Seabury MONTHLY

http://www.seaburylife.org

MARCH 2019

Seabury At Home

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"VOICES" TO BE HEARD AGAIN THIS SPRING!

"VOICES" is back! Will yours be among them? Seabury's small but mighty literary magazine will be happy to consider publishing your original stories (1,000 words maximum), poems (40 lines maximum), or sketches for publication this spring. Submissions may be sent from March 1 to March 31, 2019 to Seabury Resident Carol Simpson, at Carolcadwalladersimpson@gmail.com as an attachment in an email (We prefer "Times New Roman" 12-point type). Or, you may place handwritten or typewritten copy in Carol's mail cubby, number 307, located across from The Village Store. Thank you! — Carol Simpson, Managing Editor

Seabury Visiting Nurses

Seabury care now
for your immediate needs at home

Please join Lisa Duncan, Community Outreach Specialist, on Fri., March 8, 2019 at 11:00 a.m. in Heritage Hall as she will speak on Healthcare Self-Advocacy. It can be difficult to navigate the current healthcare landscape. With a little preparation and preplanning, you can make the most of your physician visits and make a plan for hospital stays and discharge. Most importantly, we want you to understand that you have choices for your services and healthcare providers. Learn how to prepare, what to bring with you, and follow up steps you can take, to become a better advocate for yourself or a loved one.

MARDI GRAS CARNIVAL!

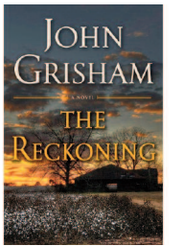
It's that time of year again — yes; the time to give something up! But first, join us on Tues., March 5, 2019 in the Community Activity Space (CAS) at 1:30 p.m. to partake in a day of festivities and fun! A parade is being planned, so come to Seabury and join your fellow Residents and Members!

See something in the calendar? Visit www.seaburylife.org and click the Lifestyle tab to read the Independent Living Newsletter, for more information.

As a reminder, the next SAH Member Council Meeting will take place on Fri., March 8, 2019 at 10:30 a.m. in the Board Room. SAH Members with questions or concerns are encouraged to attend the meeting or communicate with one of their SAH Member Council Officers. The easiest way to access the Board Room is by parking at Hilltop, walk through Door 15 and take your first left down the hallway. The Board Room will be on the left. Coffee, tea and water will be served. As a reminder, if you have a story or idea to share in the SAH Newsletter, please share them with Marc Zirolli or a SAH Member Council Officer. We hope to see you all there!

SEABURY AT HOME BOOK CLUB

"The Reckoning" by John Grisham, is our book THIS MONTH! We will be meeting on **Thurs., March 21, 2019 at 10:30 a.m. in The Atrium.** All SAH Members are welcome! Please call Amy or Lisa at 860-243-4021 or -4030 if you are attending for the first time.



The Reckoning by John Grisham

PARKINSON'S SUPPORT GROUP

Do you have a friend or loved one who has Parkinson's disease? Would you like to learn more about symptoms, the progression, how to cope and how to help support those in need? On **Thurs., March 28, 2019, from 3:00 - 4:00 p.m.,** come to Seabury to meet with our on-site geriatric psychiatrist, Thelissa Harris, M.D. This program is reserved for Seabury Residents and SAH Members only. Dr. Harris obtained her medical degree from the Baylor College of Medicine, Houston. The group will meet in the **Garden View Room on Level 4,** located at the end of the hallway from the Board Room in the East Wing. The most convenient access point would be Door 15. We look forward to seeing you.

Conversations (D & D)

Hosted by Seabury Residents, The Rev. Jeff Dugan and Dr. Russ Tonkin, the next "Conversations" program about Understanding Hospice will take place on **Tues., March 12, 2019 at 1:30 p.m. in The Bishops' Chapel.**

