



# Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

November 2010

## Giving Thanks

November begins the season of reflection and giving, and we will be highlighting the Vocational Dimension of Wellness.

"A vocation, from the Latin *vocare* (verb, to call), is a term for an occupation to which a person is specially drawn, or for which they are suited, trained, or qualified." Giving is not just our financial or emotional support, but also a sharing of ourselves. What special talent do you have to share with the community?

There is an abundance of activity this month, and countless opportunities to get us into the giving spirit. Donate food or toiletry items for the Food Drive; listen to the president and CEO of FoodShare discuss the scope of their work. Share of yourself with residents of Brewer and Davis Centers or the Meadows as a friendly visitor, or in the Friend-to-Friend Program; read and interact with the kindergarten students of Bloomfield during their monthly visit.

The Re-Book Project begins again this month. Please drop off new or gently used books for children of all ages in the specially marked box in CAS. The books will be donated to needy children in Hartford. It's difficult for many of us to imagine a life without books, but this is a reality for many children.

Hobbies are part of one's vocation, so we would like to mention the Knit 'n Stitch group, which meets every Tuesday. We welcome residents to bring whatever project you're working on currently, and we will provide support if you hit a rough patch. If you are looking for some way to give back to the community, we are beginning our fall/winter group projects: hats for premature babies and blankets for the homeless. Patterns and yarns are available to get you started.



We are also accepting donations of yarn for these projects.

Whatever your vocation, share it with the world!



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**8:30-3:00**

**SEABURY MASSAGE THERAPY**

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Contractors-

Licensed

Massage Therapists

For Appointment

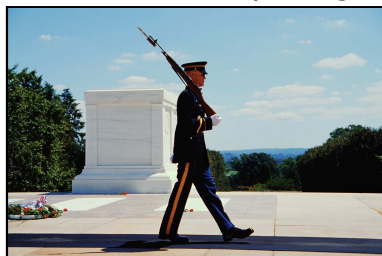
Call Front Desk

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## Wellness Spotlight: Vocational Dimension of Wellness

### A Salute to Our Veterans

**T**he week of Veterans Day, we honor our veterans and family members who have served or are currently on active duty defending our country. Please join us for a special program on Tuesday, November 9th at 7 p.m. in Heritage Hall, as storyteller Arnold Pritchard weaves his tale of life in wartime using letters his father sent from World War II. Mr. Prichard is part of a group of storytellers that participates in TELLABRATION!™, a worldwide benefit evening of storytelling. It creates a network of storytelling enthusiasts bonded together in spirit at the same time each year. In 1988, the event was



launched by the Connecticut Storytelling Center in six locations across the state. By 1997, there were TELLABRATION!™ events on every continent but Antarctica.

We will cap off our celebration of veterans with a *Ribbons & Medals Dinner*. You are invited to wear your uniforms, ribbons and/or medals to dinner in the MDR on Thursday, November 11th.



*Thank you for your service.*



## Get Out and Vote!

If you've been listening to the radio or watching television, then you have seen all of the campaign ads for Connecticut's upcoming local elections. Absentee Ballot applications have already been processed by the Bloomfield Registrars of Voters, so if you missed the deadline, feel free to sign up in CAS to take the bus to our polling location at Laurel School. Any questions, contact Linda Kulick at 243-6065.

