



Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

MAY 2017

Play is the Thing

Everyone is aging. Agreed? But how we age is determined, in part, by what we do with our years. George Bernard Shaw said, "We don't stop playing because we grow old, we grow old because we stop playing." "Research on older adults and playfulness suggests that playfulness in later life improves cognitive, emotional, social, and psychological functioning and healthy aging overall."¹

Whatever your age, mental or physical ability, improve your health and find a way to play: take an active role in enjoying your day. There is always a lot going on at Seabury, with many ways to play; here are a few highlights this month:

- ◆ Don't miss a performance of this year's Resident/Staff Show, "At the Copa"!
- ◆ Every Monday, join the Seabury Artist Group's Open Art Studio: just stop in to try something new, or bring your current project.
- ◆ Try your hand at making a marionette with Dan Butterworth on Thursday, May 18, then enjoy a full presentation of his puppets that evening.
- ◆ The Seabury Games Committee has been hard at work putting together a scavenger hunt! Pick up a sheet and try to find the location of the objects in the photos. Prizes to be awarded at tea on May 19.
- ◆ The Seabury Havin' Fun Ukulele Band is performing a few songs with Snapback on Thursday, May 25. We play every Thursday at noon...why not join us and have some fun?
- ◆ The weather is getting warmer and we'll be heading outside for pickleball, bocce, shuffleboard and more! Watch for further information.



In your actions on a daily basis, do you take the time to play?

¹"Older-Adult Playfulness: An Innovative Construct and Measurement for Healthy Aging Research," Careen Yarnal and Xinyi Qian; <http://files.eric.ed.gov/fulltext/EJ985548.pdf>

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The right to play is one of the divine rights of men and women, of boys and girls, and is just as essential to the peace, happiness and prosperity of the world as is the right to pray. Never be afraid or ashamed, my young friends, of honest, vigorous, healthy play.

~Silas X. Floyd (1869–1923), "The Right to Play," *Floyd's Flowers: or, Duty and Beauty for Colored Children*, 1905

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Gallery Opening

The Seabury Artists Group presents our next Co-Exhibit Gallery Opening:
"Moroccan Stew" featuring the photographs of
SAH Member Lowell Fewster
and **"Maine Morsels"** featuring the works of
Seabury Resident Linda Isham
Wednesday, May 10, 2017
4:00 p.m.; Top of the Stairs & Gallery

May I Suggest...

Do you have an idea or a suggestion that would make living a richer experience here at Seabury? Would you like to share that with others in the hope that by doing so, all could benefit? Feel free to drop a note into the "Resident Suggestion Box" which is attached to the wall just before you enter the CAS on your right.

The Chair of the Suggestions & Concerns committee checks the box regularly and the items are read anonymously at the committee's meeting. If you sign your message, the chair will let you know how, or to whom, we have referred it for action. Obviously, unsigned ideas cannot receive a report. ~ S & C Committee



Mixer Dinner

Our next Mixer Dinner will be held on Wednesday, May 24, 2017.

The theme is a "Garden Party", so wear your garden party finery. The gathering starts at 4:45 pm at TOS, and dinner times will be spaced so there is ample time for good conversation.

Please sign up at CAS for the early dinner seating or the later one.

See you there!

~Hospitality Committee



Thank YOU!

We are grateful for your commitment to each committee that you're on and we thank you for joining us at the Volunteer Recognition reception held on Friday, April 21st. I am truly amazed at how many of you volunteer here at Seabury. Each of you have your own story to tell. You come from many different backgrounds. You have many different life experiences and yet you all have at least one thing in common, your willingness to give so generously of your time and talents to help others.

I am humbled by your generosity of spirit and your compassion for your fellow residents.
We thank you!
~Gina Marcantonio



Trips

So much to see, so much to do!
Watch for posters of additional upcoming trip offerings...

