



# SEABURY AT HOME MONTHLY

WWW.SEABURLIFE.ORG

MARCH 2026

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

## IMPORTANT NUMBERS

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## MARCH SEABURY AT HOME MEMBER LUNCHEON

The next Seabury At Home member luncheon will be held on Wednesday, March 18, in the Main Dining Room. This month, our attention turns to the fitness, health, and wellness offerings on campus (and on Zoom). Kirsten Benson, Director of Fitness at Seabury, will provide an *interactive* overview of all the classes taught in person or over Zoom, what's available for personal training, as well as an overview of Seabury's approach to proactive fitness to not only maintain functional strength, but also help Residents and Members achieve fitness goals. Please click here to review the current Winter Exercise Schedule - <https://seaburylife.org/wp-content/uploads/2026/01/Seabury-Group-Fitness-Schedule-2026.pdf>

Please be sure to RSVP by March 13 to [SeaburyAtHome@SeaburyLife.org](mailto:SeaburyAtHome@SeaburyLife.org) or leave a message at 860-243-4033. We will begin at 11:30 AM with a brief cocktail reception in the Dining Room, followed by a lunch buffet at 12:00 PM (\$ 10 per person, featuring sandwiches, salads, dessert, and coffee). Our presentation will start at approximately 12:30 PM.




### Seabury Group Fitness Schedule Effective January 5<sup>th</sup>

For More Information  
Kirsten Benson 860-243-4025  
[kirstenbenson@seaburylife.org](mailto:kirstenbenson@seaburylife.org)

