SEABURY AT HOME MONTHLY

WWW.SEABURYLIFE.ORG NOVEMBER 2026

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

IMPORTANT NUMBERS

CHRISTINE T. DUPONT
VP OF MARKETING & COMMUNICATIONS
860-243-6081

KIRSTEN BENSON
DIR. OF FITNESS
860-243-4025

MERRY BAJANA
DIRECTOR/PERSONAL HEALTH COORDINATOR
860-243-4038

KAREN ORZECHOWSKI
PERSONAL HEALTH COORDINATOR
860-243-4021

JEANNE HUGHES
PERSONAL HEALTH COORDINATOR
203-538-7721

MELISSA BEAUCHEMIN
PERSONAL HEALTH COORDINATOR
860-243-4030

OCTOBER 22 ANNUAL MEETING AND ELECTION SUMMARY

Community, connection, and fun best describe the 2026 Seabury At Home Members' Council Annual Meeting. With approximately 100 members in attendance, we set a new Annual Meeting attendance record! We enjoyed one another's company, great food, and plenty of good humor. Thank you for helping make this event so special. We're also pleased to welcome the new slate of members serving in key Member Council roles and look forward to continued success, fresh ideas, and new opportunities to connect. If you'd like to see the entire photo gallery from the evening, visit: https://nickcineaphotography.pixieset.com/seaburyathomemeeting2026/

NOVEMBER MEMBER LUNCHEON - MOVING TO INDEPENDENT LIVING!

Members are warmly invited to join us for a luncheon on Wednesday, November 18th, beginning at 11:30 AM in the Main Dining Room. We will take this opportunity to discuss and explore how to prepare for a move to independent living on campus. You'll hear from a panel of guests, including Seabury Marketing Counselors, the Finishes & Move Coordinator, an outside Transition Specialist who has worked with many residents on the move, and residents who have moved recently!

