

The Village at McLean News



The Village – Independent Living

January 2019

From the Desk of the *Director* . . .

A special thank you to everyone who donated scarves, hats and mittens to the giving tree. Simsbury Social Services was thrilled with the donation! We collected 32 scarves, 30 hats, and 15 gloves & mittens.

We are always looking for different ways to give back to the community and welcome any suggestions.

Have you had a glass of water today? We often forget that it is important to stay hydrated during the winter months.

As winter nears and temperatures begin to drop, the air becomes drier and our bodies receive less moisture than they do during warmer months. A major reason for this lower level of moisture in our bodies is that we tend to stop drinking as much water in winter months.

During the winter months, sweat evaporates more rapidly in the cold, dry air, and that can result in dehydration. When you can see your breath in the cold air, that's actually water vapor that your body is losing. The colder the temperature and the more intense the exercise, the more vapor you lose when you breathe. Dehydration can also be a major cause of daytime fatigue. Keeping well hydrated will ensure your bodily functions are supported and running efficiently. When you are dehydrated your body functions slow down and use up your extra energy resources, leaving you feeling tired and sluggish.

So have a nice cup of decaffeinated tea or coffee – or the fruit infused water available each day in our café - and stay hydrated!

January Special Events in the Village

- > **Thursday, January 10th, 2:00 p.m.**
Book Club Meeting (HR) (Please come with 3 book choices for the year)
- > **Monday, January 14th, 2:00 p.m.**
Cello Music From Bach To Broadway (BL)
- > **Thursday, January 17th, 4:30 p.m.**
Village Happy Hour (BL)
- > **Friday, January 18th, 1:00 p.m.**
National Popcorn Day & Movie (HR)
- > **Tuesday, January 22nd, 4:30 p.m.**
Music by Airborne Trio (BL)
- > **Monday, January 28th, 5:30 p.m.**
Pizza Party in Dining Room
- > **Tuesday, January 29th, 7:00 p.m.**
Money Bingo (HR)
- > **Thursday, January 31st, 3:00 p.m.**
Stage & Screen Songs with Trina Cardinal (HR)

Numbers to Know

- » Office/Village Resident Services Coordinator . . . **860/658-3727**
- » Maintenance Requests **860/658-3727**
- » Restaurant Reservations Line **860/658-3773**
- » Burkholder Beauty Salon **860/658-3787**
- » McLean Clinic **860/658-3760**
- » Pool/Wellness Center **860/658-3750**
- » McLean Home Care **860/658-3954**

The Village Information Phone Line is updated daily.

Call for the schedule of social events and exercise classes, menu, and general announcements for you to plan your day!

860-658-3939



Village Gift Shop
Hours this Month are:
Monday 10:30 - 12:30
Wednesday 11:30 - 2:30
Thursday 10:30 - 1:00

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Office Closed 12:30 New Year's Brunch (BR)	9:30 Shop Stop & Shop (Simsbury) 10:45 Yoga Chi (HR) 2:00 Great Courses American History (HR)	10:00 Silver Sneakers (HR) 10:45 Bible Study (CC) 11:00 Hooks & Needles (BL) 12:45 Silver Sneakers Yoga (HR)	9:30 Shop Hopmeadow St. 12:30 Puzzles (BL) 2:00 Cribbage (CR)	12:00 Lunch Bunch (Café) Call Events Line For Daily Events
Pool Week 11:00 Chaplain Sean Kennelly (CC) 12:30 Waffles to Order (BR)	10:00 Silver Sneakers (HR) 11:00 Steady & Fit (HR) 12:30 Cards (CR) 1:30 Molkky (HR)	10:00 Ladies Coffee (BR) 12:45 Silver Sneakers Yoga (HR) 1:00 Mexican Train (CR) 4:30 Hartford Room Reserved	9:30 Shop Hopmeadow St. 10:45 Yoga Chi (HR) 2:00 Great Courses American History (HR) 5:30 Resident Birthday Celebration (BR)	10:00 Silver Sneakers (HR) 10:45 Bible Study (CC) 11:00 Hooks & Needles (BL) 12:45 Silver Sneakers Yoga (HR) 2:00 Book Club Meeting (HR)	10:00 Sew It Seams (HR) 12:30 Puzzles (BL) 2:00 Cribbage (CR)	12:00 Lunch Bunch (Café) Call Events Line For Daily Events
Ping Pong Week	10:00 Silver Sneakers (HR) 11:00 Steady & Fit (HR) 11:00 Catholic Mass (CC) 12:30 Cards (CR) 2:00 Cello from Bach to Broadway (BL)	10:00 Men's Coffee (BR) 12:45 Silver Sneakers Yoga (HR) 2:00 Trivia (HR) 2:15 Clinic (TH) 5:30 Salad Table at Dinner (BR) 7-9 Hartford Room Reserved	9:30 Shop Shop Rite 10:45 Yoga Chi (HR) 2:00 Great Courses American History (HR) 2:00 Culinary Series (Café)	10:00 Silver Sneakers (HR) 11:00 Rosary (CC) 11:00 Hooks & Needles (BL) 12:45 Silver Sneakers Yoga (HR) 4:30 Village Happy Hour (BL)	9:30 Shop Hopmeadow St. 12:30 Puzzles (BL) 1:00 National Popcorn Day and Movie (HR) 2:00 Cribbage (CR)	12:00 Lunch Bunch (Café) 4:00 Hartford Room Reserved Call Events Line For Daily Events
Pool Week 11:00 Trinity Episcopal (CC) 12:30 Omelets to Order (BR)	10:00 Silver Sneakers (HR) 11:00 Steady & Fit (HR) 12:30 Cards (CR) 1:00 Podiatrist (TH) 1:30 Bean Bag Toss (HR)	12:45 Silver Sneakers Yoga (HR) 1:00 Mexican Train (CR) 2:00 Dining Forum (Porch) 4:30 Airborne Trio (BL)	9:30 Shop Hopmeadow St. 10:45 Yoga Chi (HR) 2:00 Great Courses American History (HR) 2:00 Brain Games (HR) 4:30-8 HR Reserved	10:00 Silver Sneakers (HR) 10:45 Bible Study (CC) 11:00 Hooks & Needles (BL) 12:45 Silver Sneakers Yoga (HR) 2:00 Brain Games (HR)	10:00 Sew It Seams (HR) 12:30 Puzzles (BL) 2:00 Cribbage (CR)	12:00 Lunch Bunch (Café) Call Events Line For Daily Events
Pool Week 11:00 Simsbury United Methodist (CC)	10:00 Silver Sneakers (HR) 11:00 Steady & Fit (HR) 11:00 Catholic Mass (CC) 12:30 Cards (CR) 1:30 Molkky (HR) 5:30 Pizza Party (BR)	12:45 Silver Sneakers Yoga (HR) 2:00 Board Games (HR) 5:30 Salad Table at Dinner (BR) 7:00 Money Bingo (HR)	9:30 Shop Big Y 10:45 Yoga Chi (HR) 2:00 Great Courses American History (HR)	10:00 Silver Sneakers (HR) 11:00 Hooks & Needles (BL) 12:45 Silver Sneakers Yoga (HR) 3:00 Stage & Screen Songs w/ Trina Cardinal (HR) 4:30 Hart Rm Reserved	9:30 Shop Hopmeadow St. 12:30 Puzzles (BL) 2:00 Cribbage (CR)	12:00 Lunch Bunch (Café) Call Events Line For Daily Events