New Britain Museum of American Art Nor'Easter: The 47th Annual Juried Members Exhibition

Thursday, May 11
Leave Seabury 10:30 a.m.
Return 3 p.m.
\$20 includes admission & bus
Members \$10 for bus only

Spring Orchestra & Wind Ensemble Concert

Loomis Chaffee School
Sunday, May 21
Leave Seabury 3:15 p.m.
Concert is Free
\$7 Transportation
Sign up by 5/10
Minimum 10 to go

Special Seabury Trip to Boston!
Boston Museum of Fine Arts
"Matisse in the Studio"
Friends and Family are Welcome!
Tuesday, June 6
8:30 a.m.—5:30 p.m.
\$67 per person includes
Peter Pan Coach bus
(with free WiFi)
Admission & driver gratuity.
Sign up & checks to Jodi
by May 5th!! See flyer for details.
We need to make our minimum,
so sign up today!!

Dionysos: Greek Festival

St. George's Greek Orthodox Church, New Britain
Saturday, May 27 Leave Seabury 4:00 p.m.
Eat, Sing, Dance! Admission is Free
\$10 Transportation; Minimum 10 to go



Hartford Yard Goats Baseball!!!

This is your chance to see the
new stadium in style!
Thursday, June 1 Leave 9:15 a.m.
We have covered seats in the Hartford
Terrace, with access to the exclusive
indoor YG Club where you can
purchase refreshments.
\$24 includes ticket & bus.
Sign up by May 10th.

Bloomfield High School Volunteer & Senior Appreciation Luncheon!

We have been invited to attend a
special luncheon at Bloomfield High
to honor seniors in our community
Wednesday, May 30,
Leave Seabury 11:15 a.m.
The luncheon is free, bus is \$7.
Please sign up in CAS
by May 4th or as soon as possible!

Sunken Garden Poetry Festival
at the Hill-Stead Museum, Farmington
Featured opening night poet, Billy Collins, U.S. Poet Laureate
with CT's Poet Laureate Rennie McQuilkin,
and music by *Plywood Cowboy*
Wednesday, June 21, 2017 leave Seabury at 4:15 p.m.
Seabury is sponsoring events this year,
and we have free admission!
Bus is \$10. Sign up in CAS. Bring a picnic & lawn chair!

Hartford Symphony Orchestra's Talcott Mtn. Music Festival!

Two options this year:
"Celebrate America!"
Friday, June 30
&
"Broadway A-Z"
Friday, July 28
The concert is \$30
And includes ticket/trans.
Bus will leave at 6:30 p.m.
Sign up by June 5!

Summer Trip to Boston: JFK Library & Museum; Lunch at Quincy Market Afternoon Boston Harbor Cruise!

Tuesday, July 25, 2017
\$82 includes admissions, cruise, bus & driver gratuity.
Lunch is on your own. Leave Seabury 8:15 a.m.
Sign up by June 16th!!
See flyer for more details.



Seabury A Balanced Life Calendar of Activities Brought to You by Resident Services

