

## 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 5:30-7:30



# The Health Center Newsletter

An Inspired Monthly Collection of News, Updates,  
and Activities for Our Residents and Their Families



Dear Families,

October 2025

**Update on The Willows:** The Connecticut DPH has given approval for the construction. Currently we are waiting on Town permits. As soon as we get those permits, construction will begin!

As part of our ongoing commitment to improving efficiency and enhancing the care we provide to our residents, we’ve implemented several technological upgrades throughout our community over the past year. We sincerely appreciate your patience and support as we continue to navigate and integrate these new systems.

October 7 is the 168<sup>th</sup> birthday of our namesake Senator McLean. The Senator was a visionary whose legacy includes our community of care as well as the McLean Game Refuge. We will recognize his birthday this year with a Harvest Fair on October 7 from 1:30-4:30 p.m. in the courtyard – with live music, pumpkin painting, animals, and seasonal treats. We encourage residents, staff, friends, family, and volunteers to join us!

Our annual Trick or Treat event is Sunday, October 26 from 2:00-4:00 p.m. in the health center. Costumes encouraged! The Semiannual Family Dementia Education Session will be held on Wednesday, October 22, from 4:30 – 5:30 p.m. in the Cole Conference Room. This informative session is designed to support families and caregivers with valuable insights and resources related to dementia care. To RSVP, email [Ann.Pavano@McLeanCare.org](mailto:Ann.Pavano@McLeanCare.org) or call 860-658-3941.



