



# Seabury MONTHLY

www.seaburylife.org

DECEMBER 2021



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## PHILIPS LIFELINE UPDATE FOR SAH MEMBERS



If you are a Member using a mobile health device supplied by PHILIPS Lifeline®, we have news you can use! We have all heard about the supply chain issues. This affects many product lines including Lifeline Personal Emergency Response technology.

Lifeline has partnered with Connect America to be sure all current and future subscribers have what they need. This includes assuring that there is no interruption in your service! **You do not need to do anything at all.** In the meantime, your Seabury At Home Personal Health Coordinators (Cindy, Tiffany or Jeanne) will be contacting you directly to plan for any necessary changes or swap of equipment.

## VOLUNTEERS NEEDED TO STAFF "THE HUB"

Remember the old Village Store, a place to buy small gifts, snacks and other items? Well, you may have heard that a new space near the Resident mailboxes on Level 4 will be opening soon! A reimagined "The Hub" will be the place to pick up packages, shop for sundries, and get information about events and programs at Seabury. And so, we need friendly volunteers to staff The Hub! You may recall in the past, that there were some SAH Members who used to volunteer in the Village Store. If you are interested in volunteering, please contact Heather Cahill in the SCF office at [heathercahill@seaburylife.org](mailto:heathercahill@seaburylife.org) or by calling her at 959-255-6461.



## Golf Simulator Open House

Seabury is very excited to announce the opening of our new golf simulator. Located in the South Wing Parking Garage, the golf simulator features over 150 golf courses from around the world to play on. Stop by and test out your swing on **Fri., Dec. 10, 2021 from 9:30 a.m. - 11:30 a.m.**

Seabury is getting a composter! Stay tuned for more details, including a planned dedication ceremony!



As a reminder, the next SAH Executive Committee Meeting will take place on Fri., Dec. 10, 2021 at 10:00 a.m. in the Board Room. SAH Members with questions or concerns are encouraged to attend the meeting or communicate with one of their SAHEC Officers. Since Seabury still requires a COVID-19 screening in the Main Lobby, please park near the Main Entrance, check in and then proceed up the stairs or elevator, and down the hall, on Level 4, to the Board Room. If you have any questions, please contact At-Large SAHI Board Liaison Debra Pasquale at [dkpasquale@comcast.net](mailto:dkpasquale@comcast.net) or 860-305-8712. We look forward to seeing you there! Thank you!

## UPCOMING CAMPUS EVENTS

On Mon., Dec. 6 at 7:15 p.m. in the Chapel, the Connecticut Concert Ballet will perform an excerpt of *The Nutcracker*. Presented by the Seabury Charitable Foundation, this event will also have pre-show refreshments, including hot chocolate and cookies at 6:30 p.m.



*The Nutcracker*



*Tamila Azadaliyeva & Peter Dzialo*

in the Terrace Room. Registration is required. Please contact Meredith West for more information.

On Tues., Dec. 7, Tamila Azadaliyeva and Peter Dzialo will perform at 2:15 p.m. in the Chapel. The performance will feature

classic works for cello and piano from the early Romantic Era. The program includes the most famous of the Beethoven cello sonatas with two grand virtuoso works by Vitali and Servais. Registration is required. Please contact Meredith West for more information.

Starting on Dec. 7 at 1:00 p.m. in Heritage Hall, the Discovery Series will begin with the VirtuSense or VSTBalance, a comprehensive screening and assessment tool that identifies areas of concern with mobility and proactively determines risks for falls. Registration is required. Please contact Meredith West for more information.



The Seabury Singers and Chime In! present a Holiday Concert! Please join us on Fri., Dec. 17 at 7:30 p.m. in the Chapel as we get into the holiday spirit. Registration is required. Please contact Meredith West for more information.

On Fri., Dec. 31, please join us for a New Year's Eve celebration featuring The Ron Murray Band at 7:30 p.m. in the Chapel. They will play well-known hits ranging from *In The Mood* to *Under The Boardwalk*, including fox-trots, ballads, waltzes, and Latin selections for the dancers and great melodies for the listeners. Registration is NOT required.



