SEABURY AT HOME MONTHLY

WWW.SEABURYLIFE.ORG DECEMBER 2025

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

IMPORTANT NUMBERS

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

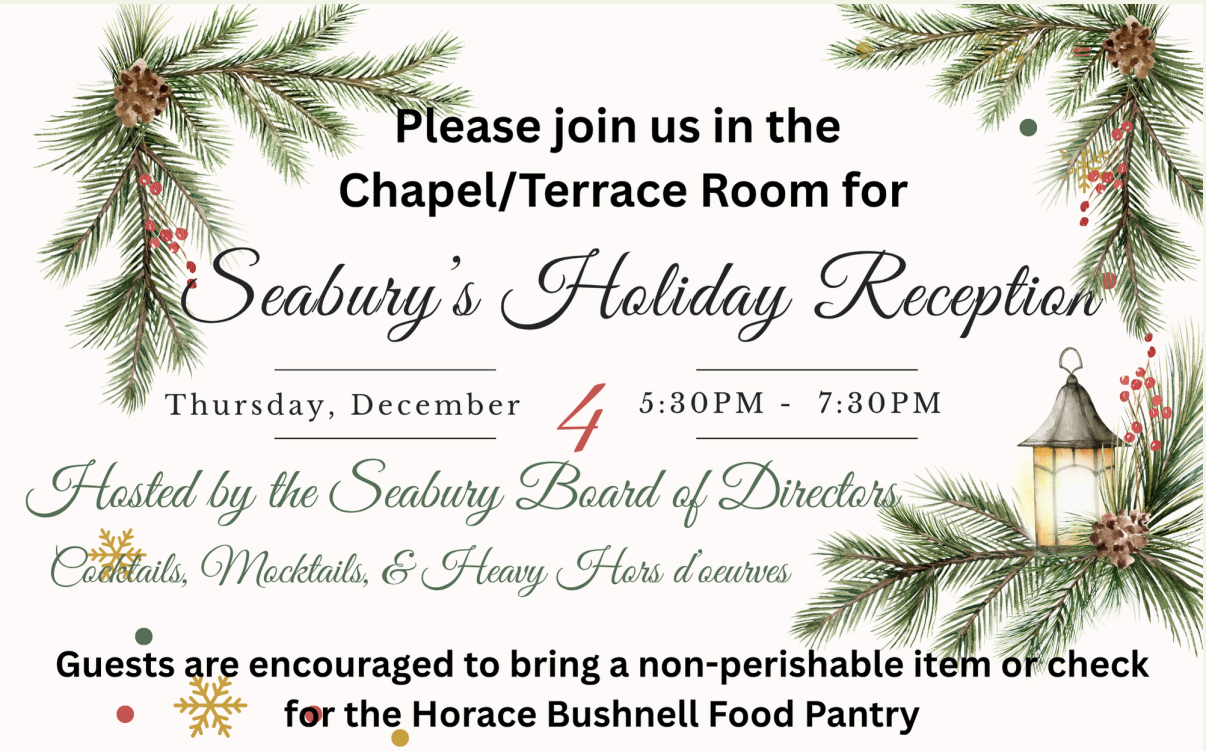
KIRSTEN BENSON
DIR. OF FITNESS
860-243-4025

MERRY BAJANA
DIRECTOR/PERSONAL HEALTH COORDINATOR
860-243-4038

CINDY HARRIGAN
PERSONAL HEALTH COORDINATOR
860-243-4030

KAREN ORZECHOWSKI
PERSONAL HEALTH COORDINATOR
860-243-4021

JEANNE HUGHES
PERSONAL HEALTH COORDINATOR
203-538-7721



NO RSVP's Required, Please follow Event Parking Signs and the Direction of Onsite Parking Attendants. We will utilize multiple lots on campus.

NOVEMBER MEMBER LUNCHEON - RESIDENT & MEMBER PORTAL

Thank you to everyone who joined us for the latest Member Luncheon in November. A big 'thank you" to Member, Artie Fasciani, for being a very cool, calm, and hilarious co-presenter! Please cut and paste the youtube link below into your browser to view the presentation and discussion.

https://youtu.be/UisFxoIuVSo

As noted in the opening of the presentation, there is an active sub-committee of the Member Council currently assessing all elements of the Seabury At Home section of the Resident and Member portal. We all agree that we want to add content to make this section more of a resource for Members. A number of good ideas have already been dicussed including, but not limited to adding reference information such the Personal Health Coordinator's (PHC's) Resposibilities and contact information, Information about the Member's Counil (Mission/By-Laws/Volunteer Opportunities), Results of Surveys, and so much more!