State of Connecticut Official Ballot		Bloomfield, Connecticut						Municipal Election		Date of Election November 3, 2009										
Be sure to read the instructions on the reverse side of this ballot.																				
OFFICE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
PARTY	Town Council Vote for Any Six						Board of Education Vote for Any Two		Board of Education Vote for Any Two		Town Plan & Zoning Commission Vote for Any Two		Town Plan & Zoning Commission Alternate		Zoning Board of Appeals Vote for Any Two		Zoning Board of Appeals Alternates Vote for Any Two		Library Trustees Vote for Any Two	
REPUBLICAN	<input type="radio"/> 1A Lena E. Shevsky	<input type="radio"/> 2A John F. Shonka	<input type="radio"/> 3A Joseph P. Mount	<input type="radio"/> 4A Mark L. Jacobs	<input type="radio"/> 5A Robert H. Brown	<input type="radio"/> 6A	<input type="radio"/> 7A Thomas Stanley Moore	<input type="radio"/> 8A Susan Hogue Teo	<input type="radio"/> 9A Shirley W. Thompson	<input type="radio"/> 10A Kenneth P. Bennett	<input type="radio"/> 11A Nicholas H. Panko	<input type="radio"/> 12A Charlette J. Grogg	<input type="radio"/> 13A Robert M. Cromwell	<input type="radio"/> 14A Willard V. Starke Jr.	<input type="radio"/> 15A	<input type="radio"/> 16A Lucille M. Westowski	<input type="radio"/> 17A	<input type="radio"/> 18A Beverly S. Merritt	<input type="radio"/> 19A Paula L. Walek	
DEMOCRATIC	<input type="radio"/> 1B Jonathan C. Cotman	<input type="radio"/> 2B Joan A. Donklo	<input type="radio"/> 3B Sydney T. Schimone	<input type="radio"/> 4B Larry J. Piacentini	<input type="radio"/> 5B Donald F. Harris Jr.	<input type="radio"/> 6B E. Leon Moore	<input type="radio"/> 7B Dick Bate	<input type="radio"/> 8B Derrick Antonio Solera	<input type="radio"/> 9B Shirley W. Thompson	<input type="radio"/> 10B David E. Kaminis	<input type="radio"/> 11B Joseph E. Worthington	<input type="radio"/> 12B Alfred E. LaFolore	<input type="radio"/> 13B Fannie J. Pittman	<input type="radio"/> 14B Patricia M. Gay	<input type="radio"/> 15B Jacqueline J. Isaacson	<input type="radio"/> 16B Donna M. Banks	<input type="radio"/> 17B Kimberly Lynn Chamade	<input type="radio"/> 18B Henry S. Kaminis	<input type="radio"/> 19B Howard Steven Fryman	
PETITIONING CANDIDATE	<input type="radio"/> 1C Douglas J. Sullivan	<input type="radio"/> 2C	<input type="radio"/> 3C	<input type="radio"/> 4C	<input type="radio"/> 5C	<input type="radio"/> 6C	<input type="radio"/> 7C	<input type="radio"/> 8C	<input type="radio"/> 9C	<input type="radio"/> 10C	<input type="radio"/> 11C	<input type="radio"/> 12C	<input type="radio"/> 13C	<input type="radio"/> 14C	<input type="radio"/> 15C	<input type="radio"/> 16C	<input type="radio"/> 17C	<input type="radio"/> 18C	<input type="radio"/> 19C	
WRITE-IN VOTE	<input type="radio"/> 1D	<input type="radio"/> 2D	<input type="radio"/> 3D	<input type="radio"/> 4D	<input type="radio"/> 5D	<input type="radio"/> 6D	<input type="radio"/> 7D	<input type="radio"/> 8D	<input type="radio"/> 9D	<input type="radio"/> 10D	<input type="radio"/> 11D	<input type="radio"/> 12D	<input type="radio"/> 13D	<input type="radio"/> 14D	<input type="radio"/> 15D	<input type="radio"/> 16D	<input type="radio"/> 17D	<input type="radio"/> 18D	<input type="radio"/> 19D	

See bulletin boards for a larger sample ballot

## Bloomfield Kindergarten Students Will Brighten Your Day

The Bloomfield Kindergarten students, all of whom are learning at Turkey Hill School this year while their schools are being renovated, will be visiting with their teacher once a month. There are several classes which take turns coming to Seabury, and in June, all the classes come together for a special party with magical entertainment.



The students look forward to their ride on the Seabury bus, and they spend an hour with us. They begin their visit with a story read by a Seabury resident volunteer, followed by a song they may have learned recently, and a craft project brought by their teacher. Please consider volunteering your time and interacting with these bright, exuberant children.

The next session is Friday, November 12th, from 9:15 to 10:15 a.m., in the Creative Arts Studio. Cookies and punch are served, which is always a treat!

**Turn  
Your Clocks Back  
Update  
Your File of Life!**



Make sure to note any changes in medications or diagnoses, and pass along this information to Lori Maglieri in the Clinic.

FILE OF LIFE	
NAME:	Address:
Address:	Phone:
Address:	Phone:
Address:	Phone:

**Sunday,  
November 2, 2010**



## Energy Tip of the Month

In subsequent issues of the Seabury Monthly, the Action Forum, as part of its and Seabury's new upcoming energy education thrust, will have a regular 'corner' for energy and environmental awareness. Materials for these tips will range from far and near, and try to be particularly appropriate for Seabury residents.

