Fitness Update
We are all anxiously awaiting the day when residents can attend in person fitness classes. But in the meantime, our wonderful fitness team have put together a schedule for you to participate from the comforts of your own home. Beginning the week of Jan. 25, the schedule is as follows until further notice:

**Monday:**
10:00 a.m.: Zoom Mat Yoga. Must be able to get up and down from the floor. Moderate Intensity.
11:00 a.m.: Zoom Chair Yoga. Seated Yoga. Low Intensity.
12:00 p.m.: Weight Winners. Every other Monday starting on Jan. 11. Weight loss support group.

**Tuesday:**
8:15 a.m.: Zoom Core. Floor exercises for core strength. Must be able to get up and down from the floor. High Intensity.

**Wednesday:**
10:00 a.m.: Zoom Functional Strength. Seated and standing strength and stretching exercises using a chair. Moderate Intensity.
1:30 p.m.: Zoom Meditation.

**Thursday:**
8:15 a.m.: Zoom Core. Floor exercises for core strength. Must be able to get up and down from the floor. High Intensity.
3:00 p.m.: Zoom Mat Yoga. Must be able to get up and down from the floor. Moderate Intensity.

**Friday:**
10:00 a.m.: Zoom Tai Chi.
11:00 a.m.: Zoom Functional Strength. Seated and standing strength and stretching exercises using a chair. Moderate Intensity.

Contact the fitness staff if you are interested and they will help find the right option for you. They will send you ZOOM link(s) to participate.

Matt McGowan: 860-243-6007 or mattmcgowan@seaburylife.org
Brian Harris: 860-243-6019 or brianharris@seaburylife.org
Kirsten Benson: 860-785-5266 or kirstenbenson@seaburylife.org

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**COVID-19 Vaccine**
Who would have ever thought what the significance of January 2021 at Seabury would be? Well, for residents, it was to receive the coveted first dose of the COVID-19 vaccine, manufactured by Pfizer & BioNTech SE, and administered by CVS Pharmacy.

The first injections, which took place in The Bishops’ Chapel. Pictures, excitement, relief and smiles (behind the masks) filled the day, and we are so thrilled that with all of our combined efforts, that we are helping to make a difference as we emerge from this pandemic, so THANK YOU for your support and for your courage!

As a community, 99% of all Seabury Residents — Independent, Assisted Living, Memory Support and Skilled Nursing — received their first injection on either Jan. 2, 14 or 15 and on Sat., Jan. 23, a total of 159 Employees and Skilled Nursing Residents received their second and final dose. In all, 959 doses have been administered with three more “second dose” clinics yet to be held. As for fulltime employees, 82% have chosen to receive the vaccine! Stay tuned for future reopening announcements to benefit Members and Residents!

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

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

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**Resident Service Staff**
(860) 286-0243
Heather Stanton
VP Resident & Member Srvc.
860-243-6040

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

Jodi Morrissey
Activity & Trip Coordinator
860-243-6035

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**New Resident**
Heywood Alexander Apt 4144
Phone: 603-306-2670

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**Contact the fitness staff if you are interested and they will help find the right option for you. They will send you ZOOM link(s) to participate.**

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**Routine medical transportation is available.**
Fill a transportation request form
Contact Maura Mazur
(860)243-6058.
Medical Transportation
Mon/Wed/Fri; Bloomfield, Hartford, West Hartford, Tues/Thurs: Avon, Farmington, Simsbury, Windsor

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**Contact the fitness staff if you are interested and they will help find the right option for you. They will send you ZOOM link(s) to participate.**
# February 2021

## Program Schedule

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**Location Key**
- 5TH: 5th Flr across from Library
- ATR: Atrium
- B: Bistro Lounge
- BC: Business Center
- BR: Board Room
- SP: Center of Spirituality
- 918: Channel 918
- 919: Channel 919
- 111: Top of Stairs
- MDR: Main Dining Room
- MR: Media Room
- N: Natatorium
- NL: North Lounge
- OFF: Office
- LS: Plates Studio
- SWBR: South Wing Britton Room
- SDD: 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
- VPM: Views Parlor
- VTV: Views TV Area
- VLR: Views Living Room

All programs are subject to change.