

Windsor Federal Bank's NEW hours
9am-1pm



**"Wet Wednesdays"
Summer Social Event**

A weekly drop-in event all summer long at the Hilltop, starting at 4:30 pm every Wednesday evening. Strictly BYOB with no reservation needed. This event is sponsored by Seabury Women Together to build community by having fun together! Contact Marye Gail Harrison if you have questions.

Routine medical transportation is available. Please fill out a Transportation Request work order on the portal or Front Desk.

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



Event Descriptions



ECLECTICA

On Thursday, July 1st, Eclectica will perform in the chapel at 7:15 pm. They are a Connecticut-based band of women musicians that arranges and performs music spanning centuries, continents, styles, and cultures using voice and an eclectic variety of instruments including hammered dulcimer, viola da gamba, violin, viola, accordion, and recorders. This year's joyous concoction of music takes listeners from the 9th to the 20th centuries, with colorful arrangements of tunes from classical, pop, klezmer, and more. **Registration is required. Contact Meredith for more information.**

On Thursday, July 8th, Violin/SANITY will perform in the chapel at 2:00 pm. Lisa Rautenberg and Gretchen Frazier have been performing as a duo in Connecticut since 2018. They will be playing classical and traditional forms, dating back to the 14th century, while also educating the audience about the origins of both the music and the many instruments they play.



Violin/SANITY

Registration is required. Contact Meredith for more information.



David Eberly

On Tuesday, July 13th, David Eberly will perform in the chapel at 2:00 pm. He will play an entertaining mix of classical, jazz, and popular music. The selections will include works from Mendelssohn's "Songs Without Words," Chopin, Quincy Jones, Billy Strayhorn, Leroy Anderson, and more! For more information, please contact Meredith. **Registration is required. Contact Meredith for more information.**

On Tuesday, July 20th, Olga Vinokur will perform in the chapel at 2:30 pm. She will be performing piano masterpieces from great romantics to American favorites that include Chopin, Rachmaninoff, and Gershwin! For more information, please contact Meredith. **Registration is required. Contact Meredith for more information.**



Olga Vinokur



Seabury MONTHLY

www.seaburylife.org

JULY 2021



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Important Phone Numbers
Security
(860)243-6045

Motivation Alliance/BSDI Presentation



Motivation Alliance

The Motivation Alliance is a comprehensive tool for optimizing your lifestyle. There are focus pages for becoming more active, improving diet and hydration, understanding your biometrics, managing stress, finding purpose and resiliency, preventive health,

and more. As you use the system, we'll show you your personal progress through milestone badges and colorful charts.

If you want to share your journey with friends, you can use the social tools to see what your "Allies" are up to, post your story and give and receive kudos. We have a great deal to share with you including health-related content, fun team challenge programs, and even workout videos from Les Mills (alt: "and personalized coaching"). All of these are bundled in Motivation Alliance so you have a colorful, engaging web destination or dedicated app to track your journey to your best self!

Matt McGowan will be joined by Melissa Croasdale from Motivation Alliance to discuss this platform and how to take advantage of all it has to offer.

Please join them at 1:00 pm on July 15th to learn more about all BSDI has to offer.



ENCORE!

Will be open on Thursday, July 1st, 15th, and the 29th from 10:00 am to 3:00 pm. Masks and social distancing are required. Only four customers at a time. Please bring your own bag if possible. Donations will be open every Tuesday morning from 9:30 to 11:30 am.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Sweet Treat Mondays & Food Truck Fridays
11:30 - 1:30 pm at the end of the Terrace by Employee Entrance!!

<p>4 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918</p>	<p>5 1:00 Open Studio CAS 3:30 Bridge CAS</p>	<p>6 9:00 Encore Donations EN 9-11:30am</p>	<p>7 1:00 Community Eucharist CH 1:30 Meditation ZO 4:30 Wet Wednesdays HT</p>	<p>1 10:00 Encore OPEN 10-3 EN 7:15 Eclectica CH</p>	<p>2 11:30 Frankie's Food Truck 11:30 - 1:30 pm in Employee Parking Lot 3:00 Women Together ZO</p>	<p>3 9:00 Virtual Men's MugZOOM</p>
<p>11 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918</p>	<p>12 11:30 Edible Couture Food Truck 11:30-1:30 pm in Employee Parking Lot 1:00 Open Studio CAS 3:30 Bridge CAS</p>	<p>13 9:00 Encore Donations EN 9-11:30am 9:30 Health Services CommZO 11:00 Trails Comm Meeting ZO 1:00 ALP ZO 2:00 David Eberly CH</p>	<p>14 10:30 Resident Council ZO 1:00 Community Eucharist CH 1:30 Meditation ZO 2:00 ComCom ZO 4:30 Wet Wednesdays HT</p>	<p>8 2:00 ViolinSanity CH</p>	<p>9 11:30 Z-Catering Food Truck 11:30 - 1:30 pm in Employee Parking Lot 2:00 Poets and Writers ZO</p>	<p>10 9:00 Virtual Men's MugZOOM</p>
<p>18 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918</p>	<p>19 10:00 Dining Committee ZO 11:30 Blue Chip Creamery Ice Cream Truck 11:30-1:30pm in Employee Parking Lot 1:00 Open Studio CAS 3:30 Bridge CAS</p>	<p>20 9:00 Encore Donations EN 9-11:30am 10:00 Garden & Greenhouse ZO 2:30 Olga Vinokur CH</p>	<p>21 1:00 Community Eucharist CH 1:30 Meditation ZO 2:00 Community Forum ZO 4:30 Wet Wednesdays HT</p>	<p>15 10:00 Encore OPEN 10-3 EN 11:00 Residents Shop ZO Committee Meeting 1:00 BSDI Presentation ZO</p>	<p>16 11:30 Frankie's Food Truck 11:30 - 1:30 pm in Employee Parking Lot 3:00 Women Together ZO</p>	<p>17 9:00 Virtual Men's MugZOOM</p>
<p>25 10:00 Seabury Chapel Prays 918 2:00 Seabury Chapel Prays 918</p>	<p>26 10:00 Library Comm ZO 11:30 Blue Chip Creamery Ice Cream Truck 11:30-1:30pm in Employee Parking Lot 1:00 Open Studio CAS 3:30 Bridge CAS</p>	<p>27 9:00 Encore Donations EN 9-11:30am 9:00 Buildings & Grounds ZO 1:00 ALP ZO</p>	<p>28 1:00 Community Eucharist CH 1:30 Meditation ZO 4:30 Wet Wednesdays HT</p>	<p>22 11:00 Budget Presentation ZO</p>	<p>23 10:30 Flower and DecorationCH Committee 11:30 Los Mariachis Food Truck 11:30 - 1:30 pm in Employee Parking Lot</p>	<p>24 9:00 Virtual Men's MugZOOM</p>
<p>29 10:00 Encore OPEN 10-3 EN</p>	<p>30 11:30 Frankie's Food Truck 11:30 - 1:30 pm in Employee Parking Lot</p>	<p>31 9:00 Virtual Men's MugZOOM</p>	<p>29 10:00 Encore OPEN 10-3 EN</p>	<p>31 9:00 Virtual Men's MugZOOM</p>	<p>31 9:00 Virtual Men's MugZOOM</p>	<p>31 9:00 Virtual Men's MugZOOM</p>

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