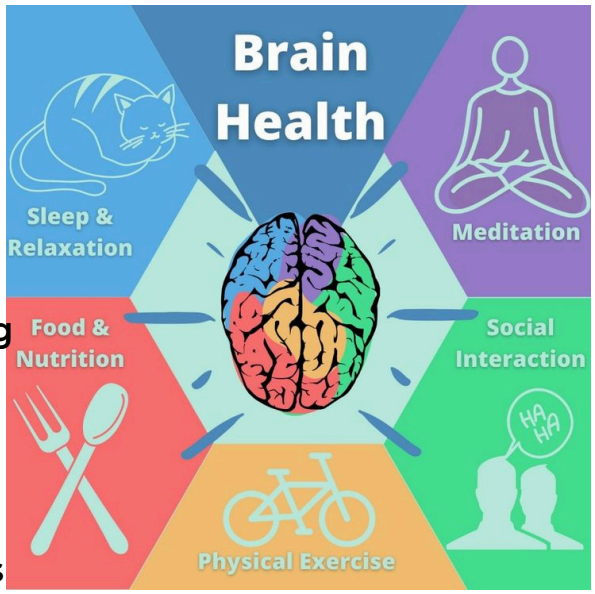
December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	**1** 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 Rehearsals-MR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS **7:15 PM Nutcracker-CH**	**2** 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services-HR 10:00 AM Walgreens Run 1:00 PM Encore Committee-CAS 4:00 pm Cordelia's Support Group –GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 6:00 PM COIN Club -HR **7:15 PM HSO Brass Quintet-CH**	**3** 9:00 AM Hospitality Committee-HR **11:00 AM Advent Lessons & Carols-CH** **11:15 AM Flexibility Workshop-HR** 1:00 PM Target –Store Run 3:30 PM FG Book Club– HR 7:15 PM Movie ON THE WATERFRONT -HR	**4** 10:00 AM Encore Open 10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Cribbage-5th FL GR 3:15 PM Prayer Shawl Min.-VLR **5:30 PM Board Holiday Party-CH**	**5** 9:00 AM Comm Comm-CS (6th Floor SW) 10:00 AM Stop & Shop/CVS-Grocery Run 3:00 PM Storytellers-HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS	**6** 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop
7 2:00 PM Holy Eucharist-CH 3:00 PM Movie- ON THE WATERFRONT -HR	**8** 10:00 AM Library Committee –CAS 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 Rehearsals-MR 3:00 PM Finance & Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS **4:00 PM Artist Reception-BP** **7:00 PM Sing-A-Long -TOS**	**9** 9:00 AM Encore Donations-EN 9:00 AM Bank Open 10:00 AM Walgreens Run 1:00 PM AHCC-Bistro **1:00 PM SAH Caregivers Coffee-BR** 2:00 PM Dining Committee –CAS 4:00 PM Cordelia's Support Group –GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS	**10** **10:30 AM Resident's Council-CH** 3:30 PM Low Vision Support-HR 7:15 PM Movie- PHILOMENA -CH	**11** 10:00 AM Open Workshop-RW 10:30 AM Sankta Lucia -CH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Cribbage-5th FL GR **1:30 PM Health Services Tour– The Waterman** 2:00 PM French Conversation-CR 3:00 PM Performing Arts Committee-BR 3:00 PM Catholic Mass-CH 3:15 PM Prayer Shawl Min.-VLR	**12** 10:00 AM Geissler's-Grocery Run **10:30 AM SAHMC Monthly Meeting-BR** 11:00 AM Shabbat Program-CH 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS	**13** 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop
14 2:00 PM Holy Eucharist-CH 3:00 PM Movie- PHILOMENA -HR 4:00 PM Chanukah candle-lighting-TOS 	**15** 10:30 AM Gift Shop by Door 24 Open 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsals-MR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS 3:30 PM Poets & Writers-GV 4:00 PM Chanukah candle-lighting-TOS **7:15 PM CT YULETIDE CAROLERS-CH**	**16** 9:00 AM Encore Donations-EN 9:00 AM Bank Open 4:00 PM Chanukah candle-lighting-TOS 4:00 PM Visual Art-CAS 4:00 PM Cordelia's Support Group –GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS	**17** **10:30 AM Community Forum-CH** 11:00 AM Caregivers Support Grp-CFS 4:00 PM Chanukah candle-lighting-TOS 7:15 PM Movie-THE BISHOP'S WIFE -CH	**18** **8:30 AM Women's Breakfast-MDR** 10:00 AM Encore Open 10:00 AM Open Workshop-RW **10:30 AM Seabury Christmas with the Bishop-CH** 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Cribbage-5th FL GR 2:30 PM Catholic Mass 3:15 PM Prayer Shawl Min.-VLR 4:00 PM Chanukah candle-lighting-TOS	**19 Festive Sweater Day** 10:00 AM Stop & Shop/CVS-Grocery Run **1:15 PM Tai Chi for Arthritis form-SW DS** 4:00 PM Drop-in Social-TOS 4:00 PM Chanukah candle-lighting-TOS 7:00 PM Games-CAS **7:15 PM MUSICIAN'S GUILD CONCERT** 	**20** 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop 4:00 PM Chanukah candle-lighting-TOS **7:00 PM Winter Solstice Gathering-CH**
21 2:00 PM Holy Eucharist-CH 3:00 PM Movie-THE BISHOP'S WIFE -HR 4:00 PM Chanukah candle-lighting-TOS	**22** 9:30 AM Dining Services-CAS 10:30 AM Gift Shop by Door 24 Open 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsals-MR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS	**23** 9:00 AM Building & Grounds-HR 9:00 AM Bank Open 4:00 PM Cordelia's Support Group –GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 7:15 PM Movie- TRADING PLACES -CH	**24** 	**25 Christmas** 	**26 Kwanzaa Begins** 10:00 AM Geissler's-Grocery Run 10:15 AM Flowers & Decorations-CAS 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS	**27** 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop
28 2:00 PM Holy Eucharist-CH 3:00 PM Movie-TRADING PLACES -HR	**29** 10:30 AM Gift Shop by Door 24 Open 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsals-MR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS	**30** 9:00 AM Bank Open 4:00 PM Cordelia's Support Group –GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 7:15 PM Movie-WHEN HARRY MET SALLY -CH	**31 New Year's Eve** **7:00 PM NEW YEAR'S EVE GALA**	BP-Bistro Parlor (4) BR-Board Rm (EW 4) BT-Britton Room (SW 5) CAC-Cultural Arts Corridor (4) CAS-Community Activity Space (4) CFS-Center for Spirituality (SW 3) CH-Chapel (SW 3) CR-Clock Room (5)	CS-Case Rm (SW 6) EN-Encore (WW 3) GR-Game Room GS-Gift Shop at Door 24 (3) GV-Garden View Room (3) HR-Heritage Room (3) MDR-Main Dining Room (4) MR-Music Room (3) RW-Resident Workshop (3)	SW DS-South Wing Dance Studio (SW 3) TOS-Top of the Stairs (4) TR-Terrace Room (3) VAR-Views Activity Room (4) VLR-Views Living Room (4) ZM-Zoom

