



200 SEABURY DRIVE  
BLOOMFIELD, CT 06002  
860-286-0243

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### **IMPORTANT NUMBERS**

CHRISTINE T. DUPONT  
VP OF MARKETING &  
COMMUNICATIONS  
860-243-6081

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MARC J. ZIROLI  
DIR. OF MARKETING  
860-243-4033

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KIRSTEN BENSON  
DIR. OF FITNESS  
860-243-4025

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CINDY HARRIGAN  
PHC  
860-243-4030

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TIFFANY FRASER  
PHC  
860-243-4021

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JEANNE HUGHES  
PHC  
203-538-7721

# SAH MONTHLY

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SEPTEMBER 2023

## **FINAL CALL -- JOIN THE COUNCIL!**

On Thurs., Aug. 24, 2023, the annual SAH Bill of Rights meeting took place with several SAH Members attending either in-person, or on ZOOM. It was mentioned that with the continued growth of the SAH Membership, that four (4) more At-Large positions will be added to the Council. At the time of the publishing of this newsletter, there are three SAH Members who have thrown their names into the hat with hopes of joining the Council -- but we still need more! If you are interested in submitting your name and a brief biography of yourself, please contact Gemma Baker no later than Mon., Sept. 11, 2023 at: [gemmaebaker@sbcglobal.net](mailto:gemmaebaker@sbcglobal.net). An emailed and hard-copy ballot will be distributed to the Membership on Mon., Sept. 18, 2023 to vote on the new additions to the Council, as well as for the three Council members up for re-election! The Council and Nominations Committee looks forward to hearing from you!

## **SAH MEMBER LUNCHEONS RESUME THIS MONTH!**

Join the SAH Members' Association Council and fellow SAH Members at the next monthly luncheon on Wed., Sept. 20, 2023 at 12:00 p.m. in the MDR. Please join the group at 11:30 a.m. at the TOS for a pre-lunch social with wine and soda, and if you are interested in a brief tour, please arrive at 11:00 a.m. To register for any and all, please contact Betsy Halligan at: [elizabethhalligan@seaburylife.org](mailto:elizabethhalligan@seaburylife.org).

## **JOIN THE VOLUNTEER DRIVERS!**

Good drivers make good new friends. Join the Chair of the SAH Members' Association Council in attending this informational luncheon for the volunteer driver team at Nutmeg Senior Rides and help a friend you haven't met with a ride to the doctor, work, the store or to church.

Nutmeg Senior Rides is a non-profit organization that needs drivers in Central CT to drive people over 50 who no longer wish to drive themselves (check out their website at: [www.NutmegSeniorRides.org](http://www.NutmegSeniorRides.org)). Drivers can choose the rides... (cont'd)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	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 TOS- Top of the Stairs VAR- Views Activity Room VLR- Views Living Room ZM-Zoom			4:00 PM Drop-In Social- HP	9:00 AM Virtual Men's Mug-Terrace Room	
2:00 PM Holy Eucharist- Chapel 3:00 PM Movie-The Big Heat-HH		9:00 AM Encore Donations – EN <b>10:00 AM ALP Preview Mtg-CH</b> 1:00 PM Encore Committee- BR 2:00 PM Together to Music- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- CAS	9:00 AM Hospitality Committee-HH 11:00 AM Holy Eucharist- VAR 11:30 AM Spirituality Reading Group- CFS 7:15 PM Movie- Little Miss Sunshine- HH	<b>8:30 AM Men's Breakfast- MDR</b> 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 1:00 PM Cribbage- 5th Floor GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 3:15 PM Prayer Shawl Ministry-VLR	10:30 AM SAHEC Monthly Mtg -BR 11:00 AM Shabbat Service- CH 2:00 PM Poets & Writers-ZM 3:15 PM Storytellers- ZM 4:00 PM Drop-In Social- HP	9:00 AM Virtual Men's Mug-Terrace Room	
2:00 PM Holy Eucharist- CH 3:00 PM Movie-Little Miss Sunshine- HH	1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR (Level Five - Commons) 3:00 PM Finance & Budget- BR 3:30 PM Bridge- CAS <b>7:00 PM Sing A Long-TOS</b>	9:00 AM Encore Donations - EN 9:30 AM Health Services Mtg-ZM 11:00 AM Trails Committee- GVR 2:00 PM Together to Music- CAS 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 Rehearsal- CH <b>7:15PM "Just Friends" Jazz Concert- CH</b>	<b>10:30 AM Residents Council- CH</b> 11:00 AM Christian Worship- VAR <b>2:00 PM Resident Satisfaction Survey Results Presentation-CH</b> 3:30 PM Low Vision Support Group- HH 7:15 PM Movie- The Wife- HH	10:00 AM Resident Workshop: OS 1:00 PM Cribbage- 5th Floor GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 3:15 PM Prayer Shawl Ministry-VLR 4:00 PM Performing Arts Cmte- CAS	<b>2:00 PM New Resident Welcome - CH</b> 4:00 PM Drop-In Social- HP		9:00 AM Virtual Men's Mug-Terrace Room
2:00 PM Holy Eucharist- CH 3:00 PM Movie-The Wife- HH	10:00 AM Dining Committee- ZM 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR (Level Five - Commons) 3:30 PM Bridge- CAS	9:00 AM Encore Donations - EN 10:00 AM Garden & Greenhouse-ZM 10:00 AM Roger Niland Drawing Class - CAS 2:00 PM Together to Music- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Art Group - AT 7:15 PM Foreign Film Movie Night - HH	10:00 AM Roger Niland Painting Class - CAS 11:00 AM Holy Eucharist- VAR 11:30 AM Spirituality Reading Group-CFS 1:00 PM Sports & Games Committee - GV 1:30 PM Alicia Carmona-Levy Watercolor Class - CAS 3:30 PM Scholarship Committee-BR 7:15 PM Movie- Wild Nights with Emily- HH	<b>8:30 AM Women's Breakfast-MDR</b> 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 1:00 PM Cribbage-5th Floor GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 3:15 PM Prayer Shawl Ministry-VLR	<b>1:30PM ALP Art History-CH</b> 2:30 PM French Conversation-HP 2:30 PM Diabetes Group-MR <b>3:00 PM Meet &amp; Greet - TOS</b> 4:00 PM Drop-In Social- HP		9:00 AM Virtual Men's Mug-Terrace Room
2:00 PM Holy Eucharist- CH 3:00 PM Movie-Wild Nights with Emily- HH	10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR (Level Five - Commons) 3:30 PM Bridge- CAS <b>7:00 PM Sing A Long-TOS</b>	9:00 AM Encore Donations - EN 9:00 AM Buildings & Grounds-BR <b>10:00 AM ALP Climate Change-CH</b> 10:00 AM Roger Niland Drawing Class - CAS 2:00 PM Together to Music- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS <b>7:15 PM Yale Whiffenpoofs-CH</b>	10:00 AM Roger Niland Painting Class - CAS 11:00 AM Christian Worship- VAR 11:00 AM Caregiver's Support Group- HP 1:30 PM Alicia Carmona-Levy Watercolor Class - CAS <b>2:00 PM Community Forum-CH</b> 7:15 PM Movie- Children of a Lesser God- HH	10:00 AM Resident Workshop: OS 1:00 PM Cribbage- 5th Floor GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Ministry-VLR	10:15 AM Flower and Decoration Committee- CAS <b>1:30PM ALP-Art History-CH</b> 4:00 PM Drop-In Social- HP	9:00 AM Virtual Men's Mug-Terrace Room	

# SAH MONTHLY

they do online; all to fit their schedule! Milage is reimbursed at \$.40/mile, door-to-door, starting from your home (this is superior to Uber or Lyft where drivers are paid only when a passenger is sitting in the car). Come for a complimentary lunch on Tues., Sept.12, 2023 from 12:00 to 1:30 p.m. at Jim's Pizza, 124 Poquonock Ave., Windsor. Reservations are required; please call Margaret Hale, Executive Director of Nutmeg Senior Rides, at 860-758-7833. Join the team!

## THE SEABURY TRAILS HAS A LOT IN STORE FOR YOU!

Seabury has approximately 4.5 miles of walking trails both on campus and in the surrounding wooded areas. Residents and SAH Members volunteer to maintain these trails which includes monitoring and upgrading bridges and wetlands crossings. The trails committee has numerous hand and power tools along with a Polaris vehicle and two lawn tractors, to aid in this maintenance. The committee is always looking for Residents/Members to help with these projects. If you would be interested in an orientation hike or drive around the trail system, please contact Trails Chair, Linda Isham, at: [lindaisham324@gmail.com](mailto:lindaisham324@gmail.com); or Operations Manager (and SAH Member), Russ Tonkin, at: [rtonks@aol.com](mailto:rtonks@aol.com). Those who interested are also welcome to join the Trails Committee to contribute to planning and maintaining this great Seabury resource.

## REVIEW OUR NEW BROCHURE!

Members of the SAH Council are working on the design and development of a "welcome brochure" to be delivered to incoming SAH Members. In late September, we will present a preliminary draft to a group of six current Members comprising a "focus group" for review and comment. If you would like to volunteer for that task, email the Council Chair, Baker Salsbury, at: [bakersal-mph99@comcast.net](mailto:bakersal-mph99@comcast.net).

## SAVE THE DATE!

Pencil-in Thurs., Oct. 12., 2023, time TBA, at Seabury! This year, the SAH Annual Meeting of Elections will be jointly held with a celebration marking SAH, Inc.'s 15th anniversary! A performance is being planned, there will be an unveiling of an original artwork commissioned and commemorating this anniversary, and a lavish cocktail party. Please *SAVE THE DATE!*

## REMINDER: "A SAH CAREGIVERS' COFFEE" MEETING STARTING THIS MONTH!

As mentioned in July, the informal pilot of "A SAH Caregivers' Coffee" will be on Thurs., Sept. 14, 2023 from 10:30 a.m. to 12:00 p.m. in Hearthside Parlor, next to the MDR. An optional lunch can be purchased in the Bistro afterwards. Questions? RSVP? Please contact Debra Pasquale at: [dkpasquale@comcast.net](mailto:dkpasquale@comcast.net) or 860-305-8712.

## NEXT MONTHLY MEETING

Fri., Sept. 8, 2023 | 10:30 a.m. | Board Room

## WELCOME NEW MEMBERS!

Barbara Howe