

All movies will play on Channel 919 in rotation. Please check CAS movies listing for dates.



Routine medical transportation is available.

Fill a transportation request form

(found in the rack across from the US mail boxes and at the Clinic Desk), then bring it to the Clinic. Questions? Contact Maura Mazur

(860)243-6058.

Medical Transportation Mon/Wed/Fri:

Bloomfield, Hartford, West Hartford

Tues/Thurs: Avon, Farmington,

Simsbury, Windsor

### Event Description

**Phil St. George- Alaska-**The slide show will discuss what a geologist does in the field to find valuable minerals, and more importantly, tell some fun stories of bush adventures and the unique characters of Alaska. Stories will range from bush pilots, to deadly avalanches, bear attacks and bush romance. **Friday, Jan. 4, 2:00 p.m. Heritage Hall**

**The New Resident Welcome!** Hospitality Committee invites you to meet our newest residents. The time is **3:45 p.m. Wednesday, Jan. 9** in Chapel.

On various Fridays, a small group meets monthly to speak French. Most of us are quite rusty; but with the help of our dictionaries, we chat about a topic or what's of current interest. We bring our lunches and meet in the space across from the library. We are open to all. Our next meeting will be **Friday, Jan. 11 at noon. Questions: please call Alice Cruikshank 243-2560**

**ISOD Speaker** Author House Chief Cybersecurity Risk Officer for the State of Connecticut Topic: "The Cybersecurity Threat and Connecticut's Response." **Saturday, Jan. 12, 10:30 a.m., Heritage Hall**

### Event Description Continues

**Sam Moffett Jazz Saxophonist-** was born and raised in West Hartford, Connecticut and has been a student of music for almost his entire life. He studied jazz saxophone and composition at Berklee College of Music ('16) in Boston and is currently in his second year of the Master of Music in Composition degree at University of Hartford. **Monday, Jan. 14, 7:15 p.m. Chapel**

**Art Intersession-Tuesday & Saturdays Jan. 22,26,29, Feb. 2,5 & 9** This will be an intensive course meeting on Tuesday and Saturday for 3 weeks. 10:30 a.m. to 12:30 p.m. each class. This opportunity is for anyone who would like to try drawing or would like to improve their skills and then join the ongoing class that will resume on February 12. Space is limited to 10 participants

**Hartford Symphony Orchestra Principal Violist** , Michael Wheeler and wife, Pianist, Ruriko Wheeler will perform a Classical Viola and Piano Recital on **Thursday, Jan. 24, 7:15 p.m. Chapel** The one-hour program will include works by Brahms, Paganini, Gershwin, and Dvorak.



# Seabury MONTHLY

<http://www.seaburylife.org>

**JANUARY 2019**



**(860) 286-0243**  
200 Seabury Drive  
Bloomfield, CT 06002

### Your Friendly Staff

**(860) 286-0243**

**Director of Resident Services**  
860-243-6040

Tiffany Smith  
**Event & Prog. Coordinator**  
860-243-6065

Jodi Morrissey  
**Activity & Trip Coordinator**  
860-243-6035

Maura Mazur  
**Transportation Coordinator**  
860-243-6058

### Important Phone Numbers

**Wellness Clinic**  
860-243-6080

**Security**  
860-243-6045

### Adult Learning Program Spring Preview



Join us for the ALP Spring Preview to see which courses will be offered this spring. Speak with presenters, mingle with other ALP members and register for courses. The business meeting will be followed by a presentation by an ALP guest speaker Thursday, January 17, 9:30 a.m., Chapel **\*\*SNOW DATE: January 18, 9:30 a.m.\*\*** Gregory S.

Woodward, a native of West Hartford and UCONN graduate, became the University of Hartford's sixth president last July. A composer, musician, athlete, and scholar, he has spent nearly four decades working in almost every conceivable role in higher education.

Margie Sullivan and Jeff Dugan began to facilitate an ongoing discussion of the issues that arise at the end of life. Traditionally known as issues of "Death and Dying," Margie referred to the series as "Dying and Death," as that is the correct sequence of events. The issues of our dying – how we are cared for as we die and where we die – are factors over which we have more control than we think. This series seeks to identify those factors, suggest ways in which we can make our own personal decisions about them, and guide people through the steps necessary to ensure that those personal desires are known, respected and upheld when the time comes that we are unable to speak for ourselves. On Tuesday, January 8 at 1:30 p.m. in the Chapel, the "Dying and Death" series will have a new beginning. Rev. Jeff Dugan will be joined by Russ Tonkin, MD. Jeff and Russ have each had decades of experience dealing with this subject, from both spiritual and medical perspectives, and will share their own viewpoints as they welcome input and questions from the audience.



### Welcome New Residents

BOB PERKINS  
APT. 5205 PH: PENDING  
DENNIS & JEANNE WINKLEBLACK  
COT. 321 PH: 860-217-1043  
CATHERINE POSTERARO  
COT. 337 PH: 860-904-7227





## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

200 Seabury Drive  
Bloomfield, CT  
06002  
  
(860) 286-0243  
www.seaburylife.org



**6**  
1:00 UConn @ Houston CAS  
2:30 Communion CH  
7:15 Movie: Enchanted April 918

**7**  
1:00 Open Studio CAS  
3:00 Lectio Divina SP  
3:00 MahJongg GR  
6:45 Duplicate Bridge CAS

**8**  
9:00 Bank Opens  
9:00 12:00 Encore Receives Donations  
11:00 Trails Committee Meeting GV  
12:30 Coin Club B  
1:30 D & D Series CH  
3:00 Knit' N Stitch HP  
3:30 E&E GV  
4:30 Drop In Social HP

