during this transition!

New Resource for Atwater Families: “On the Journey”

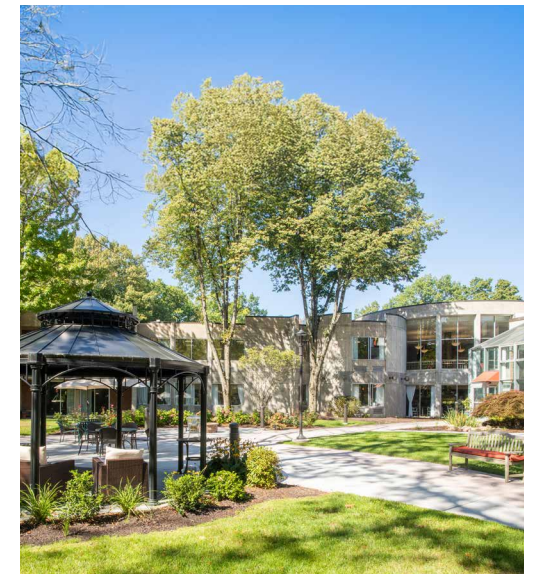
Be sure to check out our new quarterly newsletter, “On the Journey.” This resource was developed in response to families requesting tips and tools for visiting loved ones with dementia. Copies are available outside the Life Enrichment Office and on The Atwater.

In addition, we offer a Family Dementia Education Session twice a year. The next session will be held on October 15. Please RSVP to 860-658-3941 or ann.pavano@mcleancare.org

Mind-Body Relaxation Group

In July, we launched our very first Mind-Body Relaxation Group, focused on mindful breathing, connection, and healthy coping strategies. The group is co-facilitated by McLean resident Tanya Malse, who brings experience working with trauma survivors, and McLean Social Worker Paulina Luna.



The group will meet next on September 3 and will meet every Wednesday at 10:30 a.m. in the Carling Chapel. Residents, visitors, and staff are all welcome, but space is limited, so please RSVP to Paulina at 860-658-3914.