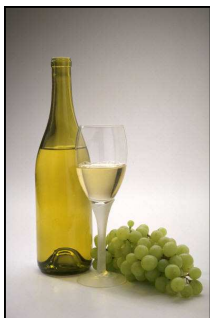
As a starter, we all see the darkness creeping in much earlier than just a month ago, and this means more need for lighting in our living spaces. In order to do our fair share in energy savings, *turn lights off when leaving your apartment or cottage.* And unless otherwise necessary at night, low wattage lights and/or *nightlights* (or sometimes just the considerable ambient light from our campus lighting), can be all one needs for safe maneuvering during the darkened hours. And don't forget: *turn off those porch lights when you've returned home* or otherwise don't need them!



- Dick Watson

## Drop in Nights

In an ongoing effort to promote the friendly, welcoming atmosphere that makes Seabury so special, the Hospitality Committee is sponsoring **Drop in Nights at Hearthside Parlor**. Starting in November, every Tuesday evening beginning at 4:30 p.m., residents are encouraged to just drop in to enjoy a drink, make new friends, and visit with old ones. Bring-your-own-drink is the rule. Glasses and ice will be provided. You can have dinner plans, or make them with others on the spot. We hope this will be just one more way we can connect with each other while having an enjoyable time. Please join us for the fun!



