

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

SNEAK PEEK! into April 2026

Thursday, April 9, Yale Proof in The Pudding (Acapella Group)

Thursday, April 16, New World Trio

Thursday, April 23 Hartt Saxophone

HEALTH SERVICES TOURS: The Waterman

Thursday, March 12 at 1:30 pm

The 2nd Thursday of every month at 1:30 pm, there will be tours available to one of the three health services areas: The Views (April), SNF (May)

Meet in the main lobby.

UCONN Adult Learning Program

March Classes

Movie Buffs, An Ironic Cause of Liver Disease & Travelogue,
Climbing Mt. Everest: A Personal Journey and The World's Religious Traditions:

Buddhism & Hinduism

UCONN ALP/ \$65 a semester

See ALPHorn and alp.uconn.edu for class dates, times, and locations

GIFT SHOP BY DOOR 24

Open Mondays from

10:30 am to 2:00pm

Welcome Reception for New Residents

Monday, March 9, 10 a.m. in the Chapel

Brief introductions followed by
coffee and light refreshments.

RESIDENT ENGAGEMENT TEAM

Melissa Beauchemin, Director - 860-243-6065

Heather Cahill, VP - 959-255-6461

Ramon Flores, Events Coordinator - 860-286-4285

Coletta Innocent, Transportation Coordinator - 860-286-5668

Leah Mckie, Receptionist-860-286-6050

Bob Morrissey, Driver-860-286-0243

Cleveland Williams, Off Campus Experience Coordinator - 860-992-2795



SEABURY MONTHLY

WWW.SEABURLIFE.ORG



March 2026

HSO (Brass Quintet)

Tuesday, March 3 at 7:15 PM In the Chapel

The Hartford Symphony Orchestra's Brass Quintet is ready to blow the Seabury

audience away One of the HSO's most beloved ensembles, the Brass Quintet features:

John Charles Thomas - Assistant Principal Trumpet

Wayne Dumaine - Trumpet Barbara Hill - Principal Horn

Brian Diehl - Principal Trombone Jarrod Briley - Principal

Tuba and featured soloist for the 1st Masterworks of

this season. The Brass Quintet is excited to be at

Seabury for a special night of music.

Dr. Matthew Warshauer

Tuesday March 10, at 4:00 PM

in the Heritage Room

The Declaration of Independence

Dr. Warshauer is a professor of History at

Central Connecticut State University, where he has

studied and written extensively on what he calls

"the American paradox," "the Conflicting ideological

beliefs and practices of the United States.

Third in a three part series.

Simsbury Community Band

Thursday, March 19, at 3:30 PM in the Chapel

Simsbury Community Band bringing the joy of music to the Farmington Valley for 50 years! Come and enjoy with friends.

Jolly Beggars

Monday, March 23, at 7:15PM in the Chapel

The Jolly Beggars bring the rich tradition of Celtic folk music and storytelling to modern day audiences. Come and enjoy with friends.

Aging With Grace Series

Thursday's, In March at 10:30 AM in the Chapel

A deep dive into aging gracefully by exploring meaning, purpose and faith in a series of presentations and Workshops.

March 5 Workshop "Important Conversations: Talking with people."

March 12 Presentation "Aquamation : An Eco-friendly Cremation Option"

March 19 Workshop "Writing Your Own Eulogy"

March 26 Workshop " My Celebration of Life: Funeral planning"



Lions Gate Trio

Tuesday, March 10, at 7:15 PM In the Chapel

The Lions Gate Trio, an internationally-acclaimed ensemble in both the U.S. and Europe.

Come and enjoy great music.

SRL Irish Dance Academy

Saturday, March 21, at 1:00 PM in the Chapel

Irish dance had humble beginnings as a folk dance and as a means of expression of national identity for Ireland.


Come out and enjoy an afternoon of dance.

Coffee with Leadership Nelson's

Tuesday, March 24, at 10:30 AM

Join Renee Bernasconi President & CEO and Mike Oakes VP of engineering & Security in Nelson's to share coffee and conversation. Come get all your questions answered and share your feedback.

