



SEABURY AT HOME MONTHLY

200 SEABURY DRIVE
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MARCH 2025

MARCH MEMBER LUNCHEON!

IMPORTANT NUMBERS

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The next Seabury At Home Member Luncheon is on Wednesday, March 19. This month's topic will feature a discussion by Dr. Ruth Mitman on safe driving for older adults. In general, older adults are safer drivers than compared to other age groups. However, numerous challenges in the driving environment require special attention, including how aging impacts our driving, how self-regulation can help us remain on the road safer and longer, and signs that indicate that we should limit or stop driving. Driving is much more than getting from point A to point B. It is our independence and our control and an important symbol of competence. This talk will provide vital information to help you drive safely and remain on the road longer. Please RSVP by March 17 to SeaburyAtHome@seaburlife.org. We will begin at 11:30 AM with a brief cocktail reception in the Dining Room, followed by a lunch buffet at 12:00 (\$10pp, sandwiches, cold salads, dessert, coffee, etc.), and our presentation at 12:30 PM. This presentation will be recorded and distributed afterward.

SPRING, 2025 RESIDENT MEMBER ASSESSMENT SURVEY!

Your needs, well-being, and interests as a Seabury at Home (SAH) Member are vitally important to us! That's why in the next few weeks you'll receive a SAH Members' Association Survey. This document will arrive via email with a Survey Monkey link, unless you specifically request a USPS copy. Prior Surveys, done in 2021 and 2023, provided valuable input that resulted in new initiatives specific to SAH Members.




The Survey has three main goals:

- First, to understand what aspects of SAH Membership are important to you.
- Second, which Seabury Lifestyle and Wellness Programs do you now use or may be of future interest.
- And finally, this is a unique opportunity to share specific remarks that may enhance Members' common interests.

Several questions are open-ended, inviting you to suggest actions, programs, or services we might explore with an incredibly supportive Seabury Administration. These may result in proposals to promote a healthy, enjoyable, and useful community life. Two very distinct SAH Members often reside in the same household. We ask that each Member complete the Survey to ensure the accuracy and relevance of this process. If you are a couple who use the same email address, please email Karen Orzechowski at karenorzechowski@seaburlife.org, and she will mail you a copy to complete.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 AM Men's Mug-TR
2 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Juror #2-HH	3 10:00 AM Welcome to New Residents-CH 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	4 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 7:15 PM Hallelujah Hymn Sing-CH	5 9:00 AM Hospitality Committee-HH 11:00 AM Ash Wednesday-CH 1:00 PM Stop & Shop/CVS-Grocery Run 3:30 Book Club-HH 7:15 PM Movie-The Six Triple Eight-CH	6 8:30 AM Men's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM Com.com-ZM 11:00 AM Aging with Grace Workshop-CAS 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	7 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	8 9:00 AM Men's Mug-TR 11:00 AM SRL Irish Dancers-CH
9 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Six Triple Eight-HH 	10 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	11 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services Comte-HH 11:00 AM Trails-BR 1:00 PM Stompin'Boots-CAS 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 7:15 PM Lions Gate Trio-CH	12 10:30 AM Resident's Council-CH 1:00 PM Geisslers-Grocery Run 3:30 PM Low Vision Support-HH 7:15 PM Movie-The Inlaws-CH	13 10:00 AM Health Services Speaker-CH 10:00 AM Open Workshop-RW 11:00 AM Aging with Grace Workshop-CAS 12:00 PM Chaplain Lunch-Bistro 12:30 PM Nantucket Lightship Basket-CH 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	14 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	15 9:00 AM Men's Mug-TR 3:00 PM Cirque Du Soleil-offsite
16 2:00 PM Holy Eucharist-CH 2:00 PM Irish and How They Got That Way-offsite 3:00 PM Movie-The Inlaws-HH	17 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 7:15 PM HSO Brass Quintet-CH 	18 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	19 11:00 AM Caregivers Support Grp-CFS 11:30 AM Seabury At Home Luncheon-MDR 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	20 8:30 AM Women's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 11:00 AM Aging with Grace Workshop-CAS 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 7:15 PM The Carol Sisters-CH	21 3:00 PM Tea in the Terrace Room 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS	22 9:00 AM Men's Mug-TR
23 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Conclave-HH	24 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 4:00 PM Spring Celebration Recep.-MDR 7:00 pm Sing-Along-TOS	25 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	26 10:30 AM Community Forum-CH 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	27 10:00 AM Open Workshop-RW 11:00 AM Aging with Grace Workshop-CAS 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	28 10:15 AM Flower & Decorating-CAS 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS	29 9:00 AM Men's Mug-TR
30 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Unforgiven-HH	31 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 1:00 PM Zuri Fashion Show & Sale-CH		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	

SEABURY AT HOME MONTHLY

Healthy Tip of the Month! Dr. Ruth Mitman, Seabury At Home Member

Challenging our brains as we age is crucial for maintaining high cognitive function, mental sharpness, and overall brain health. Here's why:

- Helps prevent cognitive decline
- Improves memory, focus, and problem-solving skills
- Enhances mood and mental health
- Encourages social interaction
- Supports independence

Ways to Challenge Our Brains:

- Learn a new skill or language
- Play mind games like puzzles, bridge, or chess
- Read and write regularly
- Remain socially active
- Try challenges like brushing your teeth with your non-dominant hand
- Explore creative hobbies like painting or playing a musical instrument
- Such activities have a positive impact on improving cognitive functions



SELF-CARE FOR SAH CAREGIVERS

Tuesday, March 11, 12:45-2:30 PM

Self-care for Seabury At Home Caregivers

Consider spending time nourishing YOU with supportive conversation and sharing self-care ideas. Join Fellow Seabury At Home (SAH) Members, each of us who provide some level of care for a loved one, for the Caregivers' Coffee held in Seabury's Board Room on Level 4. For questions contact SAH Member and co-host Ruth Mitman - mitmangroup@comcast.net; 860-306-5840 (cell).



WELCOME, NEW SAH MEMBERS!

New Members to the Seabury At Home Membership in February include:
Ken Merrifield, Barbara Merrifield, Melinda Valencia, John Colbeck, Linda Colbeck

SAH MEMBERS ON THE MOVE!

Seabury At Home Members who moved to Independent Living in February include:
David & Nancy Wadhams

NEWS & NOTES FROM THE COUNCIL

The next SAH Member Council Monthly Meeting will be held on Friday, April 11 at 10:30 AM in the Board Room. For comments, concerns or questions, please contact Council Chair Ruth Mitman at mitmangroup@comcast.net