



# SEABURY AT HOME MONTHLY

WWW.SEABURLIFE.ORG

JUNE 2026

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

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## IMPORTANT NUMBERS

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## SEABURY 150<sup>TH</sup> SESQUICENTENNIAL CELEBRATION



### Sesquicentennial Lecture Series

Wednesday, June 3, 1:30 PM Bishops Chapel

In celebration of the 150th Anniversary of the incorporation of the Church Home of Hartford (CHHI) on June 23, 2026, Seabury's five-part lecture series concludes on Wednesday, June 3.

In our final lecture, Renée Bernasconi, MBA, LNHA, President & CEO will discuss Seabury's Legacy of Excellence. Renée has been leading Seabury since 2019. In her 30 years at Seabury, she has worked as a Licensed Social Worker, Marketing Counselor, VP of Marketing and Chief Strategy Officer. She is also a member of Seabury At Home. Renée will present an organization that has continued to innovate while remaining steadfast in its mission of compassionate care.



Sesquicentennial Gala - 150<sup>th</sup> Anniversary of Church Home of Hartford, Inc., now Seabury

Wednesday, June 23, 1:30 PM Bishops Chapel


Valet Parking

Cocktail Attire

Thank you to everyone who has RSVP'd to the dinner portion of the event. The full schedule of the day is as follows: no RSVP is necessary for the opening remarks and cocktail reception.

- 4:00 PM Opening Remarks & Seabury's History in Review
- 5:00 PM Cocktail Reception - Level 3
- 6:00 PM Elegant Seated Dinner - Level 4

