



# Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

SEPTEMBER 2017

## Your Encore Dollar (and Volunteers) Hard at Work

Seabury's resident-run thrift shop, Encore! has been going strong for over 20 years. It is the embodiment of the phrase, "reduce, reuse, recycle." With the help of many resident volunteers and countless enthusiastic shoppers, we are proud to report that, since it's humble beginnings, Encore! has raised over \$250,000. Proceeds from Encore! fund all Independent Residents' Council committees, and are used to purchase items needed within the Seabury community.



Encore! receives a yearly budget to cover the expenses of purchasing laundry and dishwasher detergent (everyone prefers to buy clean items), price tags and stickers, and printing costs for our advertising signs. Volunteers spend upwards of 80 hours per week processing, cleaning, pricing, and arranging donations.

Items that are donated that we are unable to sell are, in turn, donated to several local charities. Of course, we wouldn't be able to do it without all of you in the Seabury Community. As you may have surmised, it is no accident that sale days coincide with Seabury's payday, as Seabury employees are our most loyal customers! We have a special event coming up, our annual **Unique Boutique** holiday sale November 9th. **Please save the date !!**

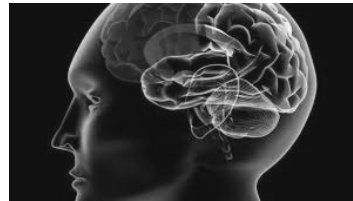


## UCONN's Adult Learning Program (ALP)

**ALP** is a volunteer, non-profit organization established over 20 years ago, offering fall, winter, and spring educational programs for older adults in the Greater Hartford area. It is sponsored by UConn and Road Scholar (formerly Elderhostel). The presenters are ALP members, local university professors, and other professionals. Topics on music, including opera, global issues, health care and Medicare, as well as discussions and learning techniques to perfect your poetry and writing skills are being offered. We invite you to attend the preview, then sign up for one or more of the many multi-session and single-session courses that will be held between September and December. Seabury residents are offered a special discounted ALP membership fee. See the ALP Horn for details.

**ALP Fall Preview** to meet the instructors and hear the keynote speaker James Judge, M.D. and his topic is *Keeping your brain healthy and encouraging cognitive health*

**Thursday, September 7, from 9:30 a.m. to 12 noon in Heritage Hall. Join us for refreshments 8:30 a.m., Top of the Stairs (TOS)**



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\*

### "A CUT ABOVE" SALON

### Candace Mattingly

(860) 243-6090

\*

### PS Salon & Spa

at Seabury

(860) 286-4273

\*

### Massage Therapy

### Evan Williams &

### Tria Anderson

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. Everyone is welcome. Full movie descriptions are available in CAS.

## Center For Spirituality

John Philip Newell doesn't wear robes or even a clerical collar, though he is an ordained minister of the Church of Scotland. Dressed in casual clothes, he welcomed a dozen of us from Seabury and more than a hundred others from around the country to his nascent School of Celtic Consciousness.



The theme of this first of a series of three annual retreats at Mercy By The Sea in Madison was *Listening for the Heartbeat of God*, the title of one of Newell's books. Basing his presentations on the writings of 5th century theologian, Pelagius, the Irish tradition of Saint Brigid, and the writings of modern French theologian Teilhard de Chardin, Newell insisted on the importance of seeking and seeing God in all creatures and things, and in ourselves. "The universe," he said, "is shot through with the radiance and presence of God. God's goodness is in every one of us. When we look to see the sacred being, or Jesus, in another person, we will find it." And, moreover, if we treat others as if they are Jesus, they are more likely to act like him.

Indeed, for forty-eight hours under shinny skies on the Connecticut shore, it was easy to perceive God's radiant presence in all things. Beyond Newell's enlightening talks, we meditated, chanted, shared personal stories, walked, swam, and reflected individually and in discussion on ways to enrich our own spiritual lives and the spiritual lives of the communities in which we live, work and play. We were blessed.

Newell returns to Madison next July for the second installment in his Celtic Consciousness series. We hope you can join us. Meanwhile, we hope to host at least a single-day retreat at Seabury in the coming months. We will keep you posted.

