

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,

March 2026

Welcome Spring! We're eager for the start of spring later this month. It has been a long winter! We have lots of activities for your loved ones this month, but wanted to highlight the "Feeling Lucky" Casino Games on St. Patrick's Day at 2:00 p.m. in the living room.

AED Added in the Health Center We are pleased to share that an Automated External Defibrillator (AED) is now available in our Health Center, serving both our Skilled Nursing and Assisted Living residents and families. An AED is a life-saving device used in the event of sudden cardiac arrest. Our clinical team members are trained in CPR and AED use, and the device is strategically located for rapid response. This addition enhances our emergency preparedness and reinforces our ongoing commitment to resident safety.

Construction News On February 23, McLean started construction in a portion of Chapel Crossing. As a result, the internal entrance from Chapel Crossing into Carling Chapel will be closed for approximately four weeks. During this time, a new wall will be constructed to separate the renovated space from the remaining Chapel Crossing area. This construction project will also temporarily restrict residents, staff, and guests from accessing the Health Center through the Chapel entrance. Signage will also be placed to assist with the changes. We apologize for any inconvenience and appreciate your patience.

Project Angel Hearts We would like to take thank our Auxiliary, staff, and families for supporting the Angel Hearts tree that allowed all our residents to receive a gift on Valentine's Day.

SUNLIGHT

Sunlight appears colorless.
Yet, sun creates tiny rainbows
in the droplets of water on my window pane.
Each contain the entire spectrum of visible light.
Like light, we are of many colors.
A full range of races, nationalities, and beliefs.
May we compress them together and view mankind as light:
a colorless spectrum
-Alex Kopper, McLean Resident