-Peggy Igleheart, chair  
Hospitality Committee



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Additional Chapel Offerings</b>  <b>Monday-Friday</b>  Morning Prayer  9 :00  <b>Mondays</b>  Centering Prayer  3-3:30  <b>Tuesdays</b>  Methodist/  Lutheran/ Baptist/  Congregational  Tradition of Prayer  10:00  <b>Wednesdays</b>  Bible Study  3:30</p>	<p><b>1</b>  10 Bocce <b>HTP</b>  10 ALP <b>SL</b>  1 Chorus <b>CH</b>  1 Wt.Winners <b>ATR</b>  1 ALP <b>SL</b>  1:30 Finance &amp;  Budget <b>EWGV</b>  <b>1:30 TRIP**</b>  <b>Christmas Tree Shop</b>  7 Dup.Bridge <b>CAS</b>  7 MahJongg <b>GR</b></p>	<p><b>2</b> 9-4 Bank Open  <b>10 Shopping or VOTE!**</b>  10 ALP <b>HH</b>  10-12 Encore  Receives Tuesdays  10:45 Art <b>CAS</b>  1:30 Chimes <b>CAS</b>  <b>2 VOTE**</b>  3 Bocce  Tournament <b>HTP</b>  3:30 Knit `n Stitch <b>SL</b>  4 Action Forum <b>CAS</b>    <b>Election Day</b></p>	<p><b>3</b>  9 Hospitality <b>HP</b>  10 Bocce <b>HTP</b>  10:30 Comm.&amp;  Healing Svc. <b>CH</b>  1 ALP <b>HH</b>  3:30 Bible Study <b>CH</b>  <b>5 Harvest Social and Mixer Dinner TOS/MDR</b>  7 Cribbage <b>CAS</b>  7:15 Classic Movie  <i>Mystic Pizza</i> <b>HH</b></p>	<p><b>4</b> 9-4 Bank Open  <b>8 "Meet the Security Team" Breakfast</b> <b>MDR</b>  10 Bible Study w/  Bloomfield Cong.  Church <b>CH</b>  10:30 ALP <b>MR</b>  <b>11-2:30 Encore! Open Today!</b>  1 ALP <b>HP</b>  <b>1:30 All About "Food Share"</b> <b>HH</b>  3 Bocce Tour. <b>HTP</b>  5 Birthday Fun <b>MDR</b>  <b>6 Alzheimer's Assoc. Presentation</b> <b>HH</b>  7 Poker <b>CAS</b>  7:15 Classic Movie  <i>Mystic Pizza</i> <b>CH 918</b></p>	<p><b>5</b>  <b>11 Dr. Coll's Health Lecture: Flu Season &amp; the Common Cold</b> <b>HH</b>  1 Shopping  1:45 Tea <b>TOS</b>  3 Poets' &amp; Writers' Group <b>HP</b>  <b>6:15 Masterworks</b> <b>CAS</b>  7 Bridge    <b>Food Drive This Weekend</b></p>	<p><b>6</b>  10 Artisans &amp; Crafters <b>CAS</b>  2 Movie:  <i>Please Give</i> <b>MR</b>  <b>3 Gary Price on Piano with Rachmaninov!</b>  7:15 Movie  <i>Please Give</i> <b>HH</b>  <b>6:15 Masterworks</b>    <b>Daylight Savings Clocks Back &amp; File of Life Updated!</b></p>
<p><b>7</b>  10:30 Communion <b>CH</b>  <b>3 Story of Dietrich Bonhoeffer and Pastor Gail's Scotland Music</b> <b>HH</b>  6 Saturday Movie  <i>Please Give</i> <b>NL</b></p>	<p><b>8</b>  10 Bocce <b>HTP</b>  10 ALP <b>SL</b>  10 Health Cm. <b>HH</b>  1 Chorus <b>CH</b>  1 ALP <b>HH</b>  2 Mending <b>CAS</b>  2:30 Exercise  Your Mind**  (EYM) <b>EWGV</b>  3:30 Life  Transitions <b>CH</b>  7 Dup.Bridge <b>CAS</b>  7 MahJongg <b>GR</b></p>	<p><b>9*</b> 9-4 Bank Open  <b>8 Resident's Breakfast</b> <b>TPC</b>  10 Shopping  10 ALP <b>HH</b>  10:45 Art <b>CAS</b>  11 Trails <b>EWGV</b>  1:30 Chimes <b>CAS</b>  2 Auxiliary Holiday  Gift Assembly <b>LC</b>  <b>2 Technology Of Balance</b> <b>HH</b>  3 Bocce Tour. <b>HTP</b>  3 Alzheimer's  Support Group <b>CSA</b>  3 E &amp; E <b>CAS</b>  3:30 Knit `n Stitch <b>SL</b>  <b>7 Story Teller Honors Vets</b> <b>HH</b></p>	<p><b>10</b>  9 Res. Council <b>HH</b>  10 Bocce <b>HTP</b>  10:30 Comm.&amp;  Healing Svc. <b>CH</b>  1 ALP <b>HH</b>  3 Communications  Cm. <b>BC</b>  3:30 Bible Study <b>CH</b>  7 Cribbage <b>CAS</b>  7:15 Classic Movie  <i>Follow the Fleet</i> <b>HH</b></p>	<p><b>11</b> 9-4 Bank Open  <b>9:15 TRIP**</b>  <b>New Britain Museum</b>  10 Torah Study <b>CH</b>  10 ALP <b>MR</b>  1 ALP <b>HP</b>  <b>1:30 Mobility &amp; Stability Check-Up</b> <b>HH</b>  3 Bocce Tour. <b>HTP</b>  <b>5 Medals &amp; Ribbons Dinner</b> <b>MDR</b>  7 Poker <b>CAS</b>  7:15 Classic Movie  <i>Follow the Fleet</i> <b>CH 918</b></p>	<p><b>12</b>  <b>9:15 Kindergarteners Visit</b>  <b>CAS</b>  9:30 ALP <b>HH</b>  10 Judaic  Service <b>CH</b>  1 Shopping  1:45 Tea <b>TOS</b>  7 Bridge <b>CAS</b></p>	<p><b>13</b>  <b>10 In Support of Democracy Presents: "Pray the Devil to Hell" Documentary</b> <b>HH</b>  2 &amp; 7:15 Movie  <i>Winter's Bone</i> <b>HH</b></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>14</b> 