MAY 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sign Up in CAS for Event When Indicated With DOUBLE STARS ** <hr/> Encore Receives DONATIONS EVERY TUESDAY 9:00 am-noon <hr/> Resident Shop Open Thursdays 10:00 am-noon	1 3:00 MahJongg GR CH 3:00 Meditation CAS 7:00 Dup. Bridge	2 9-4 Bank Open 9:00 Scholarship Study Cmte MR 10:00 Shop Geisslers NO Encore! Committee Meeting 3:30 Knit 'n Stitch NL 4:30 Drop In Social HP	3 9:00 Hospitality Committee CAS 10:30 Community Chapel CH 1:00 Fannie's Book Group TR 3:00 Meditation CH 7:00 Cribbage CAS 7:00 Resident/Staff Show HH	4 9-4 Bank Open 12:00 Conversational French 5th Flr GR NO Movie 7:00 Resident/Staff Show HH	5 11:00 Dr. Coll's Lecture: Arrhythmia HH 1:00 Shop Stop and Shop 1:45 Tea TOS 7:00 Bridge CAS	6 9:00 Men's Mug Club BP 10:30 ISOD Steering Committee GV 2:45 Together To Music CAS 4:30 Drop In Social HP 7:15 <i>Inferno</i> HH
7 10:30 Communion CH 3:30 Sing-a-Long TOS 2:00 and 7:00 <i>Inferno</i> CH918	8 10:00 Health Services Com. CAS 3:00 MahJongg GR CH 3:00 Meditation CH 7:00 Dup. Bridge CAS	9 9-4 Bank Open 8:30 Resident Breakfast MDR 10:00 Shop Stop & Shop 11:00 Trails Comm. GV 1:30 Great Decisions MR 2:00 Active Aging Rehab Lecture HH 3:30 Knit 'n Stitch NL 4:00 Action Forum CAS 4:30 Drop In Social HP	10 10:30 Resident Council HH 2:00 Communications Comm. BC 3:00 Meditation CH 4:00 Gallery Opening TOS 7:00 Cribbage CAS 6:45 <i>Ferris Bueller's Day Off</i> HH	11 9-4 Bank Open Encore Opens 10-3 10:30 Catholic Communion CH Service CH 10:30 New Britain Museum of American Art Nor' Easter ** 12:00 Conversational French 5th Flor GR 5:15 Birthday Fun MDR 7:15 <i>Ferris Bueller's Day Off</i> CH918	12 10:00 iPad Class MR 11:00 Jennifer Cavallaro: "Safety Concerns for People Impacted by Dementia" HH 1:00 Shop Stop and Shop 7:00 Bridge CAS	13 9:00 Men's Mug Club BP 10:00 ISOD Steven Dudley HH 2:45 Together To Music CAS 4:30 Drop In Social HP 7:15 <i>Big Fat</i> HH FOOD DRIVE this Weekend