Anne Rolfe, DPT
Administrator of the Health Center

Ann Pavano
Director of Assisted Living and Resident Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Word Challenge (AT) 1 11:00 St. Mary's Live Stream (AT/EV) 11:05 Granby Congregational Live Stream (KR) 11:15 Word in a Word (WI) 1:15 UNO (AT) 2:00 Sunday Matinee (KR/Ch. 5)	10:00 Tai Chi (KR) 2 10:30 Acrylic Painting (CR) 1:45 Food Forum (KR) 3:00 BINGO! (AB) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 3 10:30 Seated Zumba (KR) 11:00 Test your Knowledge! (KR) 1:30 Historical Topics with Ann (WI) 2:30 Word Games (WI) 3:30 What About (KR) 4:00 Finish the Phrase (AT)	9:45 Virtual Tours (AT) 4 10:00 Men's Group (CR) 10:30 Chair Yoga (KR) 11:15 Living History with Dr. Lorie (KR) 11:15 Giant Crossword (WI) 2:00 BINGO! (AB) 3:00 Group Karaoke (WI) 4:00 Jumbo Jumble/ Connect 8 (AT)	9:45 Morning Topics (AT) 5 10:15 Cardio Drumming (KR) 11:00 Post Crossings (KR) 11:15 Music & Motion (WI) 2:00 Mass-Conn Fusion (LR) 3:15 Rummikub (AB) 5:30 Wii Bowling: Atwater (KR) 6:30 Wii Bowling: Robinson (KR)	9:45 Wake Up Trivia! (AT) 6 10:00 Rob./Evergreen Ceramics (CR) 10:30 Origami (AB) 1:30 Willows Ceramics (CR) 1:30 Friday 'Flix (WI/AT) 2:00 Movie Club (KR) 4:00 Art Reception & Happy Hour (LR)	10:15 Trivia Challenge (AT) 7 11:15 Saturday Stretch (WI) 1:30 Community Jigsaw (KR) 2:00 BINGO! (AB)
10:15 Word Challenge (AT) 8 11:00 St. Mary's Live Stream (AT/EV) 11:05 Granby Congregational Live Stream (KR) 11:15 Word in a Word (WI) 1:15 UNO (AT) 2:00 Sunday Matinee (KR/Ch. 5)	10:00 Tai Chi (KR) 9 11:00 McLean Paper Crafters (CR) 1:30 Medical Transportation Q&A (KR) 2:00 <i>Movement Matters (KR)</i> 2:00 BINGO! (AB) 3:00 Trivia Challenge (WI) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 10 10:30 Seated Zumba (KR) 11:00 Test your Knowledge! (KR) 11:30 Rosary Group (WM) 1:30 Historical Topics with Ann (WI) 2:30 Word Games (WI) 2:30 Writers' Bloc (CR) 3:30 What About (KR) 4:00 Finish the Phrase (AT)	9:45 Virtual Tours (AT) 11 10:00 Men's Group (CR) 10:30 Chair Yoga (KR) 11:00 Virtual Bible Study w/ Joe Doering (WL) 11:15 Living History with Dr. Lorie (KR) 11:15 Giant Crossword (WI) 2:00 BINGO! (AB) 3:00 Group Karaoke (WI) 4:00 Jumbo Jumble/ Connect 8 (AT)	9:45 Morning Topics (AT) 12 10:15 Cardio Drumming (KR) 11:00 Art Appreciation (KR) 11:15 Music & Motion (WI) 2:00 St. Patty's Show (LR) 3:15 Rummikub (AB) 5:30 Wii Bowling: Atwater (KR) 6:30 Wii Bowling: Robinson (KR)	9:45 Wake Up Trivia! (AT) 13 10:00 Rob./Evergreen Ceramics (CR) 11:00 Episcopalian Church Service (CH) 1:30 Willows Ceramics (CR) 1:30 Friday 'Flix (WI/AT) 2:00 Movie Club (KR) 2:15 Rummikub (CV)	10:15 Trivia Challenge (AT) 14 11:15 Saturday Stretch (WI) 1:30 Community Jigsaw (KR) 2:00 BINGO! (AB)
10:15 Word Challenge (AT) 15 11:00 St. Mary's Live Stream (AT/EV) 11:05 Granby Congregational Live Stream (KR) 11:15 Word in a Word (WI) 1:15 UNO (AT) 2:00 Sunday Matinee (KR/Ch. 5) 2:00 String of Pearls Big Band (PAC)	10:00 Tai chi (KR) 16 11:00 History Club (PAC) 2:00 <i>Movement Matters (KR)</i> 2:00 BINGO! (AB) 3:00 Trivia Challenge (WI) 4:00 Category Games (AT)	St. Patrick's Day 17 9:45 Morning Topics (AT) 10:30 Seated Zumba (KR) 11:00 Test your Knowledge! (KR) 1:30 Historical Topics with Ann (WI) 2:00 Feeling Lucky: St. Patty's Happy Hour & Casino Games (LR) 2:30 Word Games (WI) 3:30 What About (KR) 4:00 Finish the Phrase (AT)	9:45 Virtual Tours (AT) 18 10:00 Men's Group (CR) 10:30 Chair Yoga (KR) 11:00 Virtual Bible Study w/ Joe Doering (WL) 11:15 Living History with Dr. Lorie (KR) 11:15 Giant Crossword (WI) 2:00 BINGO! (AB) 3:00 Group Karaoke (WI) 4:00 Jumbo Jumble/ Connect 8 (AT)	9:45 Morning Topics (AT) 19 10:15 Cardio Drumming (KR) 11:00 Travel with Shyrel (KR) 11:15 Music & Motion (WI) 2:00 Blaise (LR) 3:15 March Birthday Mixer (KR) 5:30 Wii Bowling: Atwater (KR) 6:30 Wii Bowling: Robinson (KR)	9:45 Wake Up Trivia! (AT) 20 10:00 Rob./Evergreen Ceramics (CR) 10:30 Acrylic Painting (AB) 1:30 Willows Ceramics (CR) 1:30 Friday 'Flix (WI/AT) 2:00 Movie Club (KR)	10:15 Trivia Challenge (AT) 21 11:15 Science Discussion Series (KR) 1:30 Community Jigsaw (KR) 2:00 BINGO! (AB)
10:15 Word Challenge (AT) 22 11:00 St. Mary's Live Stream (AT/EV) 11:05 Granby Congregational Live Stream (KR) 11:15 Word in a Word (WI) 1:15 UNO (AT) 2:00 Sunday Matinee (KR/Ch. 5)	10:00 Tai Chi (KR) 23 11:00 McLean Paper Crafters (CR) 11:00 Catholic Mass (WI) 2:00 BINGO! (AB) 3:00 Trivia Challenge (WI) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 24 10:30 Jeff the Plant Guy (KR) 11:30 Rosary Group (WM) 1:30 Historical Topics with Ann (WI) 2:30 Writers' Bloc (CR) 2:30 Word Games (WI) 3:30 What About (KR) 4:00 Finish the Phrase (AT)	9:45 Virtual Tours (AT) 25 10:00 Men's Group (CR) 10:30 Chair Yoga (KR) 11:00 Virtual Bible Study w/ Joe Doering (WL) 11:15 Living History with Dr. Lorie (KR) 11:15 Giant Crossword (WI) 2:00 BINGO! (AB) 3:15 Group Karaoke (WI) 4:00 Jumbo Jumble/ Connect 8 (AT)	9:45 Morning Topics (AT) 26 10:15 Cardio Drumming (KR) 11:00 Women's History Month Presentation (KR) 11:15 Music & Motion (WI) 2:00 Chicago Joe (LR) 3:15 Rummikub (AB) 3:30 Literature Lovers (WL) 5:30 Wii Bowling: Atwater (KR) 6:30 Wii Bowling: Robinson (KR)	9:45 Wake Up Trivia! (AT) 27 10:00 Rob./Evergreen Ceramics (CR) 1:30 Willows Ceramics (CR) 2:00 Movie Club (KR/Ch 5) 2:00 Friday 'Flix (WI/AT) 4:30 Wine & Dine (DR)	10:00-12:00 Community Easter Egg Hunt Event! 1:30 Community Jigsaw (KR) 2:00 BINGO! (AB)
Palm Sunday 29 10:15 Word Challenge (AT) 11:00 St. Mary's Live Stream (AT/EV) 11:05 Granby Congregational Live Stream (KR) 11:15 Word in a Word (WI) 1:15 UNO (AT) 2:00 Sunday Matinee (KR/Ch. 5) 2:00 Simply Lincoln (PAC)	10:00 Tai Chi (KR) 30 10:30 Jewelry Making (CR) 1:45 Resident Council (WI) 3:00 BINGO! (AB) 4:00 Category Games (AT)	9:45 Morning Topics (AT) 31 10:30 Seated Zumba (KR) 11:00 Test your Knowledge! (KR) 1:30 Historical Topics with Ann (WI) 2:30 Word Games (WI) 3:30 What About (KR) 4:00 Finish the Phrase (AT)	Key AB = Abernethy Dining Rm. AT = Atwater Day Rm. AD = Atwater Dining Room BV =Birch View Lounge CH = Carling Chapel CT =Carling Terrace CR = Craft Room CY = Courtyard CV = Courtyard View Lounge DR =Pfirman Dining Room EV =Evergreen Way KR =Koopman Room LB = Lobby LR = Living Room PAC = Performing Arts Center RB = Robinson Day Rm. WM = Willows Meeting Rm. WI = Willows Living Room WL = Watson Library	Additional Services: 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	March 2026 	