



# SEABURY MONTHLY

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MAY 2023

### ENCORE! FASHION SHOW

Come to Seabury Town to "pitch its tent" and show you wonderful things you can buy at our Encore Thrift store at unbelievable prices! Nineteen models and performers will dazzle you and leave you smiling.

**Tuesday May 16 at 3pm** in the Chapel.  
You won't want to miss the fun of this live show. Bonus: wear something you bought at Encore and get a special "Hooray Encore" yellow tag to proudly wear!



### WHY CAN'T I REMEMBER ANYTHING? A DISCUSSION ABOUT DEMENTIA



Faulty memory happens to all of us. There is, however, a difference between not being able to find your keys and not knowing what your keys are for. Our focus will be:

- The definition and types of dementia
- The symptoms and behaviors that might indicate the presence of dementia
- Strategies that will enhance the level of communication with those suffering from dementia
- Ways to build 'brain reserve' to help ward off this insidious disease

Come listen to this important lecture given by Ruth Mitman on **Thursday May 18th at 3:30PM in the Chapel.**








### PERFORMING ARTS SHOWCASE!



Are you ready to be entertained?!? Enjoy this special showcase presented to you by the Performing Arts Committee! Come watch our Chimes, Chorus, Dance, Sing-along, Together to Music & 10 Minute Plays groups perform for the Seabury Community. This must-see showcase will take place on **Tuesday May 23rd at 3pm in Heritage Hall!**

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 2:00 PM Chorus- CH <b>2:30 PM Independent Film Viewing- HH</b> 3:00 PM Mahjong GR (Level Five - Commons) 3:30 PM Bridge- CAS</p>	<p>2 9:00 AM Encore Donations - EN <b>10:00 AM ALP- Merchant of Venice-CH</b> 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- BR</p>	<p>3 9:00 AM Hospitality Committee-ZM 11:00 AM Holy Eucharist- VAR 1:30 PM Roger Niland-CAS 3:30 PM FG Book Club-HH 7:15 PM Movie- The Descendants-HH</p>	<p>4 <b>8:30 AM Men's Breakfast- MDR</b> 10:00 AM Encore OPEN 10-3 - EN 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM <b>1:00 PM Chimes &amp; Chorus Rehearsal-CH</b> 1:00 PM Cribbage- 5th Floor GR 3:15PM Prayer Shawl Ministry- VLR</p>	<p>5 <b>9:30 AM ALP- Hikes - CH</b> 2:00 PM Together to Music- CAS 3:00 PM Storytellers- ZM <b>7:15 PM Chimes &amp; Chorus Spring Concert- CH</b></p>	<p>6 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>7 2:00 PM Holy Eucharist- CH 3:00 PM Movie- The Descendants-HH</p>	<p>8 <b>10:00 AM ALP- Radar- ZM</b> 1:00 PM Open Studio- CAS 2:00 PM Chorus- CH 3:00 PM Mahjong in Game Room (Level Five - Commons) - Ga - So 3:00 PM Finance &amp; Budget- BR 3:30 PM Bridge- CAS <b>7:00 PM Sing A Long - TOS</b></p>	<p>9 9:00 AM Encore Donations - EN 9:30 AM Health Services Mtg-ZM 11:00 AM Trails Committee- ZM <b>1:00 PM ALP- Wildlife- HH</b> 3:30 PM 10 Minute Plays-HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Threshold Choir-CH</p>	<p>10 10:30 AM Residents Council- CH 11:00 AM Christian Worship- VAR 1:30 PM Roger Niland-CAS 3:30 PM Low Vision Support-HH <b>7:15 PM Simsbury Community Band-CH</b> 7:15 PM Movie- Monsoon Wedding-HH</p>	<p>11 10:00 AM Resident Workshop: OS 1:00 PM Chimes Rehearsal- HH 1:00 PM Cribbage- 5th Floor GR <b>3:00 PM Pop Up!</b> 3:15PM Prayer Shawl Ministry- VLR 4:00 PM Performing Arts Cmte- CAS</p>	<p>12 10:30 AM SAHEC Monthly Meeting -BR 11:00 AM Shabbat Service- CH 1:00 PM ALP- Neanderthal- CH/ZM <b>2:00 PM Tea-Time- TOS</b> 2:00 PM Together to Music- CAS 2:00 PM Poets &amp; Writers-ZM</p>	<p>13 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>14 2:00 PM Holy Eucharist- CH 3:00 PM Movie- Monsoon Wedding -HH</p> 	<p>15 10:00 AM Dining Committee- ZM 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS <b>1:00 PM ALP- Democracy- CH/ZM</b> 2:00 PM Chorus- MS 3:00 PM Mahjong in GR (Level Five - Commons) <b>3:15 PM Fashion Show Rehearsal- CH</b> 3:30 PM Bridge- CAS</p>	<p>16 9:00 AM Encore Donations - EN 10:00AM Garden &amp; Greenhouse- ZM <b>3:00 PM ENCORE Fashion Show- CH</b> 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS <b>7:15 PM Foreign Film Movie Night -HH</b></p>	<p>17 11:00 AM Holy Eucharist- VAR 1:00PM Sports &amp; Games Cmte- GVR 1:30 PM Roger Niland-CAS 3:30 PM Scholarship Cmte - BR 7:15 PM Movie- Vertigo -HH</p>	<p>18 <b>8:30 AM Women's Breakfast- MDR</b> 10:00 AM Encore OPEN 10-3 - EN 10:00 AM Resident Workshop: OS 1:00 PM Chimes Rehearsal- HH 1:00 PM Cribbage- 5th Floor GR <b>3:30 PM Ruth Mitman Dementia Talk- CH</b> 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>19 <b>9:30 AM ALP- Hikes - CH</b> <b>11AM-2PM Cousins Maine Lobster Food Truck- Hilltop</b> 2:00 PM Together to Music- CAS 2:30 PM Diabetes Group-MR <b>3:00 PM Meet &amp; Greet - TOS</b></p>	<p>20 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>21 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Vertigo-HH</p>	<p>22 10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS <b>1:00 PM ALP- Democracy- CH/ZM</b> 2:00 PM Chorus-Heritage Hall 3:00 PM Mahjong in GR (Level Five - Commons) 3:30 PM Bridge- CAS <b>7:00 PM Sing A Long- Songs by Gershwin-TOS</b></p>	<p>23 9:00 AM Encore Donations - EN 9:00 AM Buildings &amp; Grounds- ZM <b>1:00 PM ALP- Sculpture- CH</b> <b>3:00 PM Performing Arts Showcase - HH</b> 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS</p>	<p>24 11:00 AM Christian Worship- VAR 11:00 AM Caregiver's Support Group- HP 2:00 PM Community Forum-CH 7:15 PM Movie- Notting Hill-HH</p>	<p>25 10:00 AM Resident Workshop: OS 1:00 PM Conversations- CH 1:00 PM Cribbage- 5th Floor GR 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>26 10:15 AM Flower and Decoration Committee-CAS <b>2:00 PM Tea-Time- TOS</b> 2:00 PM Together to Music- CAS 2:30 PM French Conversation- HP</p>	<p>27 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>28 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Notting Hill-HH</p>	<p>29 1:00 PM Open Studio- CAS 3:00 PM Mahjong in GR (Level Five - Commons) 3:30 PM Bridge- CAS</p> 	<p>30 9:00 AM Encore Donations - EN <b>1:00 PM ALP- Music- CH</b> 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS</p>	<p>31 11:00 AM Holy Eucharist- VAR 7:15 PM Movie- Maria: By Callas-HH</p>	<p>BR- Board Room CFS- Center for Spirituality DS-Dance Studio GR- Game Room HH- Heritage Hall HP-Hearthside Parlor MDR- Main Dining Room MS- Music Studio OS- Open Shop SNF- Skilled Nursing Facility TOS- Top of the Stairs VAR- Views Activity Room VLR- Views Living Room ZM- Zoom</p>	<p><b>June 13, Golf Club of Avon:</b> Seabury Residents and At Home Members are encouraged to participate in the Seabury Charitable Foundation's annual fundraising event. Residents and Members can choose to play 18- or 9-holes and/or join for the dinner and silent auction. The event is a day of fun and camaraderie which raises money for events, programming, and benevolent aid. For more information visit <a href="http://seaburylife.org/golf">seaburylife.org/golf</a> or contact Heather Cahill at <a href="mailto:heathercahill@seaburylife.org">heathercahill@seaburylife.org</a> or 959-255-6461 </p>	 <p><b>Come enjoy Cousins Maine Lobster Food Truck! They will be at Hilltop on Friday May 19<sup>th</sup> from 11am-2pm! Cash &amp; Credit Cards are accepted!</b></p>



