

Please tune in to channel 918 for updates and the latest information.



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

### 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:



Brian Harris & Sheila Denion

#### 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.o



# Seabury MONTHLY

www.seaburylife.org

FEBRUARY 2021



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

### Resident Service Staff (860) 286-0243

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

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

Jodi Morrissey  
Activity & Trip Coordinator  
860-243-6035

### Important Phone Numbers

Maura Mazur  
Transportation Coord.  
860-243-6058

### 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!



Tom & Gloria Gworek



### New Resident

Heywood Alexander Apt 4144  
Phone:603-306-2670





## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

**200 Seabury Drive  
Bloomfield, CT  
06002**

**(860) 286-0243**

**www.seaburylife.org**

**7**

10:00 Seabury Chapel Prays 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Seabury Chapel Prays 918

**14 Valentine's Day**

10:00 Seabury Chapel Prays 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Seabury Chapel Prays 918

**21**

10:00 Seabury Chapel Prays 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Seabury Chapel Prays 918

**28**

10:00 Seabury Chapel Prays 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Seabury Chapel Prays 918

**1**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 ALP ZO  
2:00 Chair Yoga @ Seabury918

**8**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 ALP ZO  
2:00 Chair Yoga @ Seabury918

**15**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Dining Committee ZO  
10:00 Chair Yoga 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 ALP ZO  
2:00 Chair Yoga 918

**22**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 ALP ZO  
2:00 Chair Yoga @ Seabury918

**2**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 Encore Committee ZO  
4:00 Beginner Meditation 918

**9**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga 918  
10:00 ALP ZO  
10:00 Health Services ZO  
11:00 Trails Comm ZO  
11:00 Tai Chi Demo 918  
12:00 Matt Yoga 918  
2:00 Chair Yoga 918  
4:00 Beginner Meditation 918

**16**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918  
2:00 Chair Yoga 918

**23**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918  
4:00 Beginner Meditation 918

**3**

8:15 25 Min Core with Matt918  
9:00 Hospitality Comm Zo  
9:15 Fitness with Brian 918  
10:00 Chair Yoga w/Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 ALP ZO  
1:30 Meditation 918  
2:00 Chair Yoga 918

**10**

8:15 25 Min Core with Matt918  
9:15 Fitness Brian 918  
9:30 ALP ZO  
10:00 Chair Yoga 918  
10:30 Resident Council ZO  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 Fannie Gabriel Book ZO  
2:00 Comm Coom ZO  
2:00 Chair Yoga 918

**17**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
9:30 ALP ZO  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:30 Meditation ZO  
2:00 Chair Yoga @ Seabury918

**24**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:30 Meditation ZO  
2:00 Chair Yoga @ Seabury918

**4**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
1:00 ALP Curriculum ZO  
2:00 Chair Yoga 918

**11**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918

**18**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918

**25**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
10:00 ALP ZO  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918

**5**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918  
4:00 Beginner Meditation 918

**12**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918  
2:00 Poets and Writers ZO  
4:00 Beginner Meditation 918

**19**

8:15 25 Min Core with Matt918  
9:15 Fitness w/ Brian 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918  
3:00 Women Together ZoomZO  
4:00 Beginner Meditation 918

**26**

8:15 25 Min Core with Matt918  
9:15 Fitness Video with Brian 918  
10:00 Chair Yoga with Kirsten 918  
11:00 Ervin Library Hours L  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
2:00 Chair Yoga @ Seabury918  
4:00 Beginner Meditation 918

**6**

9:00 Virtual Men's MugZOOM  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918  
3:00 Women Together Meeting ZO

**13**

9:00 Virtual Men's Mug ZO  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918

**20**

9:00 Virtual Men's Mug ZO  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 918

**27**

9:00 Virtual Men's Mug ZO  
10:00 Chair Yoga with Kirsten 918  
11:00 Tai Chi Demo 918  
12:00 Mat Yoga 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