**9**  
10:30 Resident Council Meeting CH  
2:00 Comm. Comm. HH  
3:45 Resident Welcome Reception  
7:00 Cribbage CAS  
7:00 Evening Prayer SP  
7:00 UConn vs. Cincinnati CAS  
7:15 Movie: Klute CH

**10**  
9:00 Bank Opens  
7:15 Movie: Klute 918

**11**  
10:00 Ipad Class BC  
12:00 French Con. 5th Floor  
1:00 Trip:Stop & Shop\*\*  
2:15 Together to Music CAS  
7:00 Bridge CAS

**12**  
8:00 Food Drive Collection  
9:00 Men's Mug Club TR  
10:30 ISOD: Cybersecurity Risk HH  
4:30 Drop In Social HP  
7:15 Movie: Singing In The Rain CH

**13**  
1:00 UConn vs. South Fla. CAS  
2:30 Communion CH  
7:15 Movie: Singing In The Rain 918

**14**  
10:00 Health Comm. CAS  
1:00 Open Studio CAS  
3:00 MahJongg GR  
3:00 Spiritual Life Comm. SP  
6:45 Duplicate Bridge CAS  
7:15 Saxoph. Sam Moffett CH

**15**  
9:00 Bank Opens  
9:00 12:00 Encore Receives Donations  
10:00 2G's Meeting GV  
3:00 Knit' N Stitch HP  
4:30 Drop In Social HP

**16**  
2:00 Sports and Games GV  
3:30 Critic's Circle MR  
4:00 Artist Group ATR  
7:00 Cribbage CAS  
7:00 Evening Prayer SP  
7:15 Movie: March of The Penguins CH  
8:00 UConn @ Tulane CAS

**17**  
9:00 Bank Opens  
9:30 ALP Spring Preview CH  
10:00 Encore Opens  
10:00 Comm. Serv./Hymns VLR  
3:00 Caregiver's Support Group GV  
7:15 Movie: March of the Penguins 918

**18**  
1:00 Judaic Service SP  
1:00 Trip:Stop & Shop\*\*  
1:45 Tea TOS  
2:15 Together to Music CAS  
6:15 Trip: HSO\*\*  
7:00 Bridge CAS

**19**  
9:00 Men's Mug Club TR  
10:00 Storytellers HH  
4:30 Drop In Social HP  
6:15 Trip: HSO\*\*  
7:15 Movie: Selma CH

**20**  
1:00 UConn @ Temple CAS  
2:30 Communion CH  
7:15 Movie: Selma 918

**21**  
8:30 Men's Breakfast MDR  
10:00 Dining Comm. CAS  
1:00 Open Studio CAS  
3:00 Lectio Divina SP  
3:00 MahJongg GR  
6:45 Duplicate Bridge CAS

**22**  
9:00 Bank Opens  
9:00 B&G CAS  
9:00 12:00 Encore Receives  
3:00 Knit' N Stitch HP  
4:30 Drop In Social HP  
4:45 Mixer Dinner TOS

**23**  
11:00 Community Forum CH  
1:15 Trip: Hartford Stage\*\*  
7:00 Cribbage CAS  
7:00 Evening Prayer SP  
7:00 UConn vs. SMU CAS  
7:15 Movie: On Golden Pond CH

**24**  
9:00 Bank Opens  
10:00 ALP HH  
3:00 Parkinsons Support Group GV  
7:15 Classical Viola and Piano Recital CH  
7:15 Movie: On Golden Pond 918

**25**  
10:00 Flower And Decoration Committee Meeting CAS  
10:00 Ipad Class BC  
1:00 Trip:Stop & Shop\*\*  
2:15 Together to Music CAS  
7:00 Bridge CAS

**26**  
9:00 Men's Mug Club TR  
4:30 Drop In Social HP  
7:15 Movie: My Cousin Vinny CH

**27**  
2:30 Comm. CH  
4:00 UConn vs. Central Fla.  
7:15 My Cousin Vinny CAS 918

**28**  
10:00 Library Committee Meeting L  
1:00 Open Studio CAS  
3:00 MahJongg GR  
6:45 Duplicate Bridge CAS

**29**  
9:00 Bank Opens  
9:00 12:00 Encore Receives Donations  
3:00 Knit' N Stitch HP  
4:30 Drop In Social HP

**30**  
7:00 Cribbage CAS  
7:00 Evening Prayer SP  
7:15 Movie: The Lunchbox CH

**31**  
9:00 Bank Opens  
10:00 Encore Opens  
10:00 ALP HH  
1:00 ALP HH  
7:00 UConn @ Louisville CAS  
7:15 Movie: The Lunchbox 918

**Blood Pressure Screenings  
Wednesdays  
from 10:00 a.m.-12:00 p.m.  
Wellness Clinic**

### Location Key

- 5TH - 5th Flr across from Library
- ATR - Atrium
- B - Bistro
- BL - Blstro Lounge
- BC - Business Center
- SP - Center of Spirituality
- 918 - Channel 918
- 919 - Channel 919
- CH - Chapel
- CAS - Community Activity Space
- DS - Dance Studio
- ES - Encore Shop
- GR - Game Room
- GV - Garden View
- HP - Hearthside Parlor
- HH - Heritage Hall
- HT - Hilltop
- L - Library
- LB - Lobby
- MDR - Main Dining Room
- MR - Media Room
- NAT - Natatorium
- NL - North Lounge
- OFF - Offsite
- PS - Pilates Studio
- SWBR - South Wing Britton Room
- SWD - South Wing Dance Studio
- TR - Terrace Room
- TOS - Top of Stairs
- AR - Views Activity Room
- VDR - Views Dining Room
- VFS - Views Fitness Studio
- VL - Views Library
- VP - Views Parlor
- VTV - Views TV Area
- VLR - Views Living Room