



# SEABURY MONTHLY

WWW.SEABURLIFE.ORG

NOVEMBER 2024

## RESIDENT ENGAGEMENT TEAM

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860-243-6058

### HIERAX SAXOPHONE QUARTET

Friday, Nov. 1st, 7:15 pm in the Chapel



### A HISTORY OF HUSKIES HOOPS: LEGACY OF GREATNESS

Monday, Nov. 4th, 7:15 pm in the Chapel

Celebrate the history & greatness of the UConn basketball teams with this fun, lively & enlightening presentation hosted by award-winning sportswriter and author Marty Gitlin. The presentation will feature fun trivia questions as well as a Q&A.

### ELDER SCAM EDUCATION

Wednesday, Nov. 6th, 10:00 am

Chapel



JoAnn Benson with the FBI will give information on staying safe from common scams, and how to report those types of crimes.

### GRACE IN THE REARVIEW MIRROR

Friday, Nov. 15th in the Chapel/Bistro

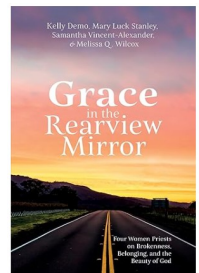
Melissa Wilcox, daughter of Taffy Wilcox, & 3 other women priests have found God in the most unexpected places.

10:00 am - Author talk & book signing

2:00 pm - Workshop: Writing Your Spiritual Autobiography

Call 860-286-0243 for workshop registration or see Judi.

*Sponsored by the Spirituality & Worship Committee.*



### UNIQUE BOUTIQUE

Thursday, Nov. 21st, 10:00am-3:00pm, Chapel





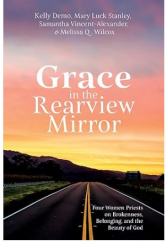




Encore's biggest sale marks the beginning of the Holiday Season at Seabury! Invite your family and friends. (Cash or checks, no credit cards or I.O.U's.)