If you have specific questions about how to return your RSVP for dinner, please reach out to Heather Cahill at [heathercahill@seaburlife.org](mailto:heathercahill@seaburlife.org).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>1</b></p> <p>10:00 AM Dizziness Presentation –HR            10:00 AM Windsor Target Run            10:30 AM Gift Shop by Door 24 Open            12:00 PM Weight Winners-HR            1:00 PM Trip Proposal von Trapp Family Lodge &amp; Resort Presentation– CH            3:00 PM Mahjong in GR Lvl 5            4:00 PM Artist Reception– BP            3:15 PM Bridge-CAS</p>	<p><b>2</b></p> <p>9:00 AM Encore Donations-EN            9:00 AM Bank Open            10:00 AM Hilltop Sports &amp; Games            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>3</b></p> <p>9:00 AM Hospitality Committee-HR            1:30 PM Sesquicentennial Lecture Series-CH            3:30 PM FG Book Club– HR            7:15 PM Movie-ANASTASIA -CH</p>	<p><b>4</b></p> <p>8:30 AM Men's Breakfast-MDR            10:00 AM Open Workshop-RW            12:00 PM Chaplain Lunch-Bistro            1:00 PM Cribbage-5th FL GR            3:15 PM Prayer Shawl Min.-VLR</p>	<p><b>5</b></p> <p>9:00 AM Comm Comm-CS (6th Floor SW)            10:00 AM Stop &amp; Shop/CVS-Grocery Run            3:00 PM Storytellers-HR            4:00 PM Drop-in Social-TOS            7:00 PM Games-CAS            7:15 PM Voices Of Concinnity-CH</p>	<p><b>6</b></p> <p>9:00 AM Men's Mug-TR            10:30 AM Bocce Ball-Hilltop</p>
<p><b>7</b></p> <p>2:00 PM Holy Eucharist-CH            3:00 PM Movie- ANASTASIA -HR</p>	<p><b>8</b></p> <p>10:00 AM Library Committee-CAS            10:30 AM Gift Shop by Door 24 Open            1:00 PM Open Studio-CAS            3:00 PM Mahjong in GR Lvl 5            3:15 PM Bridge-CAS</p>	<p><b>9</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            3:30 PM Scripts Alive– CAS            4:00 PM Cordelia's Support Group –GV            4:00 PM Processing Grief-CFS            4:00 PM Drop-in Social-TOS</p>	<p><b>10</b></p> <p>10:30 AM Resident's Council-CH            3:30 PM Low Vision Support-HR            7:15 PM Movie-MISS JUNETEENTH -CH</p>	<p><b>11</b></p> <p>10:00 AM Encore Open            10:00 AM Open Workshop-RW            12:00 PM Chaplain Lunch-Bistro            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            7:15 PM Tamila Azadaliyeva (Pianist)-CH</p>	<p><b>12</b></p> <p>10:30 AM SAHMC Monthly Meeting-BR            10:00 AM Geissler's-Grocery Run            11:00 AM Shabbat Program-CH            4:00 PM Drop-in Social-TOS            7:00 PM Games-CAS</p>	<p><b>13</b></p> <p>9:00 AM Men's Mug-TR            10:30 AM Bocce Ball-Hilltop</p>
<p><b>14</b></p> <p>2:00 PM Holy Eucharist-CH            3:00 PM Movie-MISS JUNETEENTH -HR</p>	<p><b>15</b></p> <p>10:30 AM Gift Shop by Door 24 Open            12:00 PM Weight Winners-HR            1:00 PM Open Studio-CAS            3:00 PM Finance &amp; Budget-BR            3:00 PM Mahjong in GR Lvl 5            3:15 PM Bridge-CAS</p>	<p><b>16</b></p> <p>9:00 AM Encore Donations-EN            9:00 AM Bank Open            11:00 AM Gardens &amp; Greenhouse-BR            11:30 AM SAH Caregivers Coffee - CFS            4:00 PM Cordelia's Support Group –GV            4:00 PM Processing Grief-CFS            4:00 PM Drop-in Social-TOS</p>	<p><b>17</b></p> <p>10:30 AM 1Hr Waterman Shuttle (Lobby)            2:00 PM Food First! Nutritional Info.-CH            3:15 PM Scholarship-CAS            7:15 PM Movie-BILLY ELLIOT -CH</p>	<p><b>18</b></p> <p>10:00 AM Open Workshop-RW            12:00 PM Chaplain Lunch-Bistro            1:00 PM Cribbage-5th FL GR            3:15 PM Prayer Shawl Min.-VLR</p>	<p><b>19</b></p> <p>10:00 AM Stop &amp; Shop/CVS-Grocery Run            4:00 PM Drop-in Social-TOS            7:00 PM Games-CAS</p>	<p><b>20</b></p> <p>9:00 AM Men's Mug-TR            10:30 AM Bocce Ball-Hilltop</p>
<p><b>21</b></p> <p>2:00 PM Holy Eucharist-CH            3:00 PM Movie- BILLY ELLIOT -HR</p>	<p><b>22</b></p> <p>10:30 AM Gift Shop by Door 24 Open            3:00 PM Mahjong in GR Lvl 5            3:15 PM Bridge-GV            Take out at Bistro Only</p>	<p><b>23</b></p> <p>9:00 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            5:00 PM 150th Anniversary Dinner-Multiple Locations</p>	<p><b>24</b></p> <p>3:30 PM Better Hearing Group-HR            7:15 PM Movie-NOTORIOUS -CH</p>	<p><b>25</b></p> <p>10:00 AM Encore Open            10:00 AM Open Workshop-RW            12:00 PM Chaplain Lunch-Bistro            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            7:15 PM The Infinity Saxophone Quartet –CH</p>	<p><b>26</b></p> <p>10:00 AM Geissler's-Grocery Run            10:15 AM Flowers &amp; Decorations-CAS            4:00 PM Drop-in Social-TOS            7:00 PM Games-CAS</p>	<p><b>27</b></p> <p>9:00 AM Men's Mug-TR            10:30 AM Bocce Ball-Hilltop</p>
<p><b>28</b></p> <p>2:00 PM Holy Eucharist-CH            3:00 PM Movie- NOTORIOUS -HR</p>	<p><b>29</b></p> <p>10:30 AM Gift Shop by Door 24 Open            1:00 PM Open Studio-CAS            3:00 PM Mahjong in GR Lvl 5            3:15 PM Bridge-CAS</p>	<p><b>30</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>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*

Every driver is unique. There is no 'magic' age at which one becomes an unsafe driver. In general, we should consider transitioning away from driving if we notice changes in our physical, cognitive or visual abilities that impact safety. Consider alternatives to driving, driving less or completely stopping if you experience any of the following:

- Experiencing frequent 'near misses'
- Getting lost
- Difficulty seeing traffic lights, signs or pedestrians
- Driving significantly slower than the posted speed limit
- Slower responses to unexpected situations
- Difficulty staying in the lane of travel
- Dents or scrapes on your car
- Feeling increasing levels of anxiety while driving

A driver's license represents much more than just a mode of transportation. For most adults, giving up the keys symbolizes the loss of independence, spontaneity, and control. Consider using outside resources to help you make decisions. AARP and AAA offer defensive driving programs. AAA and the State of Connecticut provide professional driving assessments conducted by state-licensed driving instructors.

## **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, June 16th, 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**

Karen Kerantzas \* Diana Evans\* Doey Barnett\*  
Ellen & Kevin Deame\* Bruce & Donna Tompkins

### **SAH MEMBERS ON THE MOVE TO CAMPUS**

Jack & Francie Bergquist \* Sam & Marcia Hinckley \*  
Paul & Caroline Rothberg

### **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](mailto:mitmangroup@comcast.net).