

As a reminder, Cyber-Seniors is available for Tech Support requests and trainings free of charge! You can book an appointment online or call 1-844-217-3057.



Newcomers to Seabury!

Carol & Bob Ziegenhagen
Apt. 5206
(Move-in on 3/14/22)

Dennis Farrell
Apt. 4146
(Move-in on 4/12/22)

Mary Espinosa
Apt. 3134
(Move-in on 4/20/22)

Andy & Sandra Stern
Apt. 3165
(Move-in on 4/22/22)

Routine Medical Transportation is available. Please fill out a Transportation Request form and submit it to the Front Desk, or enter a Transportation work order on the portal.



Event Descriptions

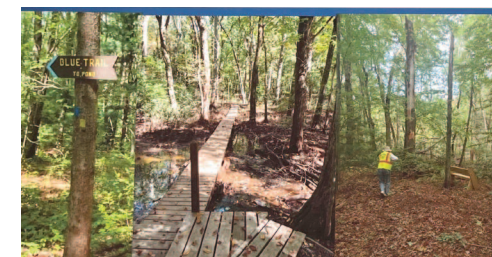


Bruce Donald

In this presentation, Bruce Donald will explain comprehensive research that investing in bicycle/pedestrian infrastructure has numerous benefits including public health, reduced transportation costs, increased access to reliable transportation, tourism, improved local economy, reduced user mortality rates, and environmental benefits. Solutions include developing a comprehensive pedestrian and bicycle network, as well as improving access to these facilities by all of Connecticut's residents and its visitors. Investing in bicycle infrastructure is at the forefront of twenty-first-century economic development. Bruce is the Tri-State Coordinator for the East Coast Greenway Alliance. A member of the Association of Pedestrian and Bicycle Professionals, he leads greenway advocacy efforts in CT, NY and NJ. In 2014, Bruce was appointed Chairman of the Governor's Connecticut Greenways Council, which coordinates all state stakeholders in planning, implementing, and funding the greenway system. He serves on many other boards and was recognized by the Connecticut General Assembly in a 2016 Official Citation as a regional force in bicycle and pedestrian advocacy. A graduate of Middlebury College with a BA in political science and from Trinity College with an MA in history, he is the author of many financial, investment, and historical articles and a book, *Manhood and Patriotic Awakening in the American Civil War*, 2008.

Story Map Presentation

We have a very special opportunity coming up for you. On May 20 at 1:00 PM, we will have a presentation by a Bloomfield High School Senior, Ethan Morander, from the Harris AgriScience Center. Those of you who have been at Seabury for three years or more may remember the presentation that we had here in the chapel from a previous member of Harris AgriScience who described his experience constructing two bat houses in the Seabury Resident Shop under the supervision and guidance of George Limbrunner. That project was a partnership between Harris AgriScience, the Shop Committee and the Trails Committee and was very well received by a large audience in the Chapel. The multimedia presentation next month will be the result of a partnership between Harris, the Trails Committee, and the UConn Natural Resources Conservation Academy.



May 20th - 1pm - Chapel

Why Build Multi-Use Greenways?
Implications for Connecticut and Beyond

Presented by: R. Bruce Donald - East Coast Greenway Alliance
On May 31, 2022 at 10:00AM in Heritage Hall at Seabury Retirement Community at 400 Seabury Drive, Bloomfield CT.



Seabury MONTHLY

www.seaburylife.org

MAY 2022



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Bloomfield, CT 06002

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Front Desk Coordinator
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Security
(860)243-6045

Hartford Healthcare
(860)380-5150

Seabury Nurse Consultation
(860)243-6071

(NON-EMERGENCY)

ENCORE! APPRECIATION DAY



treasures, pick up an "E" pin and shelf label outside CAS during the week of May 16.

ENCORE! APPRECIATION DAY— THURSDAY, MAY 19

Let's show our appreciation for our Encore! volunteers and look at what all they do for us and our Seabury Community! Wear your Encore! clothing or jewelry and place an Encore! item on your apartment shelf. To show your

Connecticut Invasive Plant Working Group.

When: May 21, 1 pm – 3 pm.

Where: Seabury Active Life Community, Bloomfield CT.

Raindate: May 22, 1 pm – 3 pm.

What: Todd Mervosh and Rose Hiskes, CIPWG volunteers, will take us on a 2 hour walk around the Seabury property and discuss the invasive species we find. They will cover identification, and management techniques. Please wear proper footwear for the hike and bring water.

Attendance is limited to the first fifteen people who register. Contact Rose at Rose.Hiskes@ct.gov to register and get directions. **Additional events are being planned throughout the growing season!**



Saturday, May 21



SAVE THE DATE!

