

Breast Cancer
Awareness Month



Seabury will have a
"Think Pink Testing Day"

In recognition of
Breast Cancer
Awareness Month,
please wear pink
or a pink ribbon
and join us.

Testing date and more
details to follow!



UPCOMING EVENTS

OCTOBER 8 - 4:00 p.m. - Hilltop

Singer/songwriter/guitarist **Jeffrey Folmer** has performed as far away as Alaska and Paris, opened for numerous renowned artists and has been a finalist in prestigious national competitions. On Oct. 8, he joins Seabury to share his talents. Jeffrey's CD, "Fire in the Night," received glowing reviews including listings as a top-ten album of the year. He has been heard on radio stations across the country, and his song, "Milky Way," was featured in the multi-award winning independent film "One Take." Reserve your space now.

OCTOBER 13 - 3:00 p.m. - Hilltop

Join us in giving a warm Seabury welcome to **Mike** on acoustic guitar/vocals and **Steve** playing assorted percussion. They are the founding members of The Nifty Fifties Band and Rock Solid Alibi. Both groups still perform and have performed at many events such as First Night Hartford, First Night Middletown, Southington Apple Harvest Festival, Enfield Fourth of July Celebration, New London OpSail, Hartford Riverfest, Taste of Hartford, as well as many Connecticut fairs, town summer concert series and other private and public events.

Seabury Voices

Do you have a poem or story to share with fellow Seaburyites?

OCTOBER 1-31 is submission time for the fall edition, and we can't wait to see what will show up!

Pieces must be the original work of Seabury Residents or Members.

Poems must be no longer than 40 lines.

Stories must be 1,000 words or less.

Sketches will also be considered.

If possible, please send your submission as an attachment to an email to carolcadwalladersimpson@gmail.com. (We can also accept typed or even legibly handwritten pieces. Place them in the internal mail cubbie of Carol Simpson, Cottage 307, or mail to Carol Simpson, 307 Seabury Drive, Bloomfield, CT 06002).



Seabury MONTHLY

www.seaburylife.org

OCTOBER 2020



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PUMPKINS WITH A PURPOSE

Decorating pumpkins is a New England tradition to welcome the coming of Fall. It is our hope that we blend this time-honored tradition with a bit of Seabury Spirit this year.



Please join in the fun by taking a pumpkin and decorating it however you see fit. Is your style silly? Scary? Traditional? Out of this world? Whatever it is...we want to see it!

The hope is that we can display the completed pumpkins around campus to kick off the season!

If you would like to participate please return your decorated pumpkin to the Front Lobby. There will be a table set up by the bank. We will distribute and display them around campus. If not, please feel free to take one and enjoy it in your own home.

WEAR A MASK! DON'T FORGET!



ACTIVE AGING WEEK (OCT. 5 - OCT. 9)

The fitness team is working on a schedule to reopen the fitness center. We have a current list of Residents who expressed interest in time slots. If you are interested in utilizing the gym please contact Matt McGowan at 860-243-6007 or mattmcgowan@seaburylife.org.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



4 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918	5 ACTIVE AGING WEEK 8:00 Trail Walk with BJ andHT Matt 1.5 miles 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 ALP: Opera Performance Concerns in 2020 11:00 Tai Chi Video 918	6 ACTIVE AGING WEEK 8:15 25 Min Cardio with 918 Matt 9:15 Fitness Video with 918 Brian 11:00 Thai Chi Video 918	7 ACTIVE AGING WEEK 8:15 25 Min Cardio 918 9:00 Hospitality Comm.ZOOM 9:15 Fitness Video 918 10:00 ALP Health care 10:30 Residents Council Exe Session Zoom 11:00 Thai Chi Video 918 2:00 Stretching Session HT 3:00 Trail Walk HT 4:00 Intro to Tai Chi HT	1 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	2 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 ALP: Rev. War Skeletons, Battlefields Camps Zoom 11:00 Thai Chi Video 918 3:00 Women Together Meeting Zoom	3 9:00 Virtual Men's Mug Zoom
11 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918	12 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 1:00 ALP: Creative Writing Zoom	13 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918	14 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 Residents Council Meeting Zoom 11:00 Thai Chi Video 918 1:00 ALP:The Amazing Women of CT's History Zoom	8 ACTIVE AGING WEEK 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 Jeffery Folmer HT	9 ACTIVE AGING WEEK 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 ALP: Management of Variable Stresses Zoom 11:00 Thai Chi Video 918 1:30 Walk and Tai Chi HT	10 9:00 Virtual Men's Mug Zoom
18 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918	19 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 Dining Committee Zoom 11:00 Thai Chi Video 918	20 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 10:00 Gardens & Greenhouse committee Zoom 11:00 Thai Chi Video 918	21 8:15 25 Min Cardio with 918 Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 1:00 ALP:The Amazing Women of CT's HistoryZoom 4:00 Artist Group Zoom Meeting Zoom	15 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	16 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 2:00 Communications Committee Zoom	17 9:00 Virtual Men's Mug Zoom
25 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918 2:00 Seabury Authors Speak : Dennis Winkleblack Zoom	26 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918	27 8:15 25 Min Cardio with Matt 918 9:00 Buildings & Grounds Committee Zomm 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 1:00 ALP: Toni Morrison: The First and Final Novels Zoom	28 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 1:00 ALP:The Amazing Women of CT's History Zoom	22 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	23 8:15 25 Min Cardio with Matt 918 9:15 Fitness Video with Brian 918 11:00 Thai Chi Video 918 2:00 Com Com Movie Streaming presentation Zoom	24 9:00 Virtual Men's Mug Zoom
			29 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 1:00 ALP: Toni Morrison: The First and Final Novels Zoom	30 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	31 9:00 Virtual Men's Mug Zoom	

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	Natorium
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