# SEABURY MONTHLY

## HUB HOURS

MONDAY- FRIDAY

10AM-3PM

SATURDAY

9AM-11AM

SUNDAY

CLOSED

## WINDSOR FEDERAL

### SAVINGS HOURS

TUESDAYS

9AM-NOON

## BRISTO HOURS

MONDAY-FRIDAY

11AM- 1:30PM

SATURDAY

11AM-1:30PM

## MARKET PLACE

MONDAY-FRIDAY

9AM-3:30PM

SUNDAY 11AM-1:30PM

## MAIN DINING ROOM

TUESDAY, WEDNESDAY

& FRIDAY 5PM-6PM

## SATURDAY BUFFET

5PM-6PM

## SUNDAY BRUNCH

11AM-1:30PM

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MAY 2023

## MAY EVENTS

**INDEPENDENT FILM VIEWING-** MONDAY MAY 1ST 2:30PM HERITAGE HALL

**MEN'S BREAKFAST-** THURSDAY MAY 4TH 8:30AM MDR

**CHIMES & CHORUS SPRING CONCERT-** FRIDAY MAY 5TH 7:15PM CHAPEL

**SIMSBURY COMMUNITY BAND-** WEDNESDAY MAY 10TH 7:15PM CHAPEL

**POP UP! -** THURSDAY MAY 11TH 3:00PM LOCATION TBD

**TEA AT THE TOP OF THE STAIRS-** FRIDAY MAY 12TH & FRIDAY MAY 26TH AT 2PM

**ENCORE! FASHION SHOW-** TUESDAY MAY 16TH 3:00PM CHAPEL

**WOMEN'S BREAKFAST-** THURSDAY MAY 18TH 8:30AM MDR

**RUTH MITMAN DEMENTIA DISCUSSION-** THURSDAY MAY 18TH 3:30PM CHAPEL

**MEET & GREET-** FRIDAY MAY 19TH 3:00PM TOP OF THE STAIRS

**PERFORMING ARTS SHOWCASE-** TUESDAY MAY 23RD 3:00PM HERITAGE HALL

## NEW RESIDENTS!

**FRED ERICKSON AND JO STRACESKI, APT. 5193, PHONE: 860-904-5236**

**BOB AND PENNY WHALEN, APT. 4191, PHONE: 860-242-9975**

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