SEABURY AT HOME MONTHLY

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

STRATEGIES FOR BRAIN HEALTH



Protecting brain health is one of the most important aspects of healthy aging. Research shows that the following lifestyle habits play a decisive role in keeping the brain sharp. Consider the following:

- Stay Mentally Active – Just as muscles need exercise, the brain benefits from regular stimulation. TRY: reading, taking classes, puzzles or learning a new language.
- Maintain Strong Social Connections – Staying socially connected is one of the most powerful, and often overlooked, ways to reduce the risk of cognitive decline. TRY: scheduling regular phone calls or visits, joining groups or clubs, volunteering or connecting with younger generations.
- Prioritize Regular Physical Activity – Exercise increases blood flow to the brain and supports the growth of new brain cells. TRY: walking, swimming, chair exercises or light strength training.
- Manage Stress Effectively – Chronic stress can impair memory and attention. TRY: deep breathing, meditation, prayer, gentle stretching and listening to calming music.

SELF-CARE FOR SAH CAREGIVERS

Tuesday, December 9, 1:00-2:30 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 provides 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 Debra Pasquale - dkpasquale@comcast.net; 860-305-8712 (cell).

NEW SEABURY AT HOME MEMBERS

Jane Currie & Pamela Perry

MEMBERS ON THE MOVE

Roger & Ann Hanlon
Peggy Lorrence

NEWS & NOTES FROM THE COUNCIL

The next SAH Members' Council Monthly Meeting will be held on Friday, December 12, at 10:30 AM in the Board Room. For comments, concerns, or questions, please contact Council Chair Ruth Mitman at mitmangroup@comcast.net.