



# SEABURY MONTHLY

WWW.SEABURLIFE.ORG



MARCH 2025



## Scoil Rince Luimni Irish Dancers Saturday, March 8th, 11:00 am, Chapel

Irish dancing is a traditional, cultural form of dance that has evolved into a highly athletic artistic sport. Come and enjoy!

## Lions Gate Trio

Tuesday, March 11th, 7:15 pm, Chapel



The **Lions Gate Trio**, an internationally-acclaimed ensemble in both the U.S. and Europe, has enjoyed a combination of performing, recording, and working with young musicians in educational settings for over 23 years.

## STOMPIN' BOOTS

Tuesday, March 11th, 1:00 pm, CAS

Come out and have some Stompin' good fun. Dances include seated and standing routines.



## NANTUCKET LIGHTSHIP BASKET DEMO

With Bob Rosenberg

Thursday, March 13th, 12:30 pm, Chapel

## 4 Pillars of Happiness: Living with Joy Amid Loss

Thursday, March 13, 10:00 am, Chapel

Carl Shields, MS, Licensed Professional Counselor, Clinical Supervisor & Mediator. He chairs the West Hartford Prevention Council and is involved in many town-wide prevention efforts.



## HSO Brass Quintet

Monday, March 17th, 7:15 pm, Chapel




Sponsored by the Seabury Charitable Foundation, join us for a brass quintet from the Hartford Symphony Orchestra!

## The Carol Sisters

Thursday, March 20th, 7:15 pm, Chapel

The Carroll Sisters are a lively Celtic fiddle band from Connecticut, including Emilie (16), Nora (14), and Sammy (18). They are most known for their lively fiddle tunes, beautiful harmonies, intriguing counterpoints, and unique musical arrangements in Irish, Scottish, and Cape Breton traditional music.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 9:00 AM Men's Mug-TR 2:00 PM Seabury Players Repeat Perf-CH
<b>2</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Juror #2-HH	<b>3</b> <b>10:00 AM Welcome to New Residents-CH</b> 10:30 AM Gift Shop by Door 24 Open 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS	<b>4</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 6:00 PM Coin Club-HH <b>7:15 PM Hallelujah Hymn Sing-CH</b>	<b>5</b> 9:00 AM Hospitality Committee-HH <b>11:00 AM Ash Wednesday-CH</b> 1:00 PM Stop & Shop/CVS-Grocery Run 3:30 Book Club-HH 7:15 PM Movie-The Six Triple Eight-CH	<b>6</b> 8:30 AM Men's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM Com.com-ZM <b>11:00 AM Aging with Grace Workshop-CAS</b> 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 3:15 PM Prayer Shawl Min.-VLR	<b>7</b> 10:00 AM Target Trip 3:00 PM Storytellers-HH 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS	<b>8</b> 9:00 AM Men's Mug-TR <b>11:00 AM SRL Irish Dancers-CH</b>
<b>9</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Six Triple Eight-HH 	<b>10</b> 10:00 AM Library Committee-CAS 10:30 AM Gift Shop by Door 24 Open 11:00 AM Accessibility & Mobility-CH 11:15 AM Muscles in Motion-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 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	<b>11</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services Comte-HH 11:00 AM Trails-BR <b>1:00 PM Stompin'Boots-CAS</b> 1:00 PM AHCC-CFS 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-TOS <b>7:15 PM Lions Gate Trio-CH</b>	<b>12</b> <b>10:30 AM Resident's Council-CH</b> 1:00 PM Geisslers-Grocery Run 3:30 PM Low Vision Support-HH 7:15 PM Movie-The Inlaws-CH	<b>13</b> <b>10:00 AM Health Services Speaker-CH</b> 10:00 AM Open Workshop-RW <b>11:00 AM Aging with Grace Workshop-CAS</b> 12:00 PM Chaplain Lunch-Bistro <b>12:30 PM Nantucket Lightship Basket-CH</b> 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 2:00 PM French Conversation-TOS 3:00 PM Performing Arts Comm-BR 3:15 PM Prayer Shawl Min.-VLR	<b>14</b> 10:30 AM SAHMC Monthly Meeting-BR 11:00 AM Shabbat Program-CH 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS	<b>15</b> 9:00 AM Men's Mug-TR <b>3:00 PM Cirque Du Soleil-offsite</b>
<b>16</b> 2:00 PM Holy Eucharist-CH <b>2:00 PM Irish and How They Got That Way-offsite</b> 3:00 PM Movie-The Inlaws-HH	<b>17</b> 9:30 AM Dining Services-CAS 10:30 AM Gift Shop by Door 24 Open 11:15 AM Muscles in Motion-SW DS 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 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 <b>7:15 PM HSO Brass Quintet-CH</b> 	<b>18</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 4:00 PM Visual Arts-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 7:15 PM Foreign Film Series-Umberto D-CH	<b>19</b> 11:00 AM Caregivers Support Grp-CFS 1:00 PM Sports & Games-GV 1:00 PM Stop & Shop/CVS-Grocery Run 3:30 PM Scholarship-BR 7:15 PM Movie-Conclave-CH	<b>20</b> <b>8:30 AM Women's Breakfast-MDR</b> 10:00 AM Encore Open 10:00 AM Open Workshop-RW <b>11:00 AM Aging with Grace Workshop-CAS</b> 12:00 PM Chaplain Lunch-Bistro 1:00 PM Conversations-CH 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 3:15 PM Prayer Shawl Min.-VLR <b>7:15 PM The Carol Sisters-CH</b>	<b>21</b> <b>3:00 PM Tea in the Terrace Room</b> 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS	<b>22</b> 9:00 AM Men's Mug-TR
<b>23</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Conclave-HH	<b>24</b> 10:30 AM Gift Shop by Door 24 Open 11:15 AM Muscles in Motion-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS <b>4:00 PM Spring Celebration Recep.-MDR</b> 7:00 pm Sing-Along-TOS	<b>25</b> 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Building & Grounds-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS	<b>26</b> <b>10:30 AM Community Forum-CH</b> 1:00 PM Geisslers-Grocery Run 1:00 PM Jane Austen Reading Gp-GVR 3:30 PM Better Hearing Group-HH 7:15 PM Movie-Unforgiven-CH	<b>27</b> 10:00 AM Open Workshop-RW <b>11:00 AM Aging with Grace Workshop-CAS</b> 12:00 PM Chaplain Lunch-Bistro 1:00 PM Conversations Revisited-CH 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 2:00 PM French Conversation-TOS 2:30 PM Catholic Mass-CH 3:15 PM Prayer Shawl Min.-VLR	<b>28</b> 10:15 AM Flower & Decorating-CAS 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS	<b>29</b> 9:00 AM Men's Mug-TR
<b>30</b> 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Unforgiven-HH	<b>31</b> 10:30 AM Gift Shop by Door 24 Open 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS <b>1:00 PM Zuri Fashion Show &amp; Sale-CH</b>		AR-Aronson SW 4th Fl 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 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	

