

Transportation



Routine medical transportation is available. Please fill out a Transportation Request work order.

Medical Transportation on Mon/Wed/Fri in Bloomfield, Hartford and West Hartford and on Tues/Thurs in Avon, Farmington, Simsbury and Windsor

Religious Events

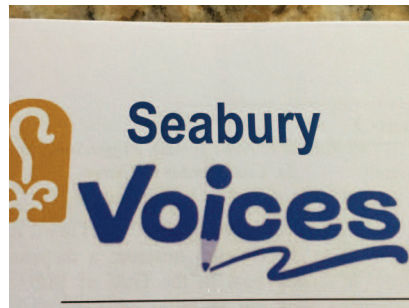
Good Friday: April 2; Stations of the Cross; Chapel, 2:00 p.m.

Passover Seder: April 2; Seder plate and meal; order from Bistro. Virtual Seder on channel 918; 5:45 p.m. on April 2.



Easter Sunday: Sunrise Service; April 4 Led by Rev. Dr. Davida Foy Crabtree beyond the fence near the solar array, 6:30 a.m. Easter Sunday Festive Eucharist: April 4; Chaplain Jenn preaching and presiding; Music by Seabury Chime In! Choirs Chapel, 4:00 p.m.

Seabury Voices



It's time to think about what you will submit for publication in the Spring issue of VOICES, which will be published in late May 2021. I WILL ACCEPT SUBMISSIONS BETWEEN MARCH 15 AND APRIL 15.

All Residents and Seabury At Home Members are welcome to submit ORIGINAL STORIES (1,000 words or less), POEMS (40 lines or fewer), or SKETCHES to be considered for publication. (Make sure that whatever you submit has your name attached!)

Submissions should be sent to me as an attachment to an email at this address: Carolcadwalladersimpson@gmail.com. If that proves too complicated, place your written or typed work in my mail cubby, # 307.

Looking forward to hearing from both experienced and brand new writers in this issue. Spring forward, better than ever!

- Carol Simpson, Managing Editor, Voices



Seabury MONTHLY

www.seaburylife.org

APRIL 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  
860-243-6058

The 17th Annual Seabury Charitable Golf With Purpose Tournament



The 17th Annual Seabury Charitable Golf With Purpose Tournament is scheduled for Mon., June 21, at Wampanoag Country Club in West Hartford, and Registration is now OPEN! We are encouraging Seabury Residents and SAH Members to register to play golf, form their

own team, or even sign up as a single, where you would then be paired with a group!

Please visit www.seaburylife.org/golf and click the "Register Now" link to learn more about sponsorship information, in-kind donations to the silent or live auction, or to register as a golfer. These can be printed, filled out, and returned to Marc Zirolli in Marketing no later than May 31, 2021. Can't make it to golf, but you want to come to the dinner reception? No problem! Dinner-only tickets are also available!

Furthermore, the Golf Tournament couldn't be held without the help of our tireless volunteers! If you would be interested in volunteering on the day of the Tournament, please contact Marc Zirolli at 860-243-4033 or marczirolli@seaburylife.org and indicate the area to which you would like to volunteer: Registration, On-course side games, or Silent Auction Management. As we get closer to the event, we will contact you regarding your specific duty and time of arrival. Thank you! We look forward to seeing you on June 21 for this important day for the Seabury Charitable Foundation!



Seabury Author's Speak

Nancy Mattoon Kline's collection of over 40 poems speaks compellingly of time, nature, love, and loss. "On the Edge" was edited and published by Rennie McQuilkin and Antrim Press and it was supported by James Trail. Sunday April 18 at 2:00 pm on Zoom.





## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### 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

**Resident Satisfaction Survey will arrive in your email or cubby on April 5th!**

**Final Four! UConn vs. Arizona on Fri., April 2 at 9:30 p.m. The National Championship will be Easter Sunday, April 4, at 6:00 p.m.**

**4 Easter**  
 10:00 Seabury Chapel Prays 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918  
 2:00 Seabury Chapel Prays 918

**5 Resident Survey arrive!**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 1:00 Open Studio CAS  
 2:00 Chair Yoga @ Seabury 918

**6**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 1:00 Encore Committee ZO  
 2:00 Chimes HH  
 2:00 Chair Yoga 918  
 4:00 Beginner Meditation 918

**7**  
 8:15 25 Min Core w/ Matt 918  
 9:00 Hospitality Comm Zo  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 10:00 ALP ZO  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918  
 1:00 Community Eucharist CH  
 1:30 Meditation Zo  
 2:00 Comm Comm ZO

**8**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Chimes HH  
 2:00 Chair Yoga @ Seabury 918

**9**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Poets and Writers ZO  
 2:00 Chair Yoga @ Seabury 918  
 4:00 Beginning Meditation 918

**10**  
 9:00 Virtual Men's MugZOOM  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918

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

**12**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 9:30 Health Services ZO  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 1:00 Open Studio CAS  
 2:00 Chair Yoga @ Seabury 918

**13**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Trails Comm ZO  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chimes HH  
 2:00 Chair Yoga 918  
 4:00 Beginner Meditation 918

**14**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 10:00 ALP ZO  
 10:30 Resident Council ZO  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918  
 1:00 Community Eucharist CH  
 1:00 **Fannie Book Group** Zo  
 1:30 Meditation 918

**15**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Chimes HH  
 2:00 Chair Yoga 918

**16**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 3:00 Women Together Zoom ZO  
 4:00 Beginning Meditation 918

**17**  
 9:00 Virtual Men's Mug ZO  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918

**18**  
 10:00 Seabury Chapel Prays 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918  
 2:00 Seabury Chapel Prays 918  
**2:00 Seabury Authors**  
**Speak Nancy Kline ZO**

**19**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Dining Committee ZO  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 1:00 Open Studio CAS  
 2:00 Chair Yoga @ Seabury 918

**20**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Chimes HH  
 2:00 Chair Yoga @ Seabury 918  
 4:00 Meditation 918

**21**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 10:00 ALP ZO  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918  
 1:00 Community Eucharist CH  
 1:30 Meditation ZO  
 2:00 Chair Yoga 918

**22 Earth Day**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Chimes HH  
 2:00 Chair Yoga 918

**23**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 4:00 Beginner Meditation 918

**24**  
 9:00 Virtual Men's MugZOOM  
 10:00 Chair Yoga with Kirsten 918  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918

**25**  
 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

**26**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 1:00 Open Studio CAS  
 2:00 Chair Yoga @ Seabury 918

**27**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Chimes HH  
 2:00 Chair Yoga 918  
 4:00 Beginner Meditation 918

**28**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 10:00 ALP ZO  
 11:00 Tai Chi Demo 918  
 12:00 Mat Yoga 918  
 1:00 Community Eucharist CH  
 1:30 Meditation ZOOM  
 2:00 Chair Yoga 918  
**2:00 Community Forum ZO**

**29**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 2:00 Chimes HH  
 2:00 Chair Yoga 918

**30**  
 8:15 25 Min Core w/ Matt 918  
 9:15 Fitness Video w/ Brian 918  
 10:00 Chair Yoga w/ Kirsten 918  
 11:00 Tai Chi Demo 918  
 11:00 Ervin Library Hours L  
 12:00 Mat Yoga 918  
 2:00 Chair Yoga @ Seabury 918  
 4:00 Beginner Meditation 918

**Earth Day events details coming soon!**