**\*\*Meredith can be contacted at [meredithwest@seaburylife.org](mailto:meredithwest@seaburylife.org) or by calling her at 860-286-4285.**







# DECEMBER 2021

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

200 Seabury Drive  
Bloomfield, CT  
06002

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**5**  
2:00 Holy Eucharist CH  
5:00 Hanukkah TOS

**6**  
10:00 ALP: Crashes/Crisis ZO  
1:00 Open Studio CAS  
2:00 Chorus CH  
3:30 Bridge CAS  
7:15 Connecticut Concert CH  
Ballet Presents The Nutcracker

**7**  
9:00 Encore Donations EN  
9-11:30am  
10:00 ALP: Beethoven ZO  
1:00 Encore Committee BR  
Meeting  
1:00 Discovery Series HH  
2:15 Tamila Azadaliyeva & CH  
Peter Dzialo

**8**  
10:30 Resident Council ZO  
1:30 Meditation ZO  
2:00 ComCom ZO  
3:30 Low Vision Support HH  
Group

**9**  
10:00 Resident Workshop:  
Open Shop  
1:00 Chimes (Gold) HH  
1:00 ALP: M & E Meeting ZO  
2:00 Chimes (Blue) HH

**10**  
9:30 Golf Simulator Open  
House  
10:00 SAHEC Monthly BR  
Meeting  
11:00 Shabbat Service CH  
2:00 Poets and Writers ZO  
2:00 ALP: Health & Travel

**11**  
9:00 Virtual Men's Mug ZO

**12**  
2:00 Holy Eucharist CH

**13**  
10:00 ALP: Crashes/Crisis ZO  
1:00 Open Studio CAS  
2:00 Chorus CH  
3:30 Bridge CAS

**14**  
9:00 Encore Donations EN  
9-11:30am  
9:30 Health Services ZO  
Committee  
10:00 ALP: Beethoven ZO  
11:00 Trails Comm Meeting ZO  
1:00 ALP ZO  
1:00 Coin Club BR

**15**  
10:00 ALP: Black Resistance ZO  
1:30 Meditation ZO  
3:30 Scholarship Committee BR  
Meeting  
3:30 FB Book Club HH

**16**  
10:00 Resident Workshop:  
Open Shop  
10:00 Encore OPEN 10-3 EN  
1:00 Chimes (Gold) HH  
1:00 ALP: Paleoindian ZO  
2:00 Chimes (Blue) HH

**17**  
10:30 ALP: Movie Buffs ZO  
3:00 Women Together ZO  
7:30 Holiday Concert CH

**18**  
9:00 Virtual Men's Mug ZO

**19**  
2:00 Holy Eucharist CH

**20**  
10:00 Dining Committee HH  
1:00 Open Studio CAS  
2:00 Chorus CH  
3:30 Bridge CAS

**21**  
9:00 Encore Donations EN  
9-11:30am  
12:30 Bishop's Christmas CH  
Service  
3:30 Better Hearing Group HH

**22**  
1:30 Meditation ZO  
2:00 Community Forum ZO

**23**  
10:00 Resident Workshop:  
Open Shop  
1:00 Chimes (Gold) HH  
2:00 Chimes (Blue) HH

**24**  
10:00 Flower and CAS  
Decoration Committee  
3:00 Lessons and Carols CH

**25**  
9:00 Virtual Men's Mug ZO

**26**  
2:00 Holy Eucharist CH

**27**  
10:00 Library Comm CAS  
1:00 Open Studio CAS  
2:00 Chorus CH  
3:30 Bridge CAS

**28**  
9:00 Encore Donations EN  
9-11:30am  
9:00 Buildings & Grounds ZO  
1:00 ALP ZO

**29**  
1:30 Meditation ZO

**30**  
10:00 Resident Workshop:  
Open Shop  
10:00 Encore OPEN 10-3 EN  
1:00 Chimes (Gold) HH  
2:00 Chimes (Blue) HH

**31**  
7:30 Ron Murray Band CH



### 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
- ZO Zoom