## 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-6:30PM  
SATURDAY  
11AM-1:30PM  
SUNDAY  
CLOSED

## MARKETPLACE

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

## MAIN DINING ROOM

TUESDAY-FRIDAY  
5PM-7PM  
SATURDAY BUFFET  
5PM-7PM  
SUNDAY BRUNCH  
11AM-1:30PM

## PERFORMANCE IDEAS

Please see the instructions on the Kiosk next to the HUB.

## Women's Breakfast

**Thursday, March 20th, 8:30 am, Main Dining Room**

Jenny Steadman, Executive Director of the Aurora Women and Girls Foundation will speak at the March Women's Breakfast in honor of Women's History Month.



## SPRING CELEBRATION RECEPTION

**Monday, March 24th, 4:00 pm in the Main Dining Room**

## Zuri Fashion Show & Sale

**Monday, March 31st, 1:00 pm in the Chapel**

Shop versatile, wear-everywhere dresses. Ethically, sustainably made in Kenya.



## ARTISTS AT GIFT SHOP BY DOOR 24

- 3/3 10:30 am George Jones; 12:00 noon Marye Gail Harrison\*
- 3/10 10:30 am Jeff Dugan; 12:00 noon Doe Hentschel\*
- 3/17 10:30 am Patty Connolly; 12:00 noon Nancy Upchurch
- 3/24 10:30 am Sharon Scull\*; 12:00 noon Nancy Rankin
- 3/31 10:30 am Harriet Gardner; 12:noon Cathy Pepin

\* Available for book signing.

## REMEMBRANCE GATHERINGS

**Every Friday, 4:00 pm in Aronson Room (4th floor South Wing)**

Come share your remembrances of a Seabury resident that has passed away.

## MARCH ALP CLASSES

4 - 1:00 pm ZM	17 - 10:00 am CH
4 - 1:00 pm HH	18 - 10:30 am ZM
5 - 10:30 am ZM	18 - 1:00 pm HH
7 - 1:00 pm HH	21 - 1:00 pm HH
11 - 1:00 pm HH	24 - 10:00 am CH
14 - 1:00 pm HH	25 - 1:00 pm HH

## UConn ADULT LEARNING PROGRAM (ALP)

\$60/semester

For classes, times and locations, see

<http://alp.uconn.edu>.

## RESIDENT ENGAGEMENT TEAM

Melissa Beauchemin, Director - 860-243-6065  
Judi Bowman, Front Desk Coordinator - 860-286-0243  
Heather Cahill, VP - 959-255-6461  
Ramon Flores, Events Coordinator - 860-286-4285  
Wilberto Lugo, Driver - 860-243-6058