Top 20 Fitness Trends for 2021*

Each year the American College of Sports Medicine conducts a worldwide survey of thousands of fitness professionals to determine trends in the industry. The results of the survey allow us to compare our program to the latest trends in the industry. Let’s review this year’s results and have a discussion about what found!

Monday, March 15 at 1:00 p.m. Email Matt McGowan at mattmcgowan@seaburylife.org to sign up and get the Zoom link.

**Bilingual Speakers**

Top 20 Fitness Trends presented by Matt McGowan

**Top 20 Fitness Trends for 2021**

Continuing our collection of redeemable bottles and cans, volunteers will pick up bagged, clean and dry 5-cent deposit items starting at 10:00 a.m. on Wednesday, March 31.

Just put them outside your door. If you’re a cottager, we’ll arrange a place for you to take them. If you need them gone sooner, feel free to bring them to the inside space at the mail/trash kiosk of the 100 cottages.

This collection benefits the Bloomfield Community Dinner program serving over 250 households every week. Our last collection yielded $43!

**Bishops’ Chapel**

-Bishop’s Chapel continues on Wednesdays at 1:00 p.m.

-March 28, at 2:00 p.m., Seabury will host an in-person Palm Sunday Service, beginning in the guest parking lot near the chapel/main entrance. We will have palms to wave and prayers to pray. We move inside the chapel to continue worship service.

-Good Friday, April 2, we will gather in the chapel at 2:00 p.m. for a solemn reflection appropriate for the day. The Stations of the Cross are celebrated on April 4 at 4:00 p.m., we will be celebrating Easter Sunday in the chapel with Communion and music provided (virtually) by our Seabury Chime-in!

-April 2 will also be our Passover Seder (all virtual/at home). Our own Hannah Gundersheim will be recording a virtual seder for us, which will air at 5:45 p.m. on Channel 918. Please RSVP to Jenn as you would with any other service (jenniferpilat@seaburylife.org or 860.808.8919).

**New Beginnings**

The first day of Spring is March 20. The days are longer, the nights are warmer and we can finally put our heavy coats and gloves in the back of the closet. Our community is opening up slowly and cautiously and Winter is gone and that means it’s time for NEW beginnings. Committees and small groups thrive here at Seabury; even on Zoom. Their work enhances our lives in a multitude of ways. They are also an excellent way to get involved, make new friends, and give back to our own community. Won’t you consider joining one of the many committees?

There is something for every avocation! You are welcome to audit a meeting at any time to see what each committee is all about. Watch your calendar for dates and times! Buildings & Grounds, Communications, Dining, Encore!, Flower & Decorating, Gardens & Greenhouse, Health Services, Hospitality, Library, Resident Shop, Scholarship, Sports & Games and Trails just to name a few!

March 14: Daylight Savings Time

**Seabury Author’s Speak**

Seabury Authors Speak will present author, Tom Gworek and his published book, “Point O’ Woods” on Sunday, March 7 at 2:00 p.m., via Zoom. The book relates stories, letters and memories of a 100 year old beach resort community along Connecticut’s eastern shore. Please join us. Library Committee
### March 2021

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**All programs are subject to change**

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**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 Hiltop
- L Library
- LB Lobby
- MDR Main Dining Room
- MR Media Room
- NAT Natatorium
- NL North Lounge
- OFF Office
- PS Pilates Studio
- SWBR South Wing Building 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

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