Shalom,  
Chaplain Bob and Kathy Carle



## Seabury Cinema

- |             |   |  |
|-------------|---|--|
| <b>9/2</b>  | <i>Fantastic Beast</i><br>@ 7:15 p.m., HH                 | @ 2 p.m. & 7 p.m. CH 918<br>*Above films play in rotation on<br>CH 919 9/20-9/27   |
| <b>9/3</b>  | <i>Fantastic Beast</i><br>@ 2 & 7 p.m., CH918             |  |
|             | *Above films play in rotation on<br>CH 919 from 9/6-9/13  |  |
| <b>9/6</b>  | <i>Pauline and Paulette</i><br>@ 6:45 p.m., HH            | <b>9/20</b> <i>Black Hawk Down</i><br>@6:45 p.m., HH   |
| <b>9/7</b>  | <i>Pauline and Paulette</i><br>@ 7:15 p.m. CH 918         | <b>9/21</b> <i>Black Hawk Down</i><br>@7:15 p.m. CH 918  |
| <b>9/9</b>  | <i>Hacksaw Ridge</i><br>@ 7:15 p.m., HH                   | <b>9/23</b> <i>The Salesman</i><br>@ 7:15 p.m., HH   |
| <b>9/10</b> | <i>Hacksaw Ridge</i><br>@ 2 p.m. & 7 p.m. CH 918          | <b>9/24</b> <i>The Salesman</i><br>@ 2 p.m. & 7 p.m. CH 918<br>*Above films play in rotation on<br>CH 919 from 9/27-10/4 |
|             | *Above films play in rotation on<br>CH 919 from 9/13-9/20 | <b>9/27</b> <i>Money Ball</i><br>@6:45 p.m., HH  |
| <b>9/13</b> | <i>Anna Christie</i><br>@ 6:45 p.m., HH                   | <b>9/28</b> <i>Money Ball</i><br>@7:15 p.m. CH 918   |
| <b>9/14</b> | <i>Anna Christie</i><br>@ 7:15 p.m., CH 918               | <b>9/30</b> <i>Silence</i><br>@ 7:15 p.m., HH  |
| <b>9/16</b> | <i>Other People</i><br>@ 7:15 p.m., HH                    | <b>10/1</b> <i>Silence</i><br>@ 2 p.m. & 7 p.m. CH 918<br>*Above films play in rotation on<br>CH 919 from 10/4-10/11     |
| <b>9/16</b> | <i>Other People</i>                                       |  |

## Beyond The Plate

Hello and greetings from your Culinary Team!

This month will be the start of our new Main Dining Room and Bistro cycle menus for the fall season, September thru November. I am in communication with Wades Vegetable Stand and Rosedale Farm to locally source fruits and vegetables that will be used in the new fall menus for the extent it is available. To help with planning your meal a description of the themed buffets, Saturday Buffets and Sunday Brunches the menus will be posted at the entrance to the Main Dining Room and will also be featured on the digital sign outside of the Main Dining Room.

I would like to extend a very special thank you to our residents who continue to participate in the menu planning committee. Your input with menu suggestions for both the Main Dining Room and the Bistro are invaluable in helping us provide you with the best food options and service. Please let myself or anyone on the culinary team know if there is anything we can help you with.

As a reminder , Al Fresco dining with the nice fall weather, so feel free to enjoy your Bistro meal on the new deck, or at the tables in the center courtyard!

~Chef Eugene



### **Flight and Bites (Wine and Food Tasting).**

Keep an eye on the mail for your invitation to Enjoy samples of wine and summer food pairing. Choose your favorite or try something new.

Please RSVP once you receive your invitation.

**Sunday, September 10,  
4:00 p.m., Main Dining  
Room Cost \$22.50 per  
person** Sign up in Activity

Book Community Activity Space (CAS)



### **VIP Tea**

The Executive Team will be joining you, our VIPs, for tea and talk!

**Friday,  
September 1, 2017, 1:45p.m.  
Top of Stairs (TOS)**



## Hospitality Committee

### **New Resident Welcome Reception**

**Tuesday, September 12  
Main Dining  
Room**

9 a.m. coffee & pastries, brief introductions, then time for getting acquainted.



**Please wear your nametag!**

### **Mixer Dinner**

Wednesday,  
September 20, 2017.

The theme is "Summer Memories Past and Present", The gathering starts at 4:45 p.m.. Dinner 5:15 p.m. or 6:00 p.m.. There will be ample time for good conversation. Please sign up at CAS for the early or late dinner seating. See you there!