10:30 Communion Service <b>CH</b> 3 Video: <i>Pavarotti</i> <b>HH</b> 6 Saturday Movie <i>Winter's Bone</i> <b>NL</b>	<b>15</b> 8 Men's Brkfst <b>TPC</b> 10 Bocce <b>HTP</b> 10 ALP <b>SL</b> 11 Dining Cm <b>PDR</b> 1 Chorus <b>CH</b> 1 ALP <b>SL</b> 1 Wt Winners <b>ATR</b> 1:30 Shop Cm. <b>MR</b> 2:30 Exercise Your Mind** <b>EWGV</b> 3 Mid East Grp <b>MR</b> 7 Dup. Bridge <b>CAS</b> 7 MahJongg <b>GR</b>	<b>16</b> 9-4 Bank Open 10 Shop Geissler's 10 ALP <b>HH</b> 10 2 G's <b>EWGV</b> 11 Suggestions & Concerns <b>BC</b> 1 Chimes <b>CAS</b> 3 Bocce Tour. <b>HTP</b> 3:30 Knit 'n Stitch <b>SL</b> 7:15 Classic Movie <i>Officer &amp;</i> <i>a Gentleman</i> <b>HH</b> <b>7:30 Wintonbury</b> <b>Art League</b> <b>CAS</b>	<b>17</b> 10 Bocce <b>HTP</b> 10:30 Comm. & Healing Svc <b>CH</b> 1 ALP <b>HH</b> <b>1:15 TRIP**</b> <b>Hall High</b> <b>Madrigal Feaste @</b> <b>St. Thomas</b> <b>Seminary</b> 3:30 Bible Study <b>CH</b> 3:30 Movie Critic's Circle <b>MR</b> 7 Cribbage <b>CAS</b> <b>7 Fred Moyer on</b> <b>Piano</b> <b>HH</b>	<b>18</b> 9-4 Bank Open 10 ALP <b>MR</b> <b>10:30 Sr Academy</b> <b>Presents the</b> <b>Symphony!**</b> <b>HH</b> 1 ALP <b>SL</b> <b>3-5 Encore!</b> <b>Unique Boutique</b> <b>HH</b> 3 Caregivers <b>MR</b> 3 Bocce Tour. <b>HTP</b> 4 Spiritual Life Cm. <b>CH</b> 7 Poker <b>CAS</b> 7:15 Classic Movie <i>Officer &amp; a Gentleman</i> <b>CH 918</b>	<b>19</b> 9:30 ALP <b>HH</b> 10 Flower & Décor <b>EWGV</b> 10:15 Book Group Reviews: <i>Too Close</i> <i>to the Falls</i> <b>HP</b> <b>10:30 Catholic</b> <b>Mass</b> <b>CH</b> 1 Shopping 1:45 Tea <b>TOS</b> 3 Better Hearing Speaker Paul Simison <b>HH</b> 7 Bridge <b>CAS</b>	<b>20</b> 9 Story Tellers Present Trudy Lovell <b>MDR</b> 10 Artisans & Crafters <b>CAS</b> 2 & 7:15 Movie <i>City Island</i> <b>HH</b>
<b>21</b> 10:30 Communion <b>CH</b> 3 Video: <i>Frank's Best!</i> <b>HH</b> 6 Saturday Movie <i>City Island</i> <b>NL</b>	<b>22</b> 10 Bocce <b>HTP</b> 10 ALP <b>HH</b> 11 Library Cm. <b>L</b> 1 Chorus <b>CH</b> 1 ALP <b>SL</b> 2 Mending <b>CAS</b> 2:30 EYM** <b>EWGV</b> 7 Dup. Bridge <b>CAS</b> 7 MahJongg <b>GR</b> <b>7 Interfaith</b> <b>Thanksgiving</b> <b>Forum</b> <b>HH</b>	<b>23</b> 9-4 Bank Open 9 Buildings & Grounds <b>EWGV</b> 10 Shopping 10 ALP <b>HH</b> 1 Chimes <b>CAS</b> 3:30 Knit 'n Stitch <b>SL</b>	<b>24</b> 10 Bocce <b>HTP</b> 10:30 Comm. & Healing Svc. <b>CH</b> 3:30 Bible Study <b>CH</b> 7 Cribbage <b>CAS</b> 7:15 Classic Movie <i>In Her Shoes</i> <b>HH</b>	<b>25</b> <b>HAPPY</b> <b>THANKSGIVING!</b> 3 Video: <i>Victor Borge's</i> <i>Birthday Gala</i> <b>HH</b> 7 Poker <b>CAS</b> 7:15 Classic Movie <i>In Her Shoes</i> <b>CH 918</b>	<b>26</b> 1 Shopping 1:45 Tea <b>TOS</b> 7 Bridge <b>CAS</b>	<b>27</b> 2 & 7:15 Movie <i>Charlotte Gray</i> <b>HH</b>
<b>28</b> 10:30 Comm. <b>CH</b> 3 Video: <i>Andre</i> <b>HH</b> 6 Saturday Movie <i>Charlotte Gray</i> <b>NL</b>	<b>29</b> 10 Bocce <b>HTP</b> 10 ALP <b>MR</b> 1 Chorus <b>CH</b> 1 ALP <b>SL</b> <b>2:30 Converse</b> <b>w/John</b> <b>HH</b> <b>4:30 Lights On</b> <b>Social</b> <b>TOS</b> 7 Dup. Bridge <b>CAS</b> 7 MahJongg <b>GR</b>	<b>30</b> 9-4 Bank Open 10 Shopping 10 ALP <b>HH</b> 1 ALP <b>HH</b> 1 Chimes <b>CAS</b> 3:30 Knit 'n Stitch <b>SL</b>	<i>*Stop by to See</i> <i>Nursing Students'</i> <i>Posters</i> <i>Near the Clinic</i> <i>On Tuesday 11/9</i> <hr/> <i>** Sign up for</i> <i>these programs or</i> <i>trips in CAS</i>	<b>Rooms</b> <b>ATR</b> Atrium <b>BC</b> Business Center <b>BR</b> Billiards Room <b>CAS</b> Creative Arts Studio <b>CH</b> Chapel <b>CSA</b> Center for Successful Aging <b>EWGV</b> East Wing Garden View	<b>Rooms</b> <b>GR</b> Game Room <b>HH</b> Heritage Hall <b>HP</b> Hearthside Parlor <b>HTP</b> Hilltop Pavilion <b>L</b> Library <b>LC</b> Learning Center <b>MDR</b> Main Dining	<b>Rooms</b> <b>MR</b> Media Room <b>NL</b> North Lounge <b>SL</b> South Lounge <b>TOS</b> Top of Stairs <b>TPC</b> Time Piece Café <b>WAL</b> Wintonbury Art League

# Seabury Monthly



*From the  
Pulpit of  
Seabury  
Chaplain*

*The Reverend  
Dr. Gail Keeney-Mulligan*

## The Front Pew



### Center for Spirituality

It's the season of thanks for everyone. Join us for an **Interfaith Thanksgiving Forum** with a Rabbi, an Imam, a Roman Catholic priest, a Protestant and an Episcopalian addressing our unity in life, giving thanks to our one God.  
**Monday, November 22nd, 7 p.m., in Heritage Hall**

## Trips!



Don't You Just Love a Bargain? Join us on our annual trip to the **Christmas Tree Shop**. Plan ahead for the treats you need for others or yourself. Sign up for **Monday, 11/1, leave 1:30; shop 2-3:30**. December's shopping trip to West Farms Mall will be the first Monday, and it has a separate signup sheet.

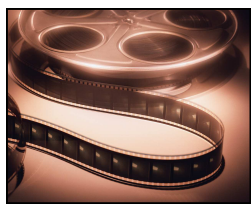
### **The New Britain Museum of American Art** is

featuring exhibits on *M.C. Escher* and *Nantucket Lightship Baskets*. Join us for a guided tour of the Escher, followed by some time on your own at the museum. **Thursday, November 11th, 9:15 a.m. – 1 p.m.** \$19 per person, includes admission and transportation. **Sign up in CAS by November 5th.**



Hall High School Choral Department presents  
**Ye Olde Madrigal Feaste**

A free, magical musical experience, with minstrels, jesters and special guests!  
**Wednesday, 11/17,** leave at 1:15 p.m. \$7 trans. at St. Thomas Seminary



All movies are selected by residents in the *Critics Circle* group, which typically meets on the 3rd Wednesday of the month in the Media Room. The group does its best to find a balance between classic and modern, in order to make a variety of films available to residents. Everyone is welcome to attend, channel your "inner film critic," and help select movies for the following month. Full movie descriptions are available in CAS.

## Seabury Cinema

**11/3** *Mystic Pizza*  
@ 7:15 p.m., HH  
**11/4** *Mystic Pizza*  
@ 7:15 p.m., CH 918  
**11/6\*** *Please Give*  
**@ 2 p.m. MR & 7 15 p.m., HH**  
**11/7** *Bonhoeffer*  
@ 3 p.m., HH  
**11/10** *Follow the Fleet*  
@ 7:15 p.m., HH  
**11/11** *Follow the Fleet*  
@ 7:15 p.m., Ch 918  
**11/13\*** *Winter's Bone*  
@ 2 p.m. & 7:15 p.m., HH  
**11/14** *Pavarotti*  
@ 3 p.m., HH  
**11/16** *An Officer & A Gentleman*  
**@ 7:15 p.m., HH (Tuesday)**  
**11/18** *An Officer & A Gentleman*  
@ 7:15 p.m., CH 918

**11/20\*** *City Island*  
@ 2 p.m. & 7:15 p.m., HH  
**11/21** *Frank's Best*  
@ 3 p.m., HH  
**11/24** *In Her Shoes*  
@ 7:15 p.m., HH  
**11/25** *Victor Borge's Birthday Gala*  
@ 3 p.m., HH  
**11/25** *In Her Shoes*  
@ 7:15 p.m., Ch 918  
**11/27\*** *Charlotte Gray*  
@ 2 p.m. & 7:15 p.m., HH  
**11/28** *Andre*  
@ 3 p.m., HH

\*Reminder: Saturday Movies are also shown at 6 p.m. on Sundays in the Views North Lounge

## November Program Highlights

The Hospitality Committee cordially invites you to a **Harvest Social and Mixer Dinner** for an opportunity to meet newcomers, as well as have a meal with someone new. **Wednesday, 11/3, 5 p.m., TOS.**

**Security Meet & Greet Breakfast.** A great chance to meet the team who is here for us 24/7. Learn more about each Security Officer and how they have become ready, willing and able responders to us all. **Thursday, 11/4, 8 a.m.** Start TPC for breakfast, proceed to MDR or just come to listen!

Yes, there is a Food Drive every month sponsored by the Action Forum, but do you know why? Learn the benefits of the **Food Share Program** from its **President and CEO, Gloria J. McAdam**, who has served the organization for 26 years, providing education, outreach and advocacy on behalf of our hungry neighbors. Did you know your donations contribute to the 12 million pounds of donated food distributed to over 300 local groups and organizations that are feeding hungry people? Thanks for making a difference in someone's life! **Thursday, 11/4, 1:30 p.m., HH.**

**How to Structure the Day for Persons with Alzheimer's** Patty O'Brian, Central Regional Director with the Connecticut Chapter of the Alzheimer's Association presents this informative program. **Thursday, 11/4, 6 p.m., HH**

**All Rachmaninov Program.** Gary Price, a music educator for over thirty years in Virginia, is new to our stage but an old friend of Nina Fagan, who recommends him highly as a musical artist who shares his talents for reflection, enlightenment, encouragement, and a healing balm to the human spirit and soul. **Saturday, 11/6, 3 p.m., HH.**

What's all the excitement in the new *Center for Successful Aging*? Learn more about the **New Technology of Balance** equipment that senses fall detection via a motion signal, and the mobile communication safety device that provides immediate assistance to the wearer. Come learn about these innovative devices that minimize your fall risk. **Tuesday, 11/9, 2 p.m., HH.**

Join a new discussion group for **Caregivers** who have concerns about Alzheimer's disease and related dementias. Facilitated by Beth Lomasky, this group will meet monthly the second Tuesday of each month starting **Tuesday, 11/9, 3 p.m. in the Center for Successful Aging (CSA).**

**Tellabration Presents!** A Veteran's day remembrance with **Storyteller Arnold Pritchard** sharing memories through letters from his father who served in World War II. **Tuesday, 11/9, 7 p.m., HH.**

**Mobility and Stability: Get to Where You're Going Safely with Your Walker or Cane.** **Sylvia Dibiasi, M.S., P.T.,** will help you determine the most effective way to use an assistive device. Also, now is a good time to come by if you have back, shoulder, arm, or wrist pain, as your walker may not be adjusted properly to your height. **Thursday, 11/11, 1:30 p.m., HH.**

**A Salute to Seabury Veterans!** Wear your uniform, or parts of it, and your or your family's medals and ribbons so all can be honored at a special **Medals & Ribbons Dinner.** Bring your memories to share too! **Thursday, 11/11, MDR**

As a follow up to the successful live presentation last month on Christian-Islam understandings, **In Support of Democracy presents** a powerful feature film, **"Pray the Devil Back to Hell."** This is a story of the thousands of Christian and Muslim Liberian women who helped end the bloody civil war there in 2003. This 72-minute film has been hailed as a success story documentary that needs to be heard. Don't miss! **Saturday, 11/13, 10 a.m., HH.**

**Pianist Fred Moyer** returns with his magical touch on the keyboard that you all enjoy. His program will be a mix of old and new to delight all musical tastes. **Wednesday, 11/17, 7 p.m., HH.**

**Senior Academy\* Presents the Symphony!** Second in a series of four presentations, today enjoy a **Classical Jazz Ensemble** who will help you explore the BEAT! If you have not registered; you may attend and pay \$10 at the door via cash or check. **Thursday, 11/18, 10:30 a.m.\*** Senior Academy is a joint venture of the Seabury and Duncaster Retirement Communities, providing residents with dynamic learning opportunities. See Linda Kulick for more information.

Encore! presents a **Unique Boutique.** Many special purchases. See posters & ad on page 8 for details. **Thursday, 11/18, 3-5 p.m., HH.**

**Better Hearing Group** presents guest speaker, **Paul Simison.** Mr. Simison served as a teacher for the deaf and hearing impaired and has a Master's degree in audiology. He has been a consultant for the CREC program, the CT Institute for the Blind, and the Gillette Hearing Center. He now practices at the Hearing Improvement Center. **Friday, 11/19, 3 p.m., HH.**

# IMPORTANT ESSENTIALS

## TO YOUR HEALTH

Dr. Coll will speak about *Flu Season and the Common Cold* on Friday, November 5th, at 11 a.m. in Heritage Hall.

## THE SEABURY CLINIC

### PLEASE NOTE:

**THE CLINIC IS CLOSED SATURDAYS, SUNDAYS, AND HOLIDAYS**

**FOR APPOINTMENTS** call (860) 243-6080 and *leave a message*. Messages are retrieved at 9 a.m., 12 & 3 p.m. You will be contacted to schedule an appointment.

### **BLOOD PRESSURE SCREENINGS**

Every Wednesday from 10 - 12 p.m. No appointment needed.

## FOOTNOTES FROM THE LIBRARY COMMITTEE

Library Chairperson Joy Floyd expresses many thanks to Dave Swicker and Bob McComb for donating the wood from a Butternut tree grown on Bob's property in Granby, and for designing and producing the beautiful book shelf, which now holds the New Book section in the library.

The next Seabury authors to present their books will be Bob McComb, Mims Butterworth and Bill Taylor. Bob will present on January 23, 2011, while the latter two will be announced.

### Interesting Library statistics:

This year, 1,981 books circulated among approximately 1,173 residents. Committee Vice-Chair Margaret Sax announced that for *every book purchased*, there were approximately *10 books donated*. One book was purchased in memory of Gary McKeown, who was a member of the library committee for many years.

The Library subscribes to only *one* magazine each year, the large print *Reader's Digest*. All other magazines are donated by Seabury residents.



Want to shop on Tuesday or Friday? Call (860) 243-6070

## TRANSPORTATION

Routine medical transportation is available. Please complete a transportation request form (found in the rack across from the US mail boxes and at the Clinic Desk), then bring it to the Clinic.

Questions? Contact Maura Mazur, the Transportation Coordinator, directly at (860) 243-6058. She is available Monday–Friday, 8 a.m. to 4:30 p.m.

### Medical Transportation

Mon/Wed/Fri:

Bloomfield, Hartford, West Hartford

Tues/Thurs:

Avon, Farmington, Simsbury, Windsor

## Encore! *presents* a *Unique Boutique*

With many special, elegant items for sale

**Thursday,  
November 18th,  
3-5 p.m.,  
Heritage Hall**

Holiday Gifts,  
Fine Art Sculptures,  
Limoges, Wedgwood,  
Spode, Lenox, Steuben,  
Sterling, Murano Glass,  
Royal Doulton & More!

*We regret that we are  
unable to hold items.  
No clothing items  
will be available.*

## SUNDAY CHURCH SHUTTLE

Please sign up at the Front Desk by **2 p.m.** on **Friday**.

**If no one is signed up, there will NOT be a driver available.**

We will depart from the Front Lobby at **9:30 a.m.** Sundays.

Route includes:

*Bloomfield*

*Congregational,*

*St. Stephen's*

*Episcopal,*

*Sacred Heart Roman Catholic, and*

*Old St. Andrew's Episcopal*



## MALL SHOPPING

Mall trips are offered **for a minimum of 5 shoppers.**

Leave Seabury at 12:30 p.m., pickup at 3:30 p.m.

Next trip:

**December 6, West Farms Mall**

Sign up in the Activity Book in CAS



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