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 10:30 Communion CH 2:00 and 7:00 <i>Big Fat</i> CH918	15 8:30 Men's Breakfast MDR 10:00 Dining Com. BP 11:00 Menu Advisory Committee CAS** (limited space) 1:30 Resident Shop Committee MR 3:00 MahJongg GR 3:30 Seabury Community Forum HH 3:00 Meditation CH 7:00 Dup. Bridge CAS	16 9-4 Bank Open 10:00 2G's Com. GV 10:00 Shop Geisslers 1:30 Great Decisions MR 3:00 E&E GV 3:30 Knit 'n Stitch NL 4:30 Drop In Social HP	17 10:30 Community Chapel CH 2:00 Sports and Games GV 3:00 Meditation CH 3:30 Critic's Circle MR 4:00 Courtyard Campaign Kick Off Social TOS 7:00 Cribbage CAS 6:45 <i>Little Miss Sunshine</i> HH	18 9-4 Bank Open 11:00 Butterworth Marionettes Work Shop** CAS 12:00 Conversational French 5th Fir GR 3:00 Caregiver's Support Group GV 7:15 Little Miss Sunshine CH918 7:15 Marionettes Showcase HH	19 1:00 Shop Stop and Shop 1:00 Judaic Service CH 1:45 Tea TOS 3:00 Poet and Writers HP 7:00 Bridge CAS	20 9:00 Men's Mug Club BP 10:00 Storytellers HH 1:00 Apple User Devices CAS 2:45 Together To Music PS 4:30 Drop In Social HP 7:15 <i>Fences</i> HH
21 10:30 Communion CH 3:15 Loomis Chaffee Spring Concert** 3:30 Sing-a-Long TOS 2:00 and 7:00 <i>Fences</i> CH918	22 10:00 Library Com. L 3:00 MahJongg GR 3:00 Meditation CH 7:00 Dup. Bridge CAS	23 9-4 Bank Open 8:30 Buildings and Grounds MR 10:00 Shop Stop & Shop 3:30 Knit 'n Stitch NL 4:30 Drop In Social HP	24 1:15 Hartford Stage** 3:00 Meditation CH 4:45 Mixer Dinner TOS & MDR 7:00 Cribbage CAS 6:45 <i>I AM Sam</i> HH	25 9-4 Bank Open Encore Open 10-3 12:00 Conversational French 5th Fir GR 3:00 Parkinson's Group GV 7:15 I AM Sam CH918 7:15 Snapback Ukulele Band HH	26 10:00 iPad Class MR 10:00 Flowers and Décor Comm. CAS 12:30 ESCO Help Desk CAS 1:00 Stop and Shop 3:00 Better Hearing HH 7:00 Bridge CAS	27 9:00 Men's Mug Club BP 2:45 Together To Music CAS 4:00 Dionysos: Greek Festival** 4:30 Drop In Social HP 7:15 <i>Arrival</i> HH
28 10:30 Communion CH 2:00 and 7:00 <i>Arrival</i> CH918	29 3:00 MahJongg GR 3:00 Meditation CH 7:00 Dup. Bridge CAS	30 9-4 Bank Open 10:00 Shop Stop & Shop 3:30 Knit 'n Stitch NL 4:30 Drop In Social HP	31 11:15 Senior Appreciation Luncheon Bloomfield High School** 3:00 Meditation CH 4:00 Seabury Artist Group ATR 7:00 Cribbage CAS 6:45 <i>The Life and Death of Peters Sellers</i> HH	Rooms ATR Atrium BC Business Center BP Bistro Parlor CAS Community Activity Space CH Chapel CLD Clinic Desk GV Garden View GR Game Room HH Heritage Hall	Rooms Cont. HP Hearthside Parlor L Library MDR Main Dining MR Media Room NL North Lounge SP Center for Spirituality TOS Top of Stairs	Abbreviations: B & G: Buildings & Grounds E & E: Education & Entertainment S & C Suggestions & Concerns 2 G's: Garden & Greenhouse

Center for Spirituality

This month, I offer two "Springy/Eastery" poems (as I described them to Kathy Carle, distinguished author of one of those poems.)

The first poem is one that I created from the word game of one of our skilled nursing residents. Under a variety of headings (i.e. "nautical journal", "homeowner documents", etc.), this resident creates a list of words of four or more letters each not necessarily related to the others. From a few of these lists containing a total of a couple of hundred words, I selected forty-one words that for one reason or another caught my attention. Then from these forty-one words, I crafted the following poem in which I use thirty-two of the forty-one. These thirty-two words are in italics below. Most of the words appear in their original form, though I did change a few slightly (i.e. city to cities, peace to peacefully). The second poem, Easter Morning, is a new poem by Kathy. Shalom, Chaplain Bob

With *grace*, *time* passes
 snow and sleet *cease*
 The *dead land*
 throws itself *ajar*
Blue birds sing *love sonnets*
 to the *rising* day
 What is *loss* and *care*
 to this sun *minted Earth*
Friend, learn with me
dare to *race* this *lived vision*
 Against the *chains*
 of *rational* thought
 Let us *save*, but not for *later*
 the *coasts* and *cities* of our hearts
 Like *Christ's bread* melting
peacefully on our tongues
 We can *decide* to *join*, rejoice
 and call ourselves at *home*

Easter Morning

Don't think
 that because
 the night is over,
 the sun risen—
 his ordeal is over,
 his life is sealed
 with him in Joseph's tomb.
 Go—stand in front of the rock.
 see it rolled away.
 Walk— in—if you dare.
 Peer into the darkness, for your savior.
 Find him gone, here--out in our world.

-Kathy Carle

Seabury Cinema

All movies are selected by residents in the *Critics Circle* group, which meets on the 3rd Wednesday of the month in the Media Room. The group does its best to find a balance between classic and modern, in order to make a variety of films available to residents. Everyone is welcome. Full movie descriptions are available in CAS.