SEABURY AT HOME MEMBER COUNCIL OFFICERS

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Seabury At Home

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 March 2:30 Communion CH					**1** 11:00 Dr. Coll & Dr. Imram Ali: Osteoporosis HH 2:00 Special Gallery Tea TR 2:15 Together to Music CAS 3:00 Poets & Writers HP 7:00 Bridge CAS	**2** 9:00 Men's Mug Club TR 10:30 ISOD Steering Comm. GV 1:00 Houston @ UConn HH 4:30 Drop-In Social HP 7:15 Movie: Tea w/ The Dame HH
3 2:30 Communion CH	**4** 10:00 ALP HH 1:00 Open Studio CAS 1:00 Chorus CH 1:00 ALP GV 3:00 Lectio Divina Meditation SP 3:00 MahJongg GR 6:45 Duplicate Bridge CAS 7:00 UConn @ South Florida HH	**5** 9:00 Bank Opens 9:00 -11:30 Encore Donations 10:00 ALP HH 1:00 Encore Comm. CAS 1:00 ALP HH 3:00 Knit' N Stitch HP 4:00 Action Forum CAS 4:30 Drop-In Social HP 7:15 Castlebay CH	**6** 9:00 Hospitality Comm CAS 10:30 Ash Wednesday Srvc CH 1:00 Fannie's Book Group TR 1:00 ALP SWBR 3:30 Critic's Circle MR 7:00 Cribbage CAS 7:15 Movie:In the Mood for Love HH	**7** 9:00 Bank Opens 10:00 ALP CH 1:00 Chimes CAS 3:00 Presentation Prudence Crandall Center HH	**8** 10:00 Ipad Class BC 10:30 SAH Council Mtg. BR 11:00 Presentation w/ Lisa Duncan HH 2:15 Together to Music CAS 7:00 Bridge CAS 7:15 Dance Party South Wing Exercise Studio	**9** 8:00 Food Drive Collection 9:00 Men's Mug Club TR 10:30 ISOD HH 2:00 AAC Quarterfinal HH 4:30 Drop-In Social HP 7:15 Movie: The Death of Stalin HH
10 2:00 Daylight Savings Begins! 2:30 Communion CH 4:00 AAC Semifinal HH	**11** 10:00 Health Comm. CAS 10:00 ALP HH 1:00 Open Studio CAS 1:00 ALP HP 3:00 MahJongg GR 3:00 Spiritual Life Committee SP 6:45 Duplicate Bridge CAS 7:00 AAC Championship HH	**12** 9:00 Bank Opens 9:00 -11:30 Encore Donations 10:00 ALP HH 12:30 Coin Club B 1:00 ALP HH 1:30 Conversations (D & D) CH 3:00 Knit' N Stitch HP 3:30 Entertainment & Education GV	**13** 1:00 ALP SWBR 2:00 Comm. Comm. HH 4:00 Artist Group ATR 7:00 Cribbage CAS 7:00 Evening Prayer SP 7:15 Movie: Brooklyn HH	**14** 9:00 Bank Opens 10:00 Encore Opens 1:00 Musicale CH	**15** 10:00 ALP HH 1:00 Judaic Srvc SP 1:45 Tea TOS 2:00 Massage Therapy Open House 2:15 Together to Music CAS 6:15 Trip: HSO** 7:00 Bridge CAS	**16** 9:00 Men's Mug Club TR 1:00 Apple User Devices BC 4:30 Drop-In Social HP 6:15 Trip: HSO** 7:15 Movie: Argo HH
17 2:30 Communion CH	**18** 8:30 Men's Breakfast MDR 10:00 Dining Comm. CAS 10:00 ALP HH 1:00 Open Studio CAS 1:00 ALP HP 3:00 MahJongg GR 6:45 Duplicate Bridge CAS	**19** 9:00 Bank Opens 9:00 -11:30 Encore Donations 10:00 ALP HH 10:00 2G's GV 1:00 ALP HH 3:00 Knit' N Stitch HP 4:30 Drop-In Social HP	**20** 1:00 ALP SWBR 2:00 Sports & Games GV 7:00 Cribbage CAS 7:00 Evening Prayer SP 7:15 No Movie 7:15 Meeting House HH	**21** 9:00 Bank Opens 10:00 Community Hymns VLR 10:30 SAH Book Club ATR 10:30 Catholic Comm. CH 3:00 Caregiver's Support Group GV	**22** 10:00 Ipad Class BC 10:00 ALP HH 2:00 Spring Kindness Rocks Social AR 2:15 Together to Music CAS 7:00 Bridge CAS	**23** 9:00 Men's Mug Club TR 4:30 Drop-In Social HP 7:15 Movie: Road to Perdition HH
24 2:30 Communion CH	**25** 10:00 Library Committee L 10:00 ALP HH 1:00 Open Studio CAS 1:00 ALP HP 3:00 Lectio Divina Meditation SP 3:00 MahJongg GR 6:45 Duplicate Bridge CAS	**26** 9:00 Bank Opens 9:00 Buildings & Grounds CAS 9:00 -11:30 Encore Donations 10:00 ALP HH 1:00 ALP HH 3:00 Knit' N Stitch HP 4:30 Drop-In Social HP	**27** 11:00 Community Forum CH 1:00 ALP HH 7:00 Cribbage CAS 7:00 Evening Prayer SP 7:15 Movie: A Hard Day's Night HH	**28** 9:00 Bank Opens 10:00 Encore Opens 3:00 Parkinsons Support Group GV	**29** 10:00 ALP HH 1:45 Tea TOS 2:15 Together to Music CAS 7:00 Bridge CAS	**30** 9:00 Men's Mug Club TR 4:30 Drop-In Social HP 7:15 Movie: The Wife HH

All programs are subject to change

Location Key

5TH	5th Flr across from Library
ATR	Atrium
B	Bistro
BL	BIstro 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