With respiratory season upon us, we deeply value your partnership in protecting our vulnerable population. We kindly ask that you remain mindful of your own health when visiting loved ones and take appropriate precautions to help us maintain a safe and healthy environment 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> <div>October 2025</div> <div>  </div> </div>	<b><u>Additional Services:</u></b>  <b>Media Center Tech Support:</b> Tuesdays 10am – Call x3734 to request an appointment  <b>Pet Therapy Visits:</b> Tuesdays & Fridays in resident rooms  <b>Communion Visits:</b> Starting at 9:15 on Wednesdays		<b>Yom Kippur -Begins at Sunset</b> 1  <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men’s Group (CR) <b>10:30</b> Chair Yoga (KR) <b>11:15</b> Giant Crossword (ST) <b>1:15</b> Trivia with Judy (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Group Sing (ST) <b>4:00</b> Jumbo Jumble (AT)	2  <b>9:45</b> Morning Topics (AT) <b>10:15</b> Cardio Drumming (KR) <b>11:00</b> Poetry Circle (KR) <b>11:30 UMC Church Service (CH)</b> <b>2:00 Willie Nininger (LR)</b> <b>3:15</b> Atwater Ceramics (CR) <b>5:30</b> Wii Bowling: Team 1 (KR) <b>6:30</b> Yom Kippur Break-Fast! (KR)	3  <b>10:00</b> Soup-tober! <i>Butternut Squash Bisque</i> (KR) <b>10:00</b> Rob. /EW Ceramics (CR) <b>1:30</b> Chapel/ Sky. Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>4:00</b> Oktoberfest Beer Tasting (LR) <b>Oktoberfest Themed Meal!</b>	4  <b>10:15</b> Great Courses: <i>Comparative Religion</i> (KR) <b>11:15</b> Giant Crossword (ST) <b>1:30</b> Community Jigsaw (KR) <b>2:00</b> BINGO! (ST)
5  <b>10:30</b> Word Challenge (AT) <b>11:00</b> St. Mary’s Live Stream (AT/EW) <b>11:05</b> Granby Congregational Live Stream (KR) <b>11:15</b> Trivia (ST) <b>1:30</b> UNO (AT) <b>2:00</b> Sunday Matinee (KR)	6  <b>10:00</b> Tai Chi (KR) <b>11:00</b> McLean Paper Crafters (CR) <b>1:45 Food Forum (KR)</b> <b>3:00</b> BINGO! (ST) <b>4:00</b> Category Games (AT)	7  <b>Sen. McLean’s Birthday!</b> <b>9:45</b> Morning Topics (AT) <b>10:30 AL Resident Flu Clinic (KR)</b> <b>11:00</b> Tea w/ Mary Lou (RB) <b>11:15</b> Test your Knowledge! (KR) <b>11:30</b> Rosary w/ Mary & Fran (CH) <b>1:30 – 4:30 Harvest Fair (CY)</b> <b>2:00 -Deep River Ramblers</b> <b>2:30 - Circle K Farm Animals</b> <b>2:30</b> Writers’ Bloc (KR)	8  <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men’s Group (CR) <b>10:30</b> Chair Yoga (KR) <b>11:15</b> Category Games (ST) <b>1:15</b> Trivia with Judy (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Group Sing (ST) <b>4:00</b> Connect 8 (AT)	9  <b>9:45</b> Morning Topics (AT) <b>10:15</b> Cardio Drumming (KR) <b>11:00</b> Postcrossings (KR) <b>2:00 Hot Cat Jazz (LR)</b> <b>3:15</b> Marigold Painting (AT) <b>5:30</b> Wii Bowling: Team 1 (KR) <b>6:30</b> Wii Bowling: Team 2 (KR)	10  <b>9:45</b> Wake-up Trivia! (AT) <b>10:00</b> Rob./EW Ceramics (CR) <b>11:00 Episcopal Church Service (CH)</b> <b>11:00</b> Current events (AT) <b>1:30</b> Chapel/ Sky. Ceramics (CR) <b>2:00</b> Movie Club (KR)	11  <b>10:15</b> Great Courses: <i>Comparative Religion</i> (KR) <b>11:15</b> Word in a Word (ST) <b>1:30</b> Community Jigsaw (KR) <b>2:00</b> BINGO! (ST)
12  <b>10:30</b> Word Challenge (AT) <b>11:00</b> St. Mary’s Live Stream (AT/EW) <b>11:05</b> Granby Congregational Live Stream (KR) <b>11:15</b> Trivia (ST) <b>1:30</b> UNO (AT) <b>2:30 Art Reception &amp; Cocktail Hour (LR)</b>	13  <b>COLUMBUS DAY</b> <b>10:00</b> Tai chi (KR) <b>11:00</b> Intermediate Art (CR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Trivia (ST) <b>4:00</b> Category Games (AT)	14  <b>9:45</b> Morning Topics (AT) <b>10:30</b> Seated Zumba (KR) <b>11:00</b> Test your Knowledge! (KR) <b>11:00</b> Tea w/ Mary Lou (RB) <b>1:30</b> Historical Topics with Ann (ST) <b>2:30</b> Word Games (ST) <b>3:30</b> What About? <i>Frank Lloyd Wright</i> (KR) <b>4:00</b> Finish the Lyrics (AT)	15  <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men’s Group (CR) <b>10:30</b> Chair Yoga (KR) <b>11:15</b> Word Challenge (ST) <b>1:15</b> Trivia with Judy (KR) <b>2:00</b> BINGO! (ST) <b>3:15</b> Group Sing (ST) <b>4:00</b> Jumbo Jumble (AT)	16  <b>9:45</b> Morning Topics (AT) <b>10:15</b> Cardio Drumming (ST) <b>11:00</b> Art Appreciation (KR) <b>2:00 Ruriko Wheeler (ST)</b> <b>2:00</b> Jewelry Making (KR) <b>3:00 Oct. Birthday Mixer (KR)</b> <b>3:15</b> Atwater Ceramics (CR) <b>5:30</b> Wii Bowling: Team 1 (KR) <b>6:30</b> Wii Bowling: Team 2 (KR)	17  <b>10:00</b> Soup-tober! <i>Baked Potato Soup</i> (KR) <b>10:00</b> Rob./EW Ceramics (CR) <b>1:30</b> Chapel/ Sky. Ceramics (CR) <b>2:00</b> Movie Club (KR) <b>5:00 Pizza &amp; Trivia Night (KR)*</b>  <b>*RSVP to x3725</b>	18  <b>10:15</b> Great Courses: <i>Comparative Religion</i> (KR) <b>11:15</b> Giant Crossword (ST) <b>1:30</b> Community Jigsaw (KR) <b>2:00</b> BINGO! (ST)
19  <b>10:30</b> Word Challenge (AT) <b>11:00</b> St. Mary’s Live Stream (AT/EW) <b>11:05</b> Granby Congregational Live Stream (KR) <b>11:15</b> Trivia (ST) <b>1:30</b> UNO (AT) <b>2:00 Comedian Jane Conden (PAC)</b> <b>2:00 Willie &amp; Jan (LR)</b>	20  <b>10:00</b> Tai Chi (KR) <b>11:00</b> McLean Paper Crafters (CR) <b>11:00 History Club (PAC)</b> <b>2:00</b> BINGO! (ST) <b>3:15</b> Trivia (ST) <b>4:00</b> Category Games (AT)	21  <b>9:45</b> Morning Topics (AT) <b>10:30</b> Seated Zumba (KR) <b>11:00</b> Test your Knowledge! (KR) <b>11:00</b> Tea w/ Mary Lou (RB) <b>11:30</b> Rosary w/ Mary & Fran (CH) <b>1:30</b> Historical Topics with Ann (ST) <b>2:30</b> Writers’ Bloc (KR) <b>2:30</b> Word Games (ST) <b>3:30</b> What About? <i>Frank Lloyd Wright</i> (KR) <b>4:00</b> Finish the Phrase (AT)	22  <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men’s Group (CR) <b>10:30</b> Chair Yoga (KR) <b>11:15</b> Category Games (ST) <b>2:00</b> BINGO! (ST) <b>3:15</b> Group Sing (ST) <b>4:00</b> Connect 8 (AT)	23  <b>9:45</b> Morning Topics (AT) <b>10:15</b> Cardio Drumming (KR) <b>11:00</b> Travel with Shyrel (KR) <b>2:00 David Eberly (LR)</b> <b>2:00</b> Life Enrichment Plan. (KR) <b>3:15</b> Atwater Ceramics (CR) <b>5:30</b> Wii Bowling: Team 1 (KR) <b>6:30</b> Wii Bowling: Team 2 (KR)	24  <b>10:00</b> Soup-tober! <i>Broccoli Cheddar Soup</i> (KR) <b>10:00</b> Rob./EW Ceramics (CR) <b>1:30</b> Chapel/ Sky. Ceramics (CR) <b>2:00</b> Movie Club (KR)	25  <b>10:15</b> Great Courses: <i>Comparative Religion</i> (KR) <b>11:15</b> Word in a Word (ST) <b>1:30</b> Community Jigsaw (KR) <b>2:00</b> BINGO! (ST)
26  <b>10:30</b> Word Challenge (AT) <b>11:00</b> St. Mary’s Live Stream (AT/EW) <b>11:05</b> Granby Congregational Live Stream (KR) <b>11:15</b> Trivia (ST) <b>1:30</b> UNO (AT) <b>2:00 Beauty &amp; the Beast Musical Revue (PAC)</b> <b>2:00-4:00 Family &amp; FriendsSpooktacular Trick-or-Treating!</b>	27  <b>10:00</b> Tai Chi (KR) <b>11:00</b> Intermediate Art (CR) <b>11:00 Catholic Mass (CH)</b> <b>1:45 Resident Council (KR)</b> <b>3:00</b> BINGO! (ST) <b>4:00</b> Category Games (AT)	28  <b>9:45</b> Morning Topics (AT) <b>10:30 Jeff the Plant Guy (KR)</b> <b>11:00</b> Tea w/ Mary Lou (RB) <b>1:30</b> Historical Topics with Ann (ST) <b>2:30</b> Word Games (ST) <b>3:30</b> What About? <i>Frank Lloyd Wright</i> (KR) <b>4:00</b> Finish the Rhyme (AT)	29  <b>9:45</b> Virtual Tours (AT) <b>10:00</b> Men’s Group (CR) <b>10:30</b> Chair Yoga (KR) <b>11:15</b> Word Challenge (ST) <b>1:15</b> Literature Lovers (WL) <b>2:00</b> BINGO! (ST) <b>3:15</b> Group Sing (ST) <b>4:00</b> Jumbo Jumble (AT)	30  <b>9:45</b> Morning Topics (AT) <b>10:15</b> Cardio Drumming (KR) <b>11:00</b> Poetry Circle (LR) <b>2:00 Keir White (LR)</b> <b>3:15</b> Ghost Painting (AT) <b>5:30</b> Wii Bowling: Team 1 (KR) <b>6:30</b> Wii Bowling: Team 2 (KR)	31  <b>HALLOWEEN</b> <b>10:00</b> Soup-tober! <i>Tomato Basil Bisque</i> (KR) <b>10:00</b> Rob./EW Ceramics (CR) <b>1:30</b> Chapel/ Sky. Ceramics (CR) <b>2:00 Halloween Costume Parade &amp; Party (KR)</b>	<b>KEY</b>  <b>AT</b> = Atwater <b>CC</b> =Chapel Crossing <b>CH</b> = Carling Chapel <b>CR</b> = Craft Room <b>CT</b> =Carling Terrace <b>CY</b> = Courtyard <b>DR</b> =Pfirman <b>EV</b> =Evergreen Way <b>KR</b> =Koopman Room <b>LB</b> = Lobby <b>LR</b> = Living Room <b>PAC</b> = Performing Arts Center <b>RB</b> = Robinson Day Room <b>ST</b> =Skyview Terrace <b>WL</b> = Watson Library