5/3, 5/4 No Movie

5/6 *Inferno*
 @ 7:15 p.m., HH

5/7 *Inferno*
 @ 2 & 7 p.m., CH918

*Plays in rotation on CH 919 5/10-17

5/10 *Ferris Bueller's Day Off*
 @ 6:45 p.m., HH

5/11 *Ferris Bueller's Day Off*
 @ 7:15 p.m. CH 918

5/13 *Big Fat*
 @ 7:15 p.m., HH

5/14 *Big Fat*
 @ 2 p.m. & 7 p.m. CH 918

*Above films play in rotation on CH 919 from 5/17-24

5/17 *Little Miss Sunshine*
 @ 6:45 p.m., HH

5/18 *Little Miss Sunshine*
 @ 7:15 p.m., CH 918

5/20 *Fences*
 @ 6:45 p.m., HH

5/21 *Fences*
 @ 2 p.m. & 7 p.m. CH 918
 *Above films play in rotation on CH 919 from 5/24-5/31

5/24 *I Am Sam*
 @ 7:15 p.m., HH

5/25 *I Am Sam*
 @ 7:15 p.m. CH 918

5/27 *Arrival*
 @ 7:15 p.m., HH

5/28 *Arrival*
 @ 2 p.m. & 7 p.m. CH 918

*Above films play in rotation on CH 919 from 5/31-6/7

5/31 *The Life & Death of Peter Sellers* @ 6:45 p.m., HH

*ESCO customers only

May Program Highlights

Resident Staff Show – Join us for this year’s musical extravaganza ‘*At the Copa.*’ Performance reservation sheets have been distributed to resident mailboxes! Come see all of our Seabury stars shine! **May 1 through Friday, May 5, Heritage Hall**

Health Lecture Series with Kelly Allen, Senior Rehabilitation Director Attend our lecture on “Active Aging” and learn about the many services that are available to you here on campus. Subjects covered include services covered by insurance, the latest Medicare updates, and “Therapy Cap,” as well as useful adaptive equipment that most anyone can benefit from, and more! **Tuesday, May 9, 2:00 p.m. Heritage Hall**

Gallery Opening: Lowell Fewster and Linda Isham will display their works. **Wednesday, May 10, 4:00 pm, TOS**

Health Lecture Series with Jennifer Cavallaro, Director of Operations and Services at Seabury Meadows will speak about “Safety Concerns for People Impacted by Dementia,” **Friday, May 12, 11:00 a.m., HH**

ISOD Steven Dudley is the co-founder and co-director of InSight Crime, a think tank that monitors, analyzes and investigates organized crime in the Americas. He will describe his work with particular emphasis investigations into large and violent criminal groups, street gangs, elites and organized crime, extraditions and any other narco-subjects the audience would like to address. **Saturday May 13, 10:00 a.m. Heritage Hall**

Men’s Breakfast How do you tell a family of preachers that you are not going to follow that tradition? **John Gettier**, a Baltimore native, did that. After graduating from high school he left for the glorious state of Connecticut to matriculate at Wesleyan, and has been a Conn Yankee ever since, also becoming a professor of Religion at Trinity. He’ll tell you more at the **Monday, May 15, 8:30 a.m. Main Dining Room**

Marionette Workshop Don’t miss this creative opportunity to make your own marionette with Dan Butterworth! A selection of beautiful cloths, yarns, and other decorative materials are already partially assembled, and every participant is guaranteed a complete character when the workshop ends. **Thursday, May 18, 11:00 a.m., Community Activity Space**

Marionette Showcase Shadow and Poster Puppets perform on Butterworth’s beautifully decorated stage, through the air, and right out into the audience. Some characters magically appear, move on their own with a grace guaranteed to amaze. After the performance Dan Butterworth will entertain question and demonstrate how the magic happens **Thursday, May 18, 7:15 p.m., Heritage Hall**