Location Key: HR = Hartford Room, BL = Burkholder Lobby, BR = Burkholder Restaurant, CR = Card Room, CC = Carling Chapel

H = Harbor Room, HC = Health Center, TR = The Refuge, LC = Library Connector, RSVP = Reservations Required Programs subject to change.



The Village Dining News

Tuesday, January 1 • New Year's Day Brunch • 12:30 p.m.

Start Out the New Year with a Delicious Champagne Brunch from Our Culinary Team!

Sunday, January 6 • Chef's Stage Center • 12:30 p.m.

Join Us Chef's Stage Center as Our Culinary Team Presents "Waffles to Order" with Your Favorite Topping.

Wednesday, January 9 • Resident Birthday Celebration • 5:30 p.m.

Come and Celebrate Our Monthly Birthdays. Reserved Seating, a Special Menu for Residents with a Birthday this Month, as Well as Birthday Cake for All.

Tuesday, January 15 • Salad Table at Dinner • 5:30 p.m.

Create Your Own Salad from Our Selection of Fresh Vegetables, Fruits, Nuts, and Cheeses.

Wednesday, January 16 • Culinary Series • 2:00 p.m. • Café

Join Us at 2:00 p.m., Start off the New Year with a Health and Well-Being Discussion.

Sunday, January 20 • Chef's Stage Center • 12:30 p.m.

Join Us Chef's Stage Center as Our Culinary Team Presents "Omelets to Order" with Your Favorite Seasonal Ingredients.

Tuesday, January 22 • Dining Forum • 2:00 p.m. • Burkholder Porch

Come Share Your Ideas and Suggestions with Members of the Dining Team.

Monday, January 28 • Pizza Party in Dining Room • 5:30 p.m.

Come and Enjoy a Pizza Party!

Tuesday, January 29 • Salad Table at Dinner • 5:30 p.m.

Create Your Own Salad from Our Selection of Fresh Vegetables, Fruits, Nuts, and Cheeses.

All Dining Services events will be held at the Burkholder Restaurant during dinner hours unless otherwise noted. Reservations are appreciated and can be made by calling the Reservations Line at 860-658-3773. We will be happy to work with you on a special menu for parties of five or more.

The Burkholder Café is Now Open for Breakfast Monday – Friday • 8:00 a.m. – 9:00 a.m.
Stop by to See Our Menu Options!

January is a great month to join us for luncheon at the Burkholder Restaurant

- Invite family or friends you didn't see over the holidays
- Enjoy waited lunch service without reservations
- Order from our set menu, and look for our weekly sandwich special
- A great way to use your "dining dollars" with à la carte pricing

*Daily Waited Lunch Service is available in the dining room Monday – Friday;
Carryout Lunch at the Café is available on Saturday*

Hours: 11:30 a.m. – 1:00 p.m.

We will be happy to work with you on a special menu for parties of five or more.

Call 860-658-3773 for reservations.

We look forward to serving all of your dining needs in 2019 and beyond!

Daily Menu Served 11:30 – 1:00 p.m.

Soup Du Jour

Crisp Garden Salad with Grilled Chicken

Grilled Cheese with Tomato

Grilled Chicken Sandwich

Weekly Featured Sandwich Special

Cookies, Fruit and more



McLean

The Village – Independent Living