**HIGH** Intensity    **MEDIUM** Intensity    **LOW** Intensity

MONDAY	TUESDAY	WEDNESDAY
8:15am-9am <b>Core and More</b> South Wing FC (Z)* 9-9:45am <b>Standing Functional Strength</b> Yoga Studio 9:15 - 10am <b>Cardio Dance</b> South Wing FC 10 - 11:00am <b>Mat Yoga</b> Yoga Studio (Z)* 10:15 - 10:45am <b>Muscles in Motion</b> South Wing FC	9:15 - 10am <b>Balanced &amp; Strong</b> South Wing FC 10:15 - 11am <b>Chair Yoga</b> South Wing FC (Z)* 10:15 - 11am <b>Group Cycling</b> Cycling Studio 11:15-11:45am <b>Basic Balance</b> South Wing FC <b>NEW CLASS</b> 1:15 - 2pm <b>Tai Chi</b> South Wing FC	8:15 - 9am <b>Core and More</b> South Wing FC (Z)* 9:15 - 10am <b>Aqua Cardio</b> Natatorium 9:15 - 10am <b>Functional Strength</b> South Wing FC (Z)* 10:15 - 10:45am <b>Muscles in Motion</b> South Wing FC 1:30 - 2pm <b>Guided Meditation</b> Yoga Studio (Z)*
THURSDAY	FRIDAY	
9:15 - 10am <b>Zumba Gold</b> South Wing FC 10:15 - 11am <b>Chair Yoga</b> South Wing FC (Z)* 10:15 - 10:45am <b>Group Cycling</b> Cycling Studio <b>NEW CLASS</b> 11:15 - 12pm <b>Balance Challenge</b> South Wing FC <b>NEW CLASS</b> 3 - 4pm <b>Restorative Stretch</b> Yoga Studio	8:15 - 9am <b>Core and More</b> South Wing FC (Z)* 9:15 - 10am <b>Functional Strength</b> South Wing FC (Z)* 10 - 10:45am <b>Aqua Cardio</b> Natatorium 10:15-10:45am <b>Muscles in Motion</b> South Wing FC <b>NEW CLASS</b>	<div style="border: 1px solid #FFD700; padding: 5px; background-color: #FFF9C4;">           (Z)* indicates classes ALSO available via ZOOM, contact staff for link. Please do not arrive more than 5 minutes late to class. Class descriptions on the back.         </div> <div style="border: 1px solid #FFD700; padding: 5px; background-color: #FFF9C4;">           Locations:            South Wing FC 4<sup>th</sup> floor SW            Cycling studio 5<sup>th</sup> floor EW            Yoga Studio 3<sup>rd</sup> floor EW            East Wing FC &amp; Pool 4<sup>th</sup> floor EW         </div>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie--HR</p>	<p><b>2</b></p> <p><b>10:00 AM Avon Walmart Run</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</p>	<p><b>3</b></p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open <b>10:00 AM Walgreens Run</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 <b>7:15 PM HSO ( Brass Quintet)-CH</b></p>	<p><b>4</b></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><b>5</b></p> <p>10:00 AM Encore Open 10:00 AM Open Workshop-RW <b>10:30 AM Ageing with Grace (Workshop)- CH</b> 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 3:15 PM Storytellers-HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS</p>	<p><b>7</b></p> <p>9:00 AM Men's Mug-TR 2:00 PM Author Speaks-CH</p>
<p><b>8</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Philadelphia Story -HR</p>	<p><b>9</b></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 &amp; 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 &amp; Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS</p>	<p><b>10</b></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 <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 <b>7:15 PM Lions Gate Trio- CH</b></p>	<p><b>11</b></p> <p><b>10:30 AM Resident's Council-CH</b> 3:30 PM Low Vision Support-HR 7:15 PM Movie-Hidden Figures-CH</p>	<p><b>12</b></p> <p><b>8:30 AM Men's Breakfast-MDR</b> 10:00 AM Open Workshop-RW <b>10:30 AM Ageing with Grace (Presentation) - CH</b> 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Cribbage-5th FL GR <b>1:30 PM Health Services Tour-The Waterman</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 11:00 AM Shabbat Program-CH 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-Hidden Figures-HR</p>	<p><b>16</b></p> <p><b>10:00 AM New Resident reception-CH</b> 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 &amp; Writers-GV <b>7:00 PM Sing-A-Long -TOS</b></p>	<p><b>17 Happy St. Patrick's Day</b></p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 11:00 AM Gardens &amp; Greenhouse-BR <b>11:00 AM SAH Caregivers Coffee-CFS</b> 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>11:30 AM SAH Member Luncheon - MDR</b> 7:15 PM Movie-The Wife -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 <b>10:30 AM Ageing with Grace (Workshop)- CH</b> 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 <b>7:15 PM Simsbury Community Band-CH</b></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 Seabury Players-CH 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS</p>	<p><b>21</b></p> <p>9:00 AM Men's Mug-TR <b>1:00 PM SRL Irish Dancing Academy- CH</b></p>
<p><b>22</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Wife -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>7:15 PM Jolly Beggars- CH</b></p>	<p><b>24</b></p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Building &amp; Grounds-HR <b>10:30 AM Coffee with Leadership-Nelson's</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>25</b></p> <p><b>10:30 AM Community Forum-CH</b> 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><b>26</b></p> <p>10:00 AM Open Workshop-RW <b>10:30 AM Ageing with Grace (Workshop)- CH</b> 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR <b>1:00 PM Sleep Presentation-CH</b> 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</p>	<p><b>28</b></p> <p>9:00 AM Men's Mug-TR</p>
<p><b>29</b></p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Post -HR</p>	<p><b>30</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</p>	<p><b>31</b></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>HAPPY <i>St. Patrick's Day</i> 2026</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**

## CONSIDER JOINING AARP

AARP, formerly the American Association of Retired Persons, is a large, United States-based nonprofit, nonpartisan organization that focuses on issues affecting people as they age. This valuable organization provides expert advice on such topics as Social Security, Medicare, and prescription drug costs.

Why should you join? Membership includes:

- Discounts on travel, dining, shopping, and insurance.
- Financial and retirement planning tools.
- Health and wellness education.
- Caregiving resources.
- Fraud protection services.
- Subscriptions to AARP The Magazine & the AARP Bulletin.
- And it's affordable. Join for \$15 a year. This includes a free secondary membership for another adult in your household.



Join at [www.aarp.org](http://www.aarp.org)

## SELF-CARE FOR SAH CAREGIVERS \*NEW DATE\*

If you're delivering any level of care for a dear one, join us for a confidential and understanding conversation, plus sharing of ideas to help care for yourself. Fellow Seabury At Home Members host this meeting, which will now be held on the third Tuesday of each month, March 17th, 11:00 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 more information, call Beth Ellison at 860-573-8036, Ruth Mitman at 860-306-5840, or Russ Tonkin at 860-463-0107.



## NEW SAH MEMBERS

**George & Jennifer Barrows**  
**Joy Dorin**

## NEWS & NOTES FROM THE COUNCIL

The next SAH Members' Council Monthly Meeting will be held on Friday, April 10, 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).