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>September 2025</div> 	LABOR DAY 1 10:30 Word Challenge (KR) 2:00 BINGO! (ST) 3:15 Labor Day Trivia (AT)	2 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Gazebo Guess-off (CY) 1:30 Historical Topics with Ann (ST) 3:30 What about? (KR) 4:00 Finish the Phrase (AT)	3 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Chair Yoga (LR/CY) 11:15 Word Challenge (ST) 1:15 Trivia with Judy (KR) 2:00 BINGO! (ST) 3:15 Group Sing (ST) 4:00 Jumbo Jumble (AT)	4 National Wildlife Day 9:45 Morning Topics (AT) 10:15 Cardio Drumming (KR) 11:00 Postcrossings (KR) 2:00 Jose Paulo (LR) 2:00 Butterfly Garden Tea (CY) 3:14 Atwater Ceramics (CR) 5:30 Wii Bowling: Team 1 (KR) 6:30 Wii Bowling: Team 2 (KR)	5 9:45 Walking Group (CY) 10:00 Rob. /EW Ceramics (CR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 4:00 Memorial Service (PAC)	6 10:15 Word Challenge (AT) 11:00 Giant Crossword (ST) 1:30 Community Jigsaw (KR) 2:00 BINGO! (ST)
7 NALW: Ageless Adventure 10:30 Terrace Trivia (CY) 11:00 St. Mary's Live Stream (AT/EW) 1:30 UNO (AT) 2:00 Sunday Matinee (KR)	8 10:00 Tai Chi (KR) 11:00 McLean Paper Crafters (CR) 1:45 Food Forum (KR) 3:00 BINGO! (ST) 4:00 Category Games (AT)	9 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Gazebo Guess-off (CY) 11:30 Rosary w/ Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:30 Writers' Bloc (KR) 2:30 Word Games (ST) 3:30 What About? (KR) 4:00 Finish the Lyrics (AT)	10 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Chair Yoga (LR/CY) 11:15 Word Challenge (ST) 1:15 Trivia with Judy (KR) 2:00 BINGO! (ST) 3:15 Group Sing (ST) 4:00 Connect 8 (AT) 6:00 The Bernadettes (CY)	11 9:45 Morning Topics (AT) 10:15 Cardio Drumming (KR) 11:00 Financial Market Update with Jim Campbell (KR) 2:00 Chicago Joe (LR) 3:15 Atwater Ceramics (CR) 5:30 Wii Bowling: Team 1 (KR) 6:30 Wii Bowling: Team 2 (KR)	12 9:45 Walking Group (CY) 10:00 Rob./EW Ceramics (CR) 11:00 Episcopal Church Service (CH) 11:00 Current events (AT) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club 5:30 End of Summer Garden Party & Smores (CY)	13 10:15 Word Challenge (AT) 11:00 Word in a Word (ST) 1:30 Community Jigsaw (KR) 2:00 BINGO! (ST)
14 10:30 Coffee Shop Pop Up! (LR) 11:00 St. Mary's Live Stream (AT/EW) 1:30 UNO (AT) 2:00 Stanley St. Big Band (PAC) 2:30 Art Reception & Cocktail Hour (LR)	15 10:00 Tai chi (KR) 11:00 Intermediate Art (CR) 2:00 BINGO! (ST) 3:15 Trivia (ST) 4:00 Category Games (AT)	16 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Gazebo Guess-off (CY) 1:30 Historical Topics with Ann (ST) 2:30 Word Games (ST) 3:30 What About? (KR) 4:00 Finish the Lyrics (AT)	17 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Chair Yoga (LR/CY) 11:15 Word Challenge (ST) 1:15 Trivia with Judy (KR) 2:00 BINGO! (ST) 3:15 Group Sing (ST) 4:00 Jumbo Jumble (AT)	18 9:45 Morning Topics (AT) 10:15 Cardio Drumming (ST) 11:30 Life Enrichment Planning (KR) 2:00 Over Easy (LR) 3:15 Atwater Ceramics (CR) 5:30 Wii Bowling: Team 1 (KR) 6:30 Wii Bowling: Team 2 (KR)	19 9:45 Walking Group (CY) 10:00 Rob./EW Ceramics (CR) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR)	20 10:15 Word Challenge (AT) 11:00 Giant Crossword (ST) 1:30 Community Jigsaw (KR) 2:00 BINGO! (ST)
21 10:30 Terrace Trivia (CY) 11:00 St. Mary's Live Stream (AT/EW) 1:30 UNO (AT) 2:00 'A Funny Thing Happened on the Way to the Forum' Musical Revue (PAC) 2:00 Sunday Matinee (KR)	22 10:00 Tai Chi (KR) 11:00 McLean Paper Crafters (CR) 11:00 History Club (PAC) 2:00 BINGO! (ST) 3:15 Trivia (ST) 4:00 Category Games (AT)	23 9:45 Morning Topics (AT) 10:30 Jeff the Plant Guy (KR) 11:30 Rosary w/ Mary & Fran (CH) 1:30 Historical Topics with Ann (ST) 2:00 OT Balance Testing (KR) 2:30 Writers' Bloc (KR) 2:30 Word Games (ST) 3:30 What About? (KR) 4:00 Finish the Lyrics (AT)	24 9:45 Virtual Tours (AT) 10:00 Men's Group (CR) 10:30 Chair Yoga (LR/CY) 11:15 Word Challenge (ST) 1:15 Literature Lovers (KR) 2:00 BINGO! (ST) 2:30 Tea w/ Mary Lou (RB) 3:15 Group Sing (ST) 4:00 Connect 8 (AT)	25 9:45 Morning Topics (AT) 10:15 Cardio Drumming (KR) 11:00 Poetry Circle (KR) 2:00 John Brighenti (ST) 3:15 Sept. Birthday Mixer (KR) 5:30 Wii Bowling: Team 1 (KR) 6:30 Wii Bowling: Team 2 (KR)	26 9:45 Walking Group (CY) 10:00 Rob./EW Ceramics (CR) 11:00 Methodist Church Service (CC) 1:30 Chapel/ Sky. Ceramics (CR) 2:00 Movie Club (KR) 4:30 Wine & Dine (DR)	27 10:15 Word Challenge (AT) 11:00 Word in a Word (ST) 1:30 Community Jigsaw (KR) 2:00 BINGO! (ST)
28 10:30 Word Challenge (KR) 11:00 St. Mary's Live Stream (AT/EW) 1:30 UNO (AT) 2:00 Sunday Matinee (KR)	29 10:00 Tai Chi (KR) 11:00 Intermediate Art (CR) 11:00 Catholic Mass (CH) 1:45 Resident Council (KR) 3:00 BINGO! (ST) 4:00 Category Games (AT)	30 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Gazebo Guess-off (CY) 1:30 Historical Topics with Ann (ST) 2:30 Word Games (ST) 3:30 What About? (KR) 4:00 Finish the Phrase (AT)		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 LB = Lobby LR = Living Room PAC = Performing Arts Center QR = Quiet Room RB = Robinson ST =Skyview Terrace	Additional Services: Outings: call x3725 for more information Media Center Tech Support: Tuesdays 10am – Call x3734 to request an appointment Pet Therapy Visits: Tuesdays & Fridays in resident rooms Communion Visits: Starting at 9:15 on Wednesdays	 Ask us about our Adaptive Bicycles! 860-658-3725