The 18th Annual Seabury Charitable "Golf with Purpose" Tournament will be held on **Tuesday, June 14th** at the Golf Club of Avon. Contact Heather Cahill to Register! 959-255-6461. heathercahill@seaburylife.org



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 2:00 Holy Eucharist CH	2 9:00 Men's Breakfast MDR 10:30 ALP: India (Hybrid) CH 12:00 Weight Winners SWET 1:00 Open Studio CAS 2:00 Chorus CH 3:00 Mahjong in Game Room (Level Five - Commons) 3:30 Bridge CAS	3 9:00 Encore Donations EN 9-11:30am 10:00 ALP: Comic Poet CH 1:00 ALP ZO 1:00 Encore Committee BR 7:15 Ed Cummings (UHART) CH	4 9:00 Hospitality Committee ZO 10:00 ALP: Deep Sea ZO 4:00 Bible Study SP 6:00 Movie - Cabaret HH	5 10:00 Resident Workshop: Open Shop 10:00 Encore OPEN 10-3 EN 10:30 ALP: Movie Buffs ZO 11:30 Silent Meditation SP 1:00 Chimes (Gold) HH 1:00 ALP: CC Meeting ZO 2:00 Chimes (Blue) HH	6 9:30 ALP: Hikes (offsite) 3:00 Storytellers ZO 4:00 10-Minute Plays HH	7 9:00 Virtual Men's Mug ZO	
8 2:00 Holy Eucharist CH 6:00 Movie - Cabaret HH	9 10:30 ALP: India (Hybrid) CH 1:00 Open Studio CAS 2:00 Chorus CH 3:00 Mahjong in Game Room (Level Five - Commons) 3:30 Bridge CAS 7:00 Sing Along TOS	10 9:00 Encore Donations EN 9-11:30am 9:30 Health Services Committee ZO 10:00 ALP: Comic Poet CH 11:00 Trails Committee ZO 4:00 Spirituality Reading Group SP	11 10:30 Resident Council ZO 2:00 ComCom ZO 3:30 Low Vision Support Group HH 4:00 Spirituality Reading Group SP 6:00 Movie - Maiden HH	12 10:00 Resident Workshop: Open Shop 11:30 Silent Meditation SP 1:00 Chimes (Gold) HH 1:00 ALP: E & M Meeting ZO 2:00 Chimes (Blue) HH 4:00 Performing Arts Committee CAS	13 2:00 Tea at TOS TOS 7:15 Chorus Concert CH	14 9:00 Virtual Men's Mug ZO	
15 2:00 Holy Eucharist CH 6:00 Movie - Maiden HH	16 10:00 Dining Committee HH 10:30 ALP: India (Hybrid) CH 12:00 Weight Winners SWET 1:00 Open Studio CAS 2:00 Chorus CH 3:00 Mahjong in Game Room (Level Five - Commons) 3:30 Bridge CAS 7:15 New World Trio CH	17 9:00 Encore Donations EN 9-11:30am 10:00 Garden & Greenhouse ZO 10:00 ALP: Comic Poet CH 1:00 ALP ZO 1:00 Coin Club BR 4:00 Bible Study SP	18 3:30 FG Book Club HH 4:00 Scholarship Committee BR 4:00 Bible Study SP 6:00 Movie- A Place in the Sun HH	19 Encore Appreciation Day! 10:00 Resident Workshop: Open Shop 10:00 Encore OPEN 10-3 EN 11:30 Silent Meditation SP 1:00 Chimes (Gold) HH 2:00 Chimes (Blue) HH 3:00 Caregiver's Support Group HP	20 11:00 Shabbat Service CH 1:00 Story Mapping Presentation CH 3:00 Women Together ZO	21 9:00 Virtual Men's Mug ZO 10:00 CT Invasive Plant Working Group "Walk, Talk, Cut" Program (Trails)	
22 10:00 CT Invasive Plant Working Group "Walk, Talk, Cut" Program (Trails) RAIN DATE 2:00 Holy Eucharist CH 6:00 Movie- A Place In The Sun HH	23 10:00 Library Comm CAS 10:30 ALP: India (Hybrid) CH 1:00 Open Studio CAS 2:00 Chorus CH 3:00 Mahjong in Game Room (Level Five - Commons) 3:30 Bridge CAS 7:00 Sing Along TOS	24 9:00 Encore Donations EN 9-11:30am 9:00 Buildings & Grounds ZO 10:00 ALP: Refugees CH 4:00 Art Group ATR 4:00 Spirituality Reading Group SP	25 2:00 Community Forum CH 4:00 Spirituality Reading Group SP 6:00 Movie - Searching for Bobby Fisher HH	26 10:00 Resident Workshop: Open Shop 10:00 Conversations CH 11:30 Silent Meditation SP 1:00 Chimes (Gold) HH 1:00 ALP: BOD Meeting BR 2:00 Chimes (Blue) HH 4:00 Performing Arts Committee Meeting CAS	27 9:30 ALP: Hikes (offsite) 10:00 Flower and Decoration Committee CAS 2:00 Tea at TOS TOS 2:30 French Conversation HP	28 9:00 Virtual Men's Mug ZO	
29 2:00 Holy Eucharist CH 6:00 Movie- Searching for Bobby Fisher HH	30 1:00 Open Studio CAS 2:00 Chorus CH 3:00 Mahjong in Game Room (Level Five - Commons) 3:30 Bridge CAS	31 9:00 Encore Donations EN 9-11:30am 1:00 ALP ZO 4:00 Bible Study SP	<p>Encore will be open on May 5th and 19th! Donations will be open every Tuesday from 9:00am to 11:30am. Masks are required.</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
- ZO Zoom

