



# SEABURY AT HOME MONTHLY

WWW.SEABURLIFE.ORG

FEBRUARY 2026

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BLOOMFIELD, CT 06002  
860-286-0243

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## IMPORTANT NUMBERS

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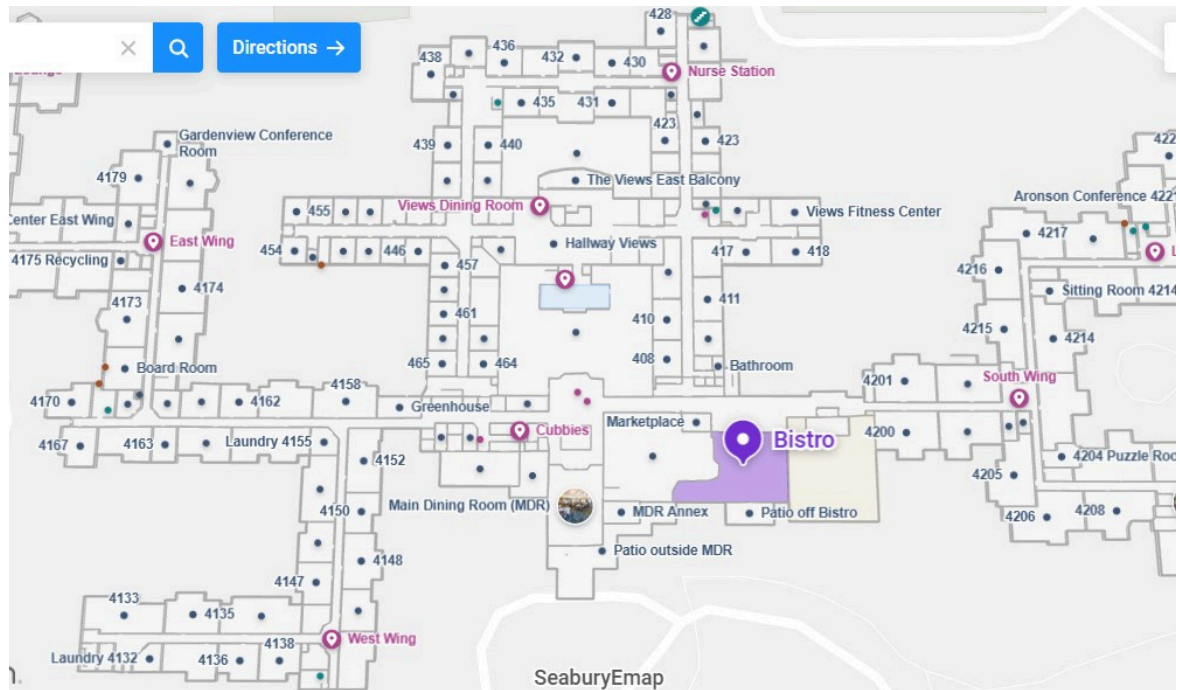
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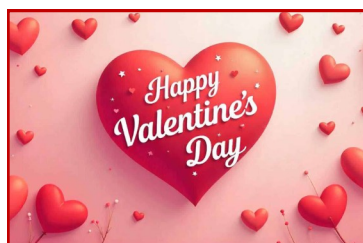

## SEABURY CAMPUS WAY FINDING TOOL

If you need assistance with wayfinding within Seabury during these winter months, we have just the online tool to help familiarize you with each floor and the rooms you may be visiting for committee meetings, ALP classes, or socials. Please visit [www.SeaburyEMap.com](http://www.SeaburyEMap.com). No need to log in; it's an online platform, like a website. Some areas include reference photos (e.g., Bistro, Lounges, etc.) and will continue to be added to and evolve over time.



