



Chapel Services



Chaplain Jenn has been working on new religious programming, including the upcoming celebration of Rosh Hashanah this month.

Seabury Chapel Morning Prayer will now air on Channel 918, each Sunday at 10:00 a.m. and 2:00 p.m.

Jewish Shabbat service, led by Hannah, will air each Friday at 6:00 p.m., also on Channel 918.

Rosh Hashanah: Seabury's Rosh Hashanah (Jewish New Year) will be virtual this year! Join us, from the comfort of your own home, for dinner and service. The service will air on channel 918 at 6:00 p.m. on Sept. 18. Hannah will be leading the prayers and music.

Outdoor Events



Join us in welcoming Paul Shlien to Seabury. Originally a pianist, Paul has turned his efforts to guitar. Shlien plays popular oldies rock, movie hits, American classics and contemporary classics. He has graced our community before and is looking forward to coming back

to our gorgeous campus. **Wed., Sept. 16; Hilltop 5:00 p.m.**

Melanie Chirignan is a talented flautist who will be sharing her musical abilities with us on **Sat., Sept 19; 4:00 p.m.** Melanie is known for her versatile repertoire. Her eclectic tastes have allowed Melanie to collaborate with many different performers and ensembles. Sign up to enjoy her airy sounds and get lost in the wind.

Seabury is welcoming Olga Vinokur to our campus to perform on **Tues., Sept. 22 at 5:00 p.m. at the Hilltop.** Olga is an acclaimed pianist and a dynamic performer on the classical and contemporary music scene who is gaining recognition for, "the strength and consistency of her artistry," as noted by the New York Times.

Seabury will host a **Tellabration**, for adults on **Thurs., Sept. 24 at 4:00 p.m.** Sara deBeer will present programs of multicultural myths, legends, and folktales to audiences of all ages. She often weaves stories around a particular theme, such as "Tales of Winter Wonderlands" or "Tales of Deep-Rooted Magic". Audiences discover the richness of each individual culture while also appreciating the universality of human experiences.

Reservations are required by phone or email with Rashawn Vassell at x4285 or rashawnvassell@seaburylife.org. The time slots will fill up on a first-come, first-served basis. We have a maximum capacity of 25 people per time slot, per State of CT mandate. If we have an overwhelming response, we will do our best to adjust our times, dates, or frequency of events to accommodate as many people as possible.

NEW ON ZOOM

Trivia Tuesday will meet Sept 29th 2:00 pm - 3:00 pm for an hour of trivia fun! Winners will receive a prize! (limited to 20 holdholds) RSVP to Tiffany Smith by email tiffanysmith@seaburylife.org or 860-243-6065

Playreading: Looking to start a group. if you are interested please contact Tiffany if you are interested. Details to follow.



Seabury

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

Resident Service Staff

Heather Stanton
VP Resident & Member Srvc.
860-243-6040

Tiffany Smith-Chisholm
Direct of Resident Srvc.
860-243-6065

Rashawn Vassell
Events & Program Coord.
860-286-4285

Jodi Morrissey
Activity & Trip Coord.
860-243-6035

Important Phone Numbers
Maura Mazur
Transportation Coord.
860-243-6058

Fitness Update

Current Fitness Usage:

- 53 Residents are using the pool
- 79 are registered for outdoor group exercise
- 37 are personal training
- Fitness assessments have resumed as of August

New additions to the program: We have expanded our personal training to include all levels of care. Fitness Coordinator Kirsten Benson held a sunset yoga class and she is planning on holding another one in the near future. Kirsten is also hosting a weight management support group twice per month using Zoom. If you are interested please email Kirsten at kirstenbenson@seaburylife.org for more information.

Beginning September 21st we will be allowing two residents to use the pool at a time. If you are already using the pool, fitness will communicate with you to set up additional time slots. If you are newly interested in pool use please contact Matt McGowan

New Staff: The fitness staff is happy to welcome two group exercise instructors. Janice Flannigan and Carleen Sarno both come with years of experience and hold several certifications. Janice will be leading strength and cardio classes, and Carleen is leading Chair Yoga for Independent and Views Residents.

We also welcome two intern students from Central Connecticut State University. Both Xander Valerio and Tatiana Wallen have completed all of their course work and will be spending their last semester at Seabury helping out with fitness assessments and learning to design classes and training programs. If you have any fitness or wellness related questions please email Matt McGowan, Director of Fitness and Wellness, at mattmcgowan@seaburylife.org or call 860-243-6007.



Encore!

Members of Encore! and Seabury staff are preparing our first outdoor tag sale later this month! Residents, At Home Members and Employees are encouraged to participate in the sale on **Tues., Sept. 22.**





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

200 Seabury Drive
Bloomfield, CT
06002

(860) 286-0243
www.seaburylife.org



6	7	8	9	10	11	12
13 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918	14 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 Health Services Committee Zoom 11:00 Thai Chi Video 918	15 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 ALP Spring Preview (9am preparation) Zoom 11:00 Thai Chi Video 918	16 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 5:00 Outdoor Concert with Paul Shlien HT	17 8:15 25 Min Cardio with Matt 918 10:00 ALP Annual Meeting Zoom 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918	18 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 3:00 Women Together Meeting Zoom 6:00 Rosh Hashanah Service 918	19 9:00 Virtual Men's Mug Zoom 4:00 Outdoor Concert with Melanie the Flutist HT
20 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918	21 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918	22 8:15 25 Min Cardio with Matt 918 9:00 Buildings & Grounds Committee Zomm 9:15 Fitness Video with Brian 918 10:00 Gardens & Greenhouse Committee Zoom 10:00 Encore Outdoor Tag Sale	23 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 Seabury Residents Association Annual Meeting Zoom 11:00 Thai Chi Video 918	24 COVID Testing Event 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 ALP: America after the Cold War Zoom 11:00 Thai Chi Video 918 4:00 Tellabration at Seabury HT	25 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 2:00 ALP: Hamilton: Getting Under Your Skin Zoom	26 9:00 Virtual Men's Mug Zoom
27 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918 2:00 Seabury Authors Speak Zoom	28 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918	29 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 11:00 Community Forum Zoom 2:00 Zoom Trivia Zoom	30 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 ALP: George Washington and Spies in the Revolution Zoom 11:00 Thai Chi Video 918			

Location Key

- 5TH 5th Flr across from Library
- ATR Atrium
- B Bistro
- BL Bistro Lounge
- BC Business Center
- BR Board Room
- 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

Please watch Channel 918 and Resident Portal for the most up-to-date event information.