



SEABURY AT HOME MONTHLY

WWW.SEABURLIFE.ORG

MAY 2026

200 SEABURY DRIVE
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IMPORTANT NUMBERS

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MAY MEMBER LUNCHEON

Members are warmly invited to join us for a luncheon on May 20th, celebrating one of Seabury's greatest assets—our beautiful outdoor spaces. *Enjoying the Outdoors at Seabury!* will feature an engaging panel presentation highlighting the many ways Residents and Members connect with nature, wellness, and recreation across our campus. Hear directly from fellow Residents, Members, and team members as they share insights and passions behind Seabury's outdoor initiatives:

- Davida Crabtree – Pollinator Pathway
- Russ Tonkin & Linda Isham – Trails System and Seabury Tree Trail Maps
- Bob Perkins – Seabury's Level 1 Arboretum
- Melissa Beauchemin – Outdoor sports and leisure, including the bocce court, koi pond, meditation areas, pickleball, and the Summer Sunset Yoga Series, and more!

Whether you're an avid outdoor enthusiast or simply looking to enjoy more fresh air and scenic surroundings, this luncheon will offer inspiration and opportunities to explore all that Seabury has to offer.

Table Captains:

In the spirit of getting to know other Seabury At Home Members from the town you live in, we are inviting table captains to represent their towns. As Members RSVP for this event, we will thoughtfully group attendees by town to encourage connection and conversation. Please let us know if you'd like to serve as a table captain for a specific town—we would love your participation. We're pleased to share that we have our first volunteer: Jack Gregory – Windsor.

Lunch Format:

This month, weather permitting, we will host the pre-lunch social out on the Main Dining Room outdoor deck, beginning at 11:30 AM. Then we will return to the Main Dining Room for a buffet lunch beginning at Noon (\$10 per person, featuring sandwiches, salads, dessert, and coffee), presentation will begin at approximately 12:30 PM. Please RSVP by May 15 to SeaburyAtHome@seaburlife.org or leave a message at 860-243-4033.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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		1 9:00 AM Comm Comm-CS (6th Floor SW) 10:00 AM Geissler's-Grocery Run 1:15 PM Up & Off the Floor! -HR 2:00 PM Good Friday Stations of the Cross -CH 3:00 PM Storytellers-HR 4:00 PM Drop-in Social-TOS	2 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop	
3 2:00 PM Holy Eucharist-CH 3:00 PM Movie- WHO WE ARE NOW -HR	4 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 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS	5 9:00 AM Encore Donations-EN 9:00 AM Bank Open 2:00 PM Cordelia's Support Group -CFS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 6:00 PM Coin Club-HR 7:15 PM David Eberly (Pianist)-CH	6 9:00 AM Hospitality Committee-HR 11:00 AM Holy Eucharist-CH 3:30 PM FG Book Club- HR 7:15 PM Movie-FROM HERE TO ETERNITY -CH	7 8:30 AM Men's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 11:00 AM Maundy Thursday worship -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	8 10:00 AM Stop & Shop/ CVS-Grocery Run 10:30 AM SAHMC Monthly Meeting-BR 11:00 AM Shabbat Program-CH 1:15 PM Up & Off the Floor! -HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS	9 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop
10 2:00 PM Holy Eucharist-CH 3:00 PM Movie- FROM HERE TO ETERNITY -HR	11 10:00 AM New Residents' Reception -CH 10:00 AM Library Committee-CAS 10:30 AM Gift Shop by Door 24 Open 11:00 AM Coffee with Leadership-Nelson's 1:00 PM Open Studio-CAS 1:00 PM Opera Club- CH 3:00 PM Finance & Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS	12 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 2:00 PM Cordelia's Support Group -CFS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS	13 10:30 AM Resident's Council-CH 3:30 PM Low Vision Support-HR 7:15 PM Movie-YOU CAN COUNT ON ME -CH	14 10:00 AM Medical Equipment Presentation- HR 10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 1:00 PM Cribbage-5th FL GR 1:30 PM Health Services Tour-SNF 2:00 PM French Conversation-CR 3:00 PM Performing Arts Committee-BR 3:15 PM Prayer Shawl Min.-VLR	15 10:00 AM Geissler's-Grocery Run 1:15 PM Up & Off the Floor! -HR 3:00 PM Resident Birthday Party- CAS 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS 7:15 PM The Seabury Musicians Guild-CH	16 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop
17 2:00 PM Holy Eucharist-CH 3:00 PM Movie-YOU CAN COUNT ON ME -HR	18 10:30 AM Gift Shop by Door 24 Open 11:00 AM Gardens and Greenhouse Committee-BR 12:00 PM Weight Winners-HR 1:00 PM Open Studio-CAS 1:00 PM Opera Club- CH 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS 3:30 PM Poets & Writers-The Views Parlor 7:00 PM Sing-A-Long -TOS	19 9:00 AM Encore Donations-EN 9:00 AM Bank Open 11:00 AM Gardens & Greenhouse-BR 11:00 AM Self-Care For Caregivers SAH Only-CFS 2:00 PM Cordelia's Support Group -CFS 4:00 PM Visual Art-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS	20 11:30 AM SAH Member Luncheon - MDR 3:15 PM Scholarship-CAS 7:15 PM Movie- Visual Arts Presents: "Bill Cunningham New York"- CH	21 8:30 AM Women's Breakfast-MDR 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	22 10:00 AM Stop & Shop/ CVS-Grocery Run 10:15 AM Flowers & Decorations-CAS 1:15 PM Up & Off the Floor! -HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS	23 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop
24 2:00 PM Holy Eucharist-CH 3:00 PM Movie- Visual Arts Presents: "Bill Cunningham New York"-HR	25 Happy Memorial Day 3:00 PM Mahjong in GR Lvl 5 3:15 PM Bridge-CAS	26 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Building & Grounds-HR 2:00 PM Cordelia's Support Group -CFS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS	27 10:30 AM Community Forum-CH 3:30 PM Better Hearing Group-HR 7:15 PM Movie-CH	28 10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HR 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	29 10:00 AM Geissler's-Grocery Run 1:15 PM Up & Off the Floor! -HR 4:00 PM Drop-in Social-TOS 7:00 PM Games-CAS	30 9:00 AM Men's Mug-TR 10:30 AM Bocce Ball-Hilltop 7:15 PM The United States Coast Guard Band Chamber Players
31 2:00 PM Holy Eucharist-CH 3:00 PM Movie-WILL YOU EVER FORGIVE ME? -HR						

SEABURY AT HOME MONTHLY

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

Communicating with someone with memory loss can be challenging. Brain cells have been damaged, which can impair language, comprehension, and memory. This can lead to struggling to find words, forgetting recent events, and general confusion. Here are practical strategies that can make everyday interactions more successful:

- Approach from the front and maintain eye contact.
- Speak slowly and clearly.
- Show patience and a caring and positive attitude.
- Watch your tone of voice. Remain calm and reassuring.
- Do not use open-ended questions. Ask questions with yes/no answers or two or three choices.
- Be prepared to repeat information.
- Avoid arguing or correcting, and do not ask, "Do you remember?" which can cause distress.
- Don't interrupt. Allow the individual to complete his/her thoughts.
- Reduce background noise to decrease confusion.
- Schedule visits, calls, and appointments for the morning. Memory loss often becomes worse in the late afternoon and evening.



SELF-CARE FOR SAH CAREGIVERS

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. Seabury At Home Members host this meeting, which will now be held on the third Tuesday of each month, May 19th, 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

Jim & Beverly Boyle * Nancy Wolfson *
Diane Mack & Robin Gilmartin

SAH MEMBERS ON THE MOVE TO CAMPUS

Milton & Rita Rosenberg

NEWS & NOTES FROM THE COUNCIL

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