## SEABURY AT HOME - OPEN POSITIONS

As noted in our Annual Meeting and budget discussions and forums, we are actively recruiting for the Executive Director position, scheduled to be added in this fiscal year, mid-way point, as well as hiring for an open Personal Health Coordinator position left vacant by Cindy Harrigan's recent departure. We are actively reviewing applications and hosting interviews. We look forward to announcing candidates in a few weeks once we've thoroughly vetted all candidates and made final selections.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-Glory-HR</p> <p><b>FEBRUARY AT SEABURY IS BLACK HISTORY MONTH IN FILM</b></p> 	<p><b>2</b></p> <p><b>10:00 AM Trip to Target</b> 10:30 AM Gift Shop by Door 24 Open 12:00 PM Weight Winners-HR 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 <b>4:00 PM New Artist Reception</b> <b>7:15 PM Hierax Quartet-CH</b></p>	<p><b>3</b></p> <p>9:00-11:00 AM Encore Donations-EN 9:00 AM Bank Open <b>10:00 AM Trip to Walgreens</b> <b>12:00 PM Group Cycling Room Open House!</b> <b>Cycling Studio 5th floor EW</b> 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</p>	<p><b>4</b></p> <p>9:00 AM Hospitality Committee-HH 11:00 AM Caregivers Support Grp-CFS 1:00 PM Seabury Players Rehearsal-CH 3:30 PM FG Book Club- HH 7:15 PM Movie-CH</p>	<p><b>5</b></p> <p><b>8:30 AM Men's Breakfast-MDR</b> 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</p>	<p><b>6</b></p> <p>9:00 AM Comm Comm-CS (6th Floor SW) 10:00 AM Geissler's-Grocery Run 3:00 PM Storytellers-HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS <b>7:15 PM Combo Cool -CH</b></p>	<p><b>7</b></p> <p>9:00 AM Men's Mug-TR</p>
<p><b>8</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-Glory-HR</p>	<p><b>9</b></p> <p>10:00 AM Library Committee-CAS 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 Rehearsals-MR 3:00 PM Finance &amp; Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS <b>7:15 PM Robert Cohen (Lecture)-CH</b></p>	<p><b>10</b></p> <p>9:00-11:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services-HR 11:00 AM Trails Committees-BR <b>11:00 AM SAH Caregivers Coffee- CFS</b> 1:00 PM AHCC-Bistro 2:00 AM Dining Services-CAS <b>4:00 PM Dr. Matthew Warshauer-HR</b> 4:00 PM Cordelia's Support Group -GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS</p>	<p><b>11</b></p> <p><b>10:30 AM Resident's Council-CH</b> 1:00 PM Seabury Players-Rehearsal; CH 3:30 PM Low Vision Support-HR 7:15 PM Movie-Fences-CH</p>	<p><b>12</b></p> <p>10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Conversations-CH 1:00 PM Cribbage-5th FL GR <b>1:30 PM Health Services Tour-The VIEWS</b> 2:00 PM French Conversation-CR 3:00 PM Performing Arts Committee-BR 3:15 PM Prayer Shawl Min.-VLR</p>	<p><b>13</b></p> <p>10:00 AM Stop &amp; Shop/CVS-Grocery Run <b>10:30 AM SAHMC Monthly Meeting-BR</b> 11:00 AM Shabbat Program-CH <b>2:00PM Tea Time Elegance-VAR</b> 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS</p>	<p><b>14</b></p> <p>9:00 AM Men's Mug-TR</p> 
<p><b>15</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-Fences-HR</p>	<p><b>16</b></p> <p>10:30 AM Gift Shop by Door 24 Open 11:00 AM Workshop Committee-RW 11-12:30 Plastics Collection-CAS 12:00 PM Weight Winners-HR 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 3:30 PM Poets &amp; Writers-GV <b>7:00 PM Sing-A-Long -TOS</b></p>	<p><b>17</b></p> <p>9:00 -11:00 AM Encore Donations-EN 9:00 AM Bank Open 11:00 AM Gardens &amp; Greenhouse-BR 4:00 PM Cordelia's Support Group -GV 4:00 PM Visual Art-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS</p>	<p><b>18</b></p> <p>11:00 AM Caregivers Support Grp-CFS <b>1:30 PM Sesquicentennial Lecture Series-CH</b> 3:30 PM Scholarship-CAS 4:00 PM Seabury Players Tech Rehearsal-CH (Players Only Please) 7:15 PM Movie-42 Jackie Robinson Story-CH</p>	<p><b>19</b></p> <p><b>8:30 AM Women's Breakfast-MDR</b> 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 5:00 -8:00 PM Seabury Players Dress Rehearsal -CH (Players Only Please)</p>	<p><b>20</b></p> <p>10:00 AM Geissler's-Grocery Run <b>1:15 PM Tai Chi for Arthritis form-SW DS</b> 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS <b>7:15 Seabury Players Performance-CH</b></p> <p><b>Encore performance Saturday, 21st @ 2:00 pm —please choose one to attend as space is tight</b></p>	<p><b>21</b></p> <p>9:00 AM Men's Mug-TR</p> <p><b>2:00 Seabury Players Performance-CH</b> <b>(Encore of Friday evening show)</b></p>
<p><b>22</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-42 Jackie Robinson Story-HR</p>	<p><b>23</b></p> <p>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 Rehearsals-MR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS <b>3:30 PM Tara Murphy ( Drum Circle)-CH</b></p>	<p><b>24</b></p> <p>9:00 -11:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Building &amp; Grounds-HR 4:00 PM Cordelia's Support Group -GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS <b>7:15 PM HSO ( String Ensemble)-CH</b></p>	<p><b>25</b></p> <p><b>10:30 AM Community Forum-CH</b> 1:00 PM Seabury Players-CH 1:15 PM Jane Austen Book Club-GV 3:30 PM Better Hearing Group-HR 7:15 PM Movie-BlackKlansman -CH</p>	<p><b>26</b></p> <p>10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Conversations-CH 1:00 PM Cribbage-5th FL GR 2:00 PM French Conversation-CR 2:30 PM Catholic Mass-CH 3:15 PM Prayer Shawl Min.-VLR</p>	<p><b>27</b></p> <p>10:00 AM Stop &amp; Shop/CVS-Grocery Run 10:15 AM Flowers &amp; Decorations-CAS 3:00 PM Breast Cancer Support Grp-Britton RM 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS <b>7:15 PM Pipeman Studio-Ch</b></p>	<p><b>28</b></p> <p>9:00 AM Men's Mug-TR <b>7:00 PM Seabury Night of Dance-CAS</b></p>
				<p>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)</p>	<p>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)</p>	<p>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</p>