~Hospitality Committee



# Seabury A Balanced Life Calendar of Activities Brought to You by Resident Services

## SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Encore</b> Receives <b>DONATIONS</b> <b>EVERY TUESDAY.</b> 9:00am-noon</p> <p>Sign Up in <b>CAS</b> for Event When Indicated With <b>DOUBLE STARS</b> **</p> <p><b>Resident Shop</b> <b>Open</b> <b>Thursday</b> 10:00a.m-Noon</p>	<p><b>Abbreviations:</b> B &amp; G: Buildings &amp; Grounds E &amp; E: Education &amp; Entertainment S &amp; C Suggestions &amp; Concerns 2 G's: Garden &amp; Greenhouse</p> <p><b>Rooms</b> <b>ATR</b> Atrium <b>BC</b> Business Center <b>BP</b> Bistro Parlor <b>BR</b> Billiards Room <b>CAS</b> Community Activity Space <b>CH</b> Chapel</p>	<p><b>Rooms Cont.</b> <b>CLD</b> Clinic Desk <b>GV</b> Garden View <b>GR</b> Game Room <b>HH</b> Heritage Hall <b>HP</b> Hearthside Parlor <b>L</b> Library <b>MDR</b> Main Dining Room <b>MR</b> Media Room <b>NL</b> North Lounge <b>TOS</b> Top of Stairs</p>			<p><b>1</b> 11:00 Dr. Coll Lecture: Bone Health 1:00 Shop Stop and Shop <b>1:45 VP Tea</b> 7:00 Bridge</p> <p><b>HH</b> <b>TOS</b> <b>CAS</b></p>	<p><b>2</b> 9:00 Men's Mug Club 10:30 ISOD Steering Committee <b>CAS</b> <b>GV</b> 4:30 Drop In Social <b>HP</b> 7:15 Movie: <i>Fantastic Beast and Where to Find Them</i> <b>HH</b></p>
<p><b>3</b> 10:30 Communion <b>CH</b> 3:30 Sing-a-Long <b>TOS</b> 2:00 and 7:00 Movie: <i>Fantastic Beast and Where to Find Them</i> <b>CH918</b></p>	<p><b>4</b> <b>NO Chorus</b> <b>NO Open Studio</b> 3:00 MahJongg 3:00 Meditation 7:00 Dup. Bridge <b>CAS</b> <b>Labor Day</b></p>	<p><b>5</b> 9-4 Bank Open 10:00 Shop Geisslers 1:00 Encore! Committee Meeting 3:30 Knit 'n Stitch 4:00 Action Forum 4:30 Drop In Social</p> <p><b>CAS</b> <b>HP</b> <b>CAS</b> <b>HP</b></p>	<p><b>6</b> 9:00 Hospitality Committee 10:30 Community Chapel 3:00 Meditation 7:00 Cribbage 6:45 Classic Movie: <i>Pauline and Paulette</i> <b>HH</b></p>	<p><b>7</b> 9-4 Bank Open <b>8:30 ALP Fall</b> <b>Preview Meeting</b> <b>TOS/HH</b> 10:30 Catholic Communion 1:00 ALP Curriculum Meeting 1:00 Chimes 3:30 Together To Music 7:15 Classic Movie: <i>Pauline and Paulette</i> <b>CH918</b></p>	<p><b>8</b> <b>11:00 Global</b> <b>Aging Conference</b> <b>Session</b> <b>Presentation with</b> <b>VP of Community</b> <b>Life Pegeen</b> <b>Sullivan</b> 10:00 iPad Class 1:00 Shop Stop and Shop 7:00 Bridge <b>HH</b> <b>HH</b> <b>BC</b> <b>CAS</b></p>	<p><b>9</b> 9:00 Men's Mug Club 10:00 ISOD 4:30 Drop In Social 7:15 Movie: <i>Hacksaw Ridge</i> <b>HH</b> FOOD DRIVE this Weekend</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10</b> 10:30 Communion <b>CH</b> <b>4:00 Flights and Bites**</b> <b>MDR</b> 2:00 and 7:00 Movie: <i>Hacksaw Ridge</i> <b>CH918</b>	<b>11</b> 10:00 Health Services Com. <b>CAS</b> 1:00 Open Studio <b>CAS</b> 1:00 Chorus <b>CH</b> 3:00 MahJongg <b>GR</b> 3:00 Meditation <b>CH</b> 7:00 Dup. Bridge <b>CAS</b>	<b>12</b> 9-4 Bank Open <b>9:00 New Resident Welcome</b> <b>MDR</b> <b>10:00 Shop Stop &amp; Shop</b> <b>HP</b> <b>10:00 Primay's Voting Bus**</b> 11:00 Trails Comm. <