### WILDLIFE ON WHEELS

Monday, Nov 25th 1:00 pm Chapel

The Forest Park Zoo is coming to Seabury!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BP-Bistro Parlor BR-Board Rm CAC-Cultural Arts Corridor CAS-Community Activity Space CFS-Center for Spirituality	CH-Chapel EN-Encore GR-Game Room GV-Garden View Room HH-Heritage Hall	HP-Hearthside Parlor MDR-Main Dining Room MR-Music Room RW-Resident Workshop SW DS-South Wing Dance Studio	TOS-Top of the Stairs TR-Terrace Room VAR-Views Activity Room VLR-Views Living Room ZM-Zoom		<b>1</b> 11:00 AM Stop & Shop Grocery Run 1:00 PM Opera Club-HH 3:30 PM Storytellers-ZM 4:00 PM Drop-in Social-HP <b>7:15 PM Hierax Saxophone Quartet-CH</b>	<b>2</b> 9:00 AM Men's Mug-TR 9:30 AM Virtual Episcopal service-CH
<b>3</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Sound of Metal-HH 	<b>4</b> <b>10:00 AM New Resident Introduction-CH</b> 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM ALP-Creative Writing-ZM 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS <b>7:15 PM A History of Huskies Hoops-CH</b>	<b>5</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 10:00 AM Drawing Class-CAS 1:00 PM ALP-Fil Biographies-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-HP 6:00 PM Coin Club	<b>6</b> 9:00 AM Hospitality Committee-HH 10:00 AM Big Y Grocery Run <b>10:00 AM Elder Scam Education-CH</b> 10:30 AM ALP-Movie Buffs-ZM 1:00 PM ALP-New is Old/Old is New-CH 1:00 PM Watercolor Class-CAS 3:30 Book Club-HH 7:15 PM Movie-The Two Popes-CH	<b>7</b> <b>8:30 AM Men's Breakfast-MDR</b> 10:00 AM Resident Workshop-RW 10:00 AM ALP-Indian Rights-HH 10:30 AM Com.com-ZM <b>11:30 AM Sustainable Holiday Gifting-BP</b> 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 1:00 PM Acrylic Painting-CAS 3:15 PM Prayer Shawl Min.-VLR <b>4:00 PM Resident/Exec Team Social-TR</b>	<b>8</b> 9:30 AM ALP-Hikes-offsite 10:30 AM SAHEC Monthly Mtg-BR 11:00 AM Shabbat Program-CH 1:00 PM Opera Club-HH 4:00 PM Drop-in Social-HP	<b>9</b> 9:00 AM Men's Mug-TR 10:00 AM Alzheimer's Walk-Waterman 
<b>10</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Two Popes-HH	<b>11</b> <b>9:00 AM Veterans Day Breakfast-MDR</b> 10:00 AM Library Committee-CAS 1:00 PM Open Studio-CAS 1:00 PM ALP-Creative Writing-ZM 2:00 PM Chorus Rehearsal-MR 3:00 PM Finance & Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 7:00 PM Sing-Along-TR	<b>12</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services-HH 10:00 AM Drawing Class-CAS 11:00 AM Trails-BR 1:00 PM ALP-Fil Biographies-HH <b>1:00 PM Stompin' Boots-CAS</b> 3:30 PM 10 Minute Plays-CAS 4:00 PM Threshold Choir-CH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-HP	<b>13</b> 10:00 AM Geissler's Grocery Run <b>10:30 AM Residents Council-CH</b> 1:00 PM ALP-New is Old/Old is New-CH 1:00 PM Watercolor Class-CAS 3:30 PM Low Vision Support-HH 7:15 PM Movie-Erin Brockovich-CH	<b>14</b> 10:00 AM Resident Workshop-RW 10:00 AM ALP-Modern Art-HH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Conversations-CH 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 1:00 PM Acrylic Painting-CAS 3:00 PM Performing Arts Comm-BR <b>3:00 PM Early Days of ESPN-CH</b> 3:15 PM Prayer Shawl Min.-VLR <b>7:15 PM Andrew Finn McGill concert-CH</b>	<b>15</b> <b>10:00 AM Grace in the Rearview Mirror-CH</b> 1:00 PM Opera Club-HH 4:00 PM Drop-in Social-HP 	<b>16</b> 9:00 AM Men's Mug-TR
<b>17</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Erin Brockovich-HH 	<b>18</b> 10:00 AM Dining Services-CAS <b>10:00 AM Artificial Intelligence-CH</b> 11:00 AM Resident Workshop-RW 11:15 AM Posture Presentation-HH 12:00 PM Weight Winners-SW DS 1:00 PM ALP-Creative Writing-ZM 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 3:30 PM Poets and Writers-GV 3:45 PM Advent & Carols Rehearsal-CH	<b>19</b> 9:00 AM Bank Open 10:00 AM Drawing Class-CAS 11:00 AM Gardens & Greenhouse-GV 1:00 PM ALP-Fil Biographies-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-HP 7:15 PM Foreign Film Series-CH	<b>20</b> 10:00 AM Stop & Shop Grocery Run 11:00 AM Caregivers Support-HP 1:00 PM Sports & Games Comm-GV 1:00 PM ALP-Beaver Pond-HH 1:00 PM Watercolor Class-CAS 7:15 PM Movie-Stand By Me-HH 	<b>21</b> <b>8:30 AM Women's Breakfast-MDR</b> 10:00 AM Resident Workshop-RW <b>10:00 AM Encore Boutique-CH</b> 10:00 AM ALP-Modern Art-HH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 1:00 PM Acrylic Painting-CAS 3:15 PM Prayer Shawl Min.-VLR	<b>22</b> 10:00 AM ALP-Buddhists-CH 10:15 AM Flower & Décor-CAS 1:00 PM Opera Club-CH 2:00 PM French Conversation-HP 4:00 PM Drop-in Social-HP	<b>23</b> 7:00 AM The Met. Opera-Bus Trip 9:00 AM Men's Mug-TR 
<b>24</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Stand By Me-HH	<b>25</b> <b>1:00 PM Wildlife on Wheels-CH</b> 1:00 PM Open Studio-CAS 1:00 PM ALP-Creative Writing-ZM 2:00 PM Chorus Rehearsal-MR 2:30 PM Catholic Mass 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 3:45 PM Advent & Carols Rehearsal-CH	<b>26</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Buildings & Grounds-HH 10:00 AM ALP-Amazing Women-ZM 10:00 AM Drawing Class-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-Social-HP 4:00 PM Visual Arts-CAS	<b>27</b> 10:00 AM Big Y Grocery Run 1:00 PM Watercolor Class-CAS 3:30 PM Better Hearing Group-HH 7:15 PM Movie-Avalon-CH	<b>28 THANKSGIVING</b> 	<b>29</b> 1:00 PM Opera Club-CH 4:00 PM Drop-in Social-HP	<b>30</b> 9:00 AM Men's Mug-TR