# SEABURY AT HOME MONTHLY

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

SuperAgers are older adults, usually 80+, who have memory and thinking skills as sharp as people 20-30 years younger. They tend to perform more like folks in their 50s or 60s. The term, 'SuperAger' was coined and popularized by researchers at Northwestern University. The name itself has helped the idea spread. It's positive, hopeful and reframes aging as potential, not decline.



### What makes a SuperAger?

- *Strong social ties: stay connected, not isolated*
- *Purpose: volunteering, mentoring, teaching and learning*
- *Physical activity: walking, strength and movement exercises*
- *Mental engagement: learning, conversations, problem solving*
- *Sleep and health basics: decent sleep, managing health issues*
- *Emotional resilience: practice stress and coping techniques*

The good news is that you don't have to be born a SuperAger. Many of the habits of SuperAgers can be added at any age – even later in life.

## SELF-CARE FOR SAH CAREGIVERS \*NEW LOCATION & TIME\*

Providing care and support to a loved one can be a challenge and come at a cost to your own well-being. If you're delivering any level of care for a dear one, join us for a confidential, understanding conversation and the sharing of ideas to help you care for yourself. Fellow Seabury At Home Members host this meeting on the second Tuesday of each month. Beginning February 10<sup>th</sup>, the meeting will be held at a new time and location, 11 AM – 12:30 PM in the Center for Spirituality, a comfortable room next to the Chapel, Level 3, a short walk from the main front entrance. For questions call Beth Ellison 860-573-8036, Debra Pasquale 860-305-8712, or Russ Tonkin 860-463-0107.



### NEW SAH MEMBERS

Mary Pouch \* Claire Burnett

### IN MEMORIAM

Barbara Streitfeld



## NEWS & NOTES FROM THE COUNCIL

The next SAH Members' Council Monthly Meeting will be held on Friday, February 13, at 10:30 AM in the Board Room. For comments, concerns, or questions, please contact Council Chair Ruth Mitman at [mitmangroup@comcast.net](mailto:mitmangroup@comcast.net).