Lunch Format:
We will host the pre-lunch in the Main Dining Room, beginning at 11:30 AM. Lunch will then begin in the Main Dining Room at Noon ($12 per person, featuring sandwiches, salads, dessert, and coffee); the presentation will begin at approximately 12:30 PM. Please RSVP by November 13 to SeaburyAtHome@seaburylife.org or leave a message at 860-243-4033.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:00 a.m-2:00 p.m. Marketplace Open** 2:00 p.m. Holy Eucharist-CH **3:00 p.m. Movie-Rental Family-HR**	**2** **10:00 a.m. New Resident Introductions-CH** 10:30 a.m. Gift Shop by Door 24 12:00 p.m. Weight Winners-HR 2:00 p.m. Chorus-MR 3:00 p.m. Mahjong-GR 3:15 p.m. Bridge-CAS 4:00 p.m. Grief Processing Group-CFS	**3** **Election Day** 9:00 a.m. Encore Donations-EN 9:00 a.m. Windsor Federal Bank Open-Lobby **9:00 a.m. Election Voting Bus- Offsite** 10:00 a.m. Art Class (Drawing)-CAS **1:00 p.m. Election Voting Bus-Offsite** 1:00 p.m. Encore Committee-CAS 2:00 p.m. Cordelia's Support Group-CFS 3:15 p.m.- Prayer Shawl Ministry-VLR 4:00 p.m. Processing Grief-CFS 4:00 p.m. Drop-in Social-TOS **7:15 p.m.- HSO Brass Quintet-CH**	**4** **9:00 a.m. Flu Clinic-CH** **10:00 a.m. Trader Joe's and Target-Offsite** 11:00 a.m. Hospitality Committee-HR **1:00 p.m. Opera Club-HR** 3:30 p.m. Seabury Book Group-HR **7:15 p.m. Movie-Lion-CH**	**5** 10:00 a.m. Encore Open 10:00 a.m. Open Workshop-RW 12:00 p.m. Chaplain Lunch-Bistro 1:00 p.m. Cribbage-GR 1:00 p.m. Chimes-HR 1:00 p.m. Art Class (Painting)-CAS 4:00 p.m. Grief Processing Group-CFS	**6** 9:00 a.m. Communication Committee Meeting-CS 10:00 a.m. Geissler's-Offsite **11:00 a.m. CATIE Training- CAS** **1:15 p.m. Visit CT State Capitol Building-Offsite** 3:00 p.m. Storytellers-HR 4:00 p.m. Drop-in Social-TOS **7:15 p.m. "Celebrate Beethoven at 200" Ginny Allen Concert-CH**	**7** 9:00 a.m. Men's Mug-TR 10:30 a.m. Bocce Ball-Hilltop
8 **10:00 a.m-2:00 p.m. Marketplace Open** 2:00 p.m. Holy Eucharist-CH **3:00 p.m. Movie-Lion-HR**	**9** 10:00 a.m. Library Committee-CAS 10:30 a.m. Gift Shop by Door 24 **1:00 p.m. CATIE Training-CAS** 2:00 p.m. Chorus-MR 2:00 p.m. Finance and Budget Committee-BR 3:00 p.m. Mahjong-GR 3:15 p.m. Bridge-CAS	**10** **No Encore Donations** 9:00 a.m. Windsor Federal Bank Open-Lobby 9:30 a.m. Health Committee-HR 10:00 a.m. Art Class (Drawing)-CAS 11:00 a.m. Trails Committee-BR 2:00 p.m. Dining Services Committee-CAS 2:00 p.m. Cordelia's Support Group-CFS 3:30 p.m. Scripts Alive-CAS 4:00 p.m. Processing Grief-CFS 4:00 p.m. Drop-in Social-TOS	**11** **Veterans Day** **8:30 a.m. Veterans Breakfast-MDR** 10:30 a.m. Resident Association Meeting-CH 1:00 p.m. CATIE Login Creation Assistance-TOS 3:00 p.m. Opera Club-CH **7:15 p.m. Movie-Singing in the Rain-CH**	**12** **8:30 a.m. Men's Breakfast-MDR** 10:00 a.m. Open Workshop-RW 12:00 p.m. Chaplain Lunch-Bistro 1:00 p.m. Cribbage-GR 1:00 p.m. Art Class (Painting)-CAS 1:00 p.m. Chimes-HR 2:00 p.m. French Conversation-CR 3:00 p.m. Performing Arts Committee-BR 3:15 p.m. Prayer Shawl Ministry-VLR **7:15 p.m. Advent Lessons and Carols- CH**	**13** 10:00 a.m. Stop & Shop, CVS-Offsite **10:30 a.m. SAHMC Monthly Meeting-BR** **11:00 a.m. Shabbat Program-CH** **12:15 p.m. Mark Twain Museum Bus Trip-Offsite** 4:00 p.m. Drop-in Social-TOS 7:00 p.m. Games-CAS	**14** 9:00 a.m. Men's Mug-TR 10:30 a.m. Bocce Ball-Hilltop
15 **10:00 a.m-2:00 p.m. Marketplace Open** 2:00 p.m. Holy Eucharist-CH **3:00 p.m. Movie-Singing in the Rain-HR**	**16** 10:30 a.m. Gift Shop by Door 24 11:00 a.m. Resident Workshop Committee-RW 12:00 p.m. Weight Winners-HR 2:00 p.m. Chorus-MR 3:00 p.m. Mahjong-GR 3:15 p.m. Bridge-CAS 7:00 p.m. Sing-a-long-TOS	**17** **No Encore Donations** 9:00 a.m. Windsor Federal Bank Open-Lobby 10:00 a.m. Art Class (Drawing)-CAS **11:00 a.m. SAH Caregivers Coffee - CFS** 1:00 p.m. AHCC-Bistro 2:00 p.m. Cordelia's Support Group-CFS **2:30 p.m. Meet the Providers-CH** 3:30 p.m. Visual Arts Committee-CAS 4:00 p.m. Processing Grief-CFS 4:00 p.m. Drop-in Social-TOS	**18** **10:00 a.m. Westfarms Mall- Offsite** **11:30 a.m. SAH Member Luncheon - MDR** **1:30 p.m. CATIE Training-CAS** 3:00 p.m. Opera Club-HR 3:00 p.m. Scholarship Committee-CAS 3:30 p.m. Low Vision Support Group-HR **7:15 p.m. Movie-Breach-HR**	**19** **10:00 a.m. Encore Unique Boutique-CH** 10:00 a.m. Open Workshop-RW 12:00 p.m. Chaplain Lunch-Bistro 1:00 p.m. Cribbage-GR 1:00 p.m. Chimes-HR 1:00 p.m. Art Class (Painting)-CAS 3:15 p.m. Prayer Shawl Ministry-VLR 3:30 p.m.- Catholic Mass-CH	**20** 10:00 a.m. Geissler's-Offsite 3:00 p.m. Resident Birthday Celebration-CAS **2:00 p.m. Pie Social-VAR** 4:00 p.m. Drop-in Social-TOS **6:15 p.m.- HSO Bus Trip-Offsite** 7:00 p.m. Games-CAS	**21** 9:00 a.m. Men's Mug-TR 10:30 a.m. Bocce Ball-Hilltop **10:30 a.m. Hymn Festival Bus Trip- Offsite** **2:00 p.m. Seabury Author's Speak-CH**
22 **10:00 a.m-2:00 p.m. Marketplace Open** **1:15 p.m. HSO Bus Trip-Offsite** 2:00 p.m. Holy Eucharist-CH **3:00 p.m. Movie-Breach-HR**	**23** 10:30 a.m. Gift Shop by Door 24 2:00 p.m. Chorus-MR 3:00 p.m. Mahjong-GR 3:15 p.m. Bridge-CAS 3:30 p.m. Poets and Writers-VP **7:15 p.m. Hot Cat Jazz-CH**	**24** **No Encore Donations** 9:00 a.m. Buildings and Grounds Committee-HR 9:00 a.m. Windsor Federal Bank Open-Lobby **1:00 p.m. Conversations-CH** 2:00 p.m. Cordelia's Support Group-CFS 4:00 p.m. Processing Grief-CFS 4:00 p.m. Drop-in Social-TOS	**25** **7:15 p.m. Movie-Atonement-CH**	**26** **Thanksgiving** 11:00 a.m.-2:00 p.m. Thanksgiving Buffet-MDR **Reservations Required**	**27** 10:00 a.m. Stop & Shop, CVS-Offsite 10:15 a.m. Flowers & Decorations Committee-CAS 4:00 p.m. Drop-in Social-TOS 7:00 p.m. Games-CAS	**28** 9:00 a.m. Men's Mug-TR **10:30 a.m. Gift Shop by Door 24 Special Opening** 10:30 a.m. Bocce Ball-Hilltop
29 **10:00 a.m-2:00 p.m. Marketplace Open** 2:00 p.m. Holy Eucharist-CH **3:00 p.m. Movie-Atonement-HR**	**30** 10:30 a.m. Gift Shop by Door 24 2:00 p.m. Chorus-MR 3:00 p.m. Mahjong-GR 3:15 p.m. Bridge-CAS **7:15 p.m. Nutcracker-CH**		**November 2026**	B-Bistro (4th FL) BP-Bistro Parlor (4th FL) BR-Board Room (East Wing 4th FL) BT-Britton Room (South Wing 5th FL) CAC-Cultural Arts Corridor (East Wing 3rd FL) CAS-Community Activity Space (4th FL) CFS-Center for Spirituality (South Wing 3rd FL) CH-Chapel (South Wing 3rd FL)	CR-Clock Room (East Wing 5th FL) CS-Case Room (South Wing 6th FL) EN-Encore (West Wing 3rd FL) GR-Game Room (East Wing 3rd FL) GS-Gift Shop at Door 24 (East Wing 3rd FL) GV-Garden View Room (East Wing 4th FL) HR-Heritage Room (3rd FL) MDR-Main Dining Room (4th FL) MR-Music Room (East Wing 3rd FL) N- Nelsons (4th FL next to MDR) Offsite- Bus Trip (Meet in Lobby)	RW-Resident Workshop (East Wing 3rd FL) SW DS-South Wing Dance Studio (South Wing 3rd FL) TOS-Top of the Stairs (4th FL) TR-Terrace Room (3rd FL) VAR-Views Activity Room (4th FL) VLR-Views Living Room (4th FL) VP-Views Parlor ZM-Zoom