**HUB HOURS**  
 MON-FRI  
 10AM-3PM  
 SATURDAY  
 9AM-11AM  
 SUNDAY  
 CLOSED

**WINDSOR FEDERAL SAVINGS HOURS**  
 TUESDAYS  
 9AM-NOON

**BISTRO HOURS**  
 MON-FRI  
 11AM-1:30PM  
 4:30PM-6PM  
 SATURDAY  
 11AM-1:30PM

**MARKETPLACE**  
 MON-FRI  
 9AM-4PM  
 SATURDAY  
 11AM-1:30PM

**MAIN DINING ROOM**  
 TUESDAY-FRIDAY  
 5PM-6PM  
 SATURDAY BUFFET  
 5PM-6PM  
 SUNDAY BRUNCH  
 11AM-1:30PM

**INTRODUCTION TO NEW RESIDENTS**  
 Monday, Nov. 4th, 10:00 am  
 Chapel

Come and meet your new friends and neighbors!

**STOMPIN' BOOTS**

Tuesday, Nov. 12th, 1:00 pm in CAS  
 Have some stompin' good fun learning line dances!



**AN EVENING WITH ANDREW FINN MAGILL**

Thursday, Nov. 14th, 7:15 pm Chapel

North Carolina-native violinist/fiddler Andrew Finn Magill grew up studying traditional Irish music, old time, bluegrass and swing with the best fiddlers in the world. He has been featured on PBS. His 2016 album "Roots" debuted at 46 on the folk charts.



**DISCOVERING THE WONDERS OF ARTIFICIAL INTELLIGENCE**

How AI can help older adults

Monday, Nov. 18th, 10:00 am, Chapel

SAH member, Bert Sirkin, will be your friendly tour guide to the ways we can use AI in our daily lives.

**LAUGHTER & LONGEVITY: THE JOYFUL PATH TO HEALTH**

Women's Breakfast - Nov. 21st, 8:30 am, MDR



Stefanie C.F. Toise, PhD, MPH, C-IAYT will teach us how to transform our lives through the power of laughter at an uplifting workshop. Discover how a hearty laugh can boost your mood, enhance emotional health, and increase your odds of living longer by up to 31%!

**SEABURY CLOTHING STORE**

November 11-18, 2024

Stay tuned for the link



**EARLY DAYS OF ESPN**

Thursday, Nov. 14th, 3:00 pm, Chapel

This is the story of the early days at ESPN, told by Peter Fox. How a conversation over a couple of martinis in 1978 led to the creation of a broadcast juggernaut.



**HELP WANTED: Holiday Delivery Elves**



Job Description: Deliver Holiday packages to Seabury Residents  
 Am and Pm shifts available November 15<sup>th</sup> through December 20<sup>th</sup>  
 Benefits: Cardio and "Social" Security  
 Requirements: Comfortable shoes  
 Applications accepted in Resident Engagement Suite