
IMPORTANT NUMBERS

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SAH MONTHLY

WWW.SEABURLIFE.ORG

FEBRUARY 2023

KIRSTEN BENSON WILL BE LUNCHEON GUEST SPEAKER

The bi-monthly schedule of SAH Member-only luncheons resumes **THIS MONTH; Wed., Feb. 15 at 12:00 p.m. in the Main Dining Room!** We are excited to announce that Seabury's Fitness & Wellness Director, Kirsten Benson, will be our guest speaker at this month's lunch. She will highlight the array of exercise equipment and classes available to the Membership, including those classes that are available on ZOOM! Please pay special attention to the multiple items to register for, below:


- Lunch at 12:00 p.m. in the Main Dining Room.
- Pre-lunch social at 11:30 a.m. at the Top of the Stairs, with wine and soda.
- Tour of Seabury at 10:30 a.m., limited to the first eight (8) who RSVP.
 - Contact Betsy Halligan at elizabethhalligan@seaburylife.org to RSVP.



TOURS OF SEABURY TO BEGIN THIS MONTH!



In conjunction with the bi-monthly luncheons, small tours of the Seabury campus will be offered leading up to the pre-lunch social. Join a Member of Seabury's Marketing Team on **Wed., Feb. 15 at 10:30 a.m. in the Main Lobby** for a brief tour of the common areas and a walkthrough of some of the healthcare areas to familiarize yourselves further with the community, and to unearth the abbreviations of spaces such as the TOS, CAS, MDR, AL and SNF. The first eight (8) to register with Betsy (her email noted above) will go on tour.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>"We must never forget that Black History is American History"- Yvette Clarke</i></p>			<p>1</p> <p>9:00 AM Hospitality Committee-Zoom 11:00 AM Christian Worship- Views Activity Room 11:30 AM Spiritual Reading Group-Center for Spirituality 1:30 PM Roger Niland-CAS 3:30 PM FG Book Club-Heritage Hall 7:15 PM Movie- Tootsie- Heritage Hall</p>	<p>2</p> <p>10:00 AM Resident Workshop: Open Shop 10:30 AM ComCom- Zoom 10:30 AM Carol Ganick-CAS 1:00 PM Chimes Rehearsal- HH 3:15 PM Prayer Shawl Ministry- Views Living Room 4:00 PM Art Gallery Opening- Top of the Stairs <i>HAPPY GROUNDHOG DAY!</i></p>	<p>3</p> <p>1:15 PM Bloomfield Public Schools Performance- Chapel 2:00 PM Tea-Time- Top of the Stairs 2:00 PM Together to Music- CAS 3:00 PM Storytellers- Zoom</p>	<p>4</p> <p>9:00 AM Virtual Men's Mug-Zoom 2:00 PM Bridget De Moura Trio Concert- Chapel 4:00 PM Drop-In Social- Hearthside Parlor</p>
<p>5</p> <p>2:00 PM Holy Eucharist- Chapel 3:00 PM Movie-Tootsie- Heritage Hall</p>	<p>6</p> <p>8:30 AM Men's Breakfast- MDR 12:00 PM Weight Winners- SW Dance Studio 1:00 PM Open Studio- CAS 2:00 PM Chorus- Music Studio 3:00 PM Mahjong in Game Room (Level Five - Commons) 3:30 PM Bridge- CAS</p>	<p>7</p> <p>9:00 AM Encore Donations 3:00 PM New Resident Rec-Chapel 4:00 PM Drop-In Social- Hearthside Parlor 4:00 PM Processing Grief- Center of Spirituality</p>	<p>8</p> <p>10:30 AM Residents Council- Chapel 11:00 AM Holy Eucharist- Views Activity Room 1:30 PM Roger Niland-CAS 3:30 PM Low Vision Support Group- Heritage Hall 7:15 PM Movie- If Beale Street Could Talk- Heritage Hall</p>	<p>9</p> <p>10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: Open Shop 10:30 AM Carol Ganick-CAS 1:00 PM Chimes Rehearsal- HH 3:15 PM Prayer Shawl Ministry- Views Living Room 4:00 PM Performing Arts Committee- CAS</p>	<p>10</p> <p>10:30 AM SAHEC Monthly Meeting -- Board Room 11:00 AM Shabbat Service- Chapel 2:00 PM Together to Music- CAS</p>	<p>11</p> <p>9:00 AM Virtual Men's Mug-Zoom 4:00 PM Drop-In Social- Hearthside Parlor</p>
<p>12</p> <p>2:00 PM Holy Eucharist- Chapel 3:00 PM Movie-If Beale Street Could Talk- Heritage Hall</p>	<p>13</p> <p>1:00 PM Open Studio- CAS 2:00 PM Chorus- Music Studio 3:00 PM Mahjong in Game Room (Level Five - Commons) 3:00 PM Finance & Budget- Board Room 3:30 PM Bridge- CAS 7:00 PM Sing A Long- Top of the Stairs</p>	<p>14</p> <p>9:00 AM Encore Donations 9:30 AM Health Services Meeting-Zoom 1:00 PM Coin Club- Board Room 2:00 PM Paul Bissacia Concert-Chapel 3:30 PM 10 Minute Plays- Heritage Hall 4:00 PM Drop-In Social- Hearthside Parlor 4:00 PM Processing Grief- Center for Spirituality 4:00 PM May Threshold Choir-Chapel <i>HAPPY VALENTINE'S DAY!</i></p>	<p>15</p> <p>11:00 AM Christian Worship- Views Activity Room 11:00 AM Dr. Harris Memorial-Chapel 11:30 AM Spirituality Reading Group-Center for Spirituality 1:30 PM Roger Niland-CAS 2:00 PM Sports & Games Committee- Garden View Room 3:30 PM Scholarship Committee- Board Room 7:15 PM Movie- Enough Said- Heritage Hall</p>	<p>16</p> <p>10:00 AM Resident Workshop: Open Shop 10:30 AM Carol Ganick-CAS 1:00 PM Chimes Rehearsal- HH 2:00 PM Prince Mortimer Lecture-Chapel 3:00 PM Caregiver's Support Group- HP 3:15 PM Prayer Shawl Ministry- Views Living Room</p>	<p>17</p> <p>2:00 PM Together to Music- CAS 2:30 PM Diabetes Group-MEDIA ROOM 3:00 PM Meet & Greet- Top of the Stairs</p>	<p>18</p> <p>9:00 AM Virtual Men's Mug-Zoom 4:00 PM Drop-In Social- Hearthside Parlor</p>
<p>19</p> <p>2:00 PM Holy Eucharist- Chapel 3:00 PM Movie-Enough Said- Heritage Hall</p>	<p>20</p> <p>10:00 AM Dining Committee- Zoom 12:00 PM Weight Winners- SW Dance Studio 1:00 PM Open Studio- CAS 2:00 PM Chorus- Music Studio 3:00 PM Mahjong in Game Room (Level Five - Commons) 3:30 PM Bridge- CAS <i>HAPPY PRESIDENT'S DAY!</i></p>	<p>21</p> <p>9:00 AM Encore Donations 2:00 PM Mardi Gras Party- Chapel 4:00 PM Drop-In Social- Hearthside Parlor 4:00 PM Processing Grief- Center of Spirituality</p>	<p>22</p> <p>11:00 AM Ash Wednesday Service-Chapel 1:30 PM Roger Niland-CAS 2:00 PM Community Forum-Chapel 7:15 PM Movie- My Left Foot- Heritage Hall</p>	<p>23</p> <p>8:30 AM Women's Breakfast-MDR 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: Open Shop 10:30 AM Carol Ganick-CAS 1:00 PM Conversations- Chapel 1:00 PM Chimes Rehearsal- HH 3:15 PM Prayer Shawl Ministry- Views Living Room</p>	<p>24</p> <p>10:00 AM Flower and Decoration Committee- CAS 2:00 PM Together to Music- CAS 2:30 PM French Conversation- Hearthside Parlor 3:00 PM Black History Month Celebration Pop Up! - Chapel</p>	<p>25</p> <p>9:00 AM Virtual Men's Mug-Zoom 4:00 PM Drop-In Social- Hearthside Parlor</p>
<p>26</p> <p>2:00 PM Holy Eucharist- Chapel 3:00 PM Movie-My Left Foot- Heritage Hall</p>	<p>27</p> <p>10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 2:00 PM Chorus- Music Studio 3:00 PM Mahjong in Game Room (Level Five - Commons) 3:30 PM Bridge- CAS 7:00 PM Sing A Long-TOS</p>	<p>28</p> <p>9:00 AM Encore Donations 9:00 AM Buildings & Grounds-Zoom 2:00 PM Ruth Mitman Talk-Chapel 4:00 PM Drop-In Social- Hearthside Parlor 4:00 PM Processing Grief- Center of Spirituality 4:00 PM Art Group</p>		<p>AARP tax assistance volunteers will offer free state and federal income tax preparation at the Marilyn Michelson Senior Center every Wednesday from 9:00 a.m. to 3:00 p.m. from February 8 through April 12, 2023. Please call 860-243-8361 to schedule your appointment and arrange to pick up your tax packet containing instructions and forms to be completed prior to your appointment.</p>		

NEXT MONTHLY MEETING

In lieu of the standing monthly meetings of the SAH Membership Association Executive Committee, the SAHEC, along with three guest auditors conducted a three-hour retreat in January to explore and delve into a dozen issues that have been percolating over the last few years, together with putting forth numerous suggestions regarding "improving the SAH Member experience." These items and topics will all be reviewed and prioritized at the monthly February meeting, and a final report will be shared with the entire Membership.



And so, the next SAHEC monthly meeting will take place on Fri., Feb. 10, 2023 at 10:30 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. The easiest way to access the Board Room is by parking at Hilltop, walking through Door 15 and taking your first left down the hallway. Please push the AIPHONE button at Door 15 and Security will let you into the building. If you have any questions, please contact At-Large SAHI Board Liaison, Debra Pasquale, at dkpasquale@comcast.net or 860-305-8712. We look forward to seeing you!

NOMINATE A SPEAKER!

Tell us who you'd like to hear from! Nominate a speaker or suggest to us what topic would most interest you at our forthcoming luncheon in April. Please email all suggestions to:
SAHEC@seaburylife.org.



WELCOME NEW MEMBERS!

Geoffrey & Christine Giddings
Corrine Kapp & Joseph Bonfatto

SAH IN MEMORIAM

Quincy Abbot (1/3/2023)
Wayne Meeks (1/10/2023)
Charles Treger (1/12/2023)