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

CARE FOR THE CAREGIVER

Caring for a spouse, parent, family member or friend can be one of the most meaningful things we do in life. It can also be one of the most demanding. Caregivers often put their loved ones' needs before their own. Over time, this can take a serious toll on their physical health, emotional well-being, and quality of life.

As a caregiver, please keep the following in mind:

-Taking care of yourself is not selfish. It is an essential part of caring for someone else.

-Ask for and accept help. A good caregiver recognizes when they need support and accepts that caring for themselves is part of caring for the person they love.

-Give yourself permission to take breaks. Rest is a legitimate need, not a reward you must earn. When you are rested and supported, you are often better able to think clearly, respond patiently, solve problems, and handle difficult situations.

-Stay connected to other people. Make time to talk with friends and family. Consider joining a caregiver support group.

You are more than a caregiver. You are a spouse, friend, parent, neighbor, and someone with your own interests and needs.Maintaining those parts of your life is critical.

SELF-CARE FOR SAH CAREGIVERS

November 17th - Self-Care for Caregivers

Are you caring for a loved one—a child, friend, grandchild, parent, partner, sibling, or spouse? Join fellow Seabury At Home (SAH) Members for a compassionate, confidential conversation about caregiving and self-care on the third Tuesday of each month, 11:00 a.m.–12:30 p.m., at Seabury's Center for Spirituality. For questions, call Beth Ellison at 806-573-8036, Ruth Mitman at 860-306-5840, or Russ Tonkin at 860-463-0107.

NEW SAH MEMBERS

ANN AUBURN

IN MEMORIAM

GEORGE BARROWS

CAROLYN EMERSON

NEWS & NOTES FROM THE COUNCIL

The next SAH Members' Council Monthly Meeting will be held on November 13 at 10:30 AM in the Board Room. For comments, concerns, or questions, please contact Council Chair Nancy Upchurch at nancyupchurch1970@gmail.com.