Let’s Go Lookin’: A Game Everyone Can Play The Sports & Games Committee invites you to join our scavenger hunt! Photo sheets will be distributed for you to identify and return by 5/18. Prizes will be awarded at tea on **Friday, May 19, 1:45 p.m., Top of the Stairs**

Mac Users Group Join facilitator Marc Edrich for Mac User Group, an informal gathering of Apple product users. Bring your iPad, iPhone, or other Apple devices. Ask questions, learn tips and tricks, and share your knowledge. Beginners welcome. **Saturday, March 20, 1:00 p.m., Community Activity Space**

Snapback Ukulele Band, Snapback is a unique ukulele group doing covers of the 60s and 70s with custom arrangements, skilled musicianship and gorgeous harmonies. Seabury’s own Havin’ Fun Ukulele Band will join the group for a few songs. **Thursday, May 25, 7:15 p.m., Heritage Hall**

Esco Help Desk– Malaine Thorpe will be in the Community Activity Space on the last Friday of each month to answer and questions you may have about ESCO communications internet, cable and phone. **Friday, May 26, 12:30 p.m., Community Activity Space**

IMPORTANT ESSENTIALS

TO YOUR HEALTH

Dr. Coll will speak about
"Arrhythmia"
on Friday, May 7, 2017
at 11 a.m. in Heritage Hall.



TRANSPORTATION

Routine medical transportation is available. Please complete 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, the Transportation Coordinator, directly at (860) 243-6058. She is available Monday–Friday, 8 a.m. to 4:30 p.m.

Medical Transportation

Mon/Wed/Fri:

Bloomfield, Hartford, West Hartford

Tues/Thurs:

Avon, Farmington, Simsbury, Windsor

THE SEABURY CLINIC

FOR APPOINTMENTS
call (860) 243-6080
and *leave a message.*

Messages are retrieved
at 9 a.m., 12 & 3 p.m.

You will be contacted to schedule
an appointment.

BLOOD PRESSURE SCREENINGS

Every Wednesday
from 10 - 12 p.m.

Want to shop
on Tuesday or Friday?
Call (860) 243-6070

**PLEASE NOTE:
A CLINIC NURSE
IS AVAILABLE ON
WEEKENDS AND
HOLIDAYS BY
APPOINTMENT ONLY**

FOOTNOTES FROM THE LIBRARY COMMITTEE

April Showers Bring May Flowers is a rhyme concerning the fact that Spring has come and soon it will get warm and we can begin to garden. The Seabury Library has a large collection of books on flowers and gardening. Perhaps some of the books can help in planting in the gardening beds and other garden spaces, cared for by residents, that are available for use at Seabury. Some of the titles on the shelf, that might help, are *Rodale's Flower Garden Solver*, *The A-Z Encyclopedia of Garden Plants*, *Reader's Digest Illustrated Guide to Gardening and *Better Homes Gardening Made Simple*. For the advanced gardener the library has a copy of The *American Rose Society Encyclopedia of Roses*. All of the gardening books are kept in one section and they are all labeled gardening on their spines. "April showers bring May flowers" is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed – in this case, an abundance of flowers in May. "April showers bring May flowers" is a lesson in patience, and one that remains valid to this day.

MALL SHOPPING

Mall trips are offered

for a minimum of 5 shoppers.

Leave Seabury at 12:30 p.m.,
pickup at 3:30 p.m.

Next trip:

June 5, Evergreen Walk

Sign up in the Activity Book
in CAS

Save the Date

June 9 Avery Ensemble

June 11 Pratt and Whitney Chorus

June 19 Coffee Grinder Jazz Trio

All dates subject to change.

iPad Workshops Apple's iPads are a great piece of technology that can enhance your life in many ways though, as with any technology, they can take some getting used to. Come learn how to get the most out of your iPad. **2nd and 4th Friday, 10:00 am, Media Room**