Sign up outside the CAS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie--HR</p>	<p>2</p> <p>10:00 AM Avon Walmart Run 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</p>	<p>3</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 10:00 AM Walgreens Run 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</p>	<p>4</p> <p>9:00 AM Hospitality Committee-HR 11:00 AM Caregivers Support Grp-CFS 3:30 PM FG Book Club- HR 7:15 PM Movie-The Philadelphia Story -CH</p>	<p>5</p> <p>10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM Ageing with Grace (Workshop)- CH 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>6</p> <p>9:00 AM Comm Comm-CS (6th Floor SW) 10:00 AM Geissler's-Grocery Run 3:15 PM Storytellers-HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS</p>	<p>7</p> <p>9:00 AM Men's Mug-TR 2:00 PM Author Speaks-CH</p>	
<p>8</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Philadelphia Story -HR</p>	<p>9</p> <p>10:00 AM New Residents' Reception -C 10:00 AM Library Committee-CAS 10:30 AM Gift Shop by Door 24 Open 11:00 AM Accessibility & Mobility group-CAS 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</p>	<p>10</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services-HR 11:00 AM Trails Committees-BR 1:00 PM AHCC-Bistro 2:00 PM Dining Services-CAS 3:30 PM Scripts Alive- CAS 4:00 PM Dr. Matthew Warshauer-HR 4:00 PM Cordelia's Support Group -GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 7:15 PM Lions Gate Trio- CH</p>	<p>11</p> <p>10:30 AM Resident's Council-CH 3:30 PM Low Vision Support-HR 7:15 PM Movie-Hidden Figures-CH</p>	<p>12</p> <p>8:30 AM Men's Breakfast-MDR 10:00 AM Open Workshop-RW 10:30 AM Ageing with Grace (Presentation) - 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 3:15 PM Prayer Shawl Min.-VLR</p>	<p>13</p> <p>10:00 AM Stop & Shop/CVS-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</p>	<p>14</p> <p>9:00 AM Men's Mug-TR</p>	
<p>15</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-Hidden Figures-HR</p>	<p>16</p> <p>10:00 AM New Resident reception-CH 10:30 AM Gift Shop by Door 24 Open 11:00 AM Workshop Committee-RW 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 & Writers-GV 7:00 PM Sing-A-Long -TOS</p>	<p>17 Happy St. Patrick's Day</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 11:00 AM Gardens & 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>18</p> <p>11:00 AM Caregivers Support Grp-CFS 7:15 PM Movie-The Wife -CH</p>	<p>19</p> <p>8:30 AM Women's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM Ageing with Grace (Workshop)- CH 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 4:00 PM Seabury Players-CH 7:15 PM Simsbury Community Band-CH</p>	<p>20</p> <p>10:00 AM Geissler's-Grocery Run 1:15 PM Tai Chi for Arthritis form-SW DS 4:00 PM Seabury Players-CH 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS</p>	<p>21</p> <p>9:00 AM Men's Mug-TR 1:00 PM SRL Irish Dancing Academy- CH</p>	
<p>22</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Wife -HR</p>	<p>23</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 7:15 PM Jolly Beggars- CH</p>	<p>24</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Building & Grounds-HR 10:30 AM Coffee with Leadership-Nelson's 4:00 PM Cordelia's Support Group -GV 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS</p>	<p>25</p> <p>10:30 AM Community Forum-CH 1:15 PM Jane Austen Book Club-GV 3:15 PM Scholarship-CAS 3:30 PM Better Hearing Group-HR 7:15 PM Movie-The Post -CH</p>	<p>26</p> <p>10:00 AM Open Workshop-RW 10:30 AM Ageing with Grace (Workshop)- CH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Sleep Presentation-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>27</p> <p>10:00 AM Stop & Shop/CVS-Grocery Run 10:15 AM Flowers & Decorations-CAS 3:00 PM Breast Cancer Support Grp-Britton RM 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS</p>	<p>28</p> <p>9:00 AM Men's Mug-TR</p>	
<p>29</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Post -HR</p>	<p>30</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</p>	<p>31</p> <p>9:00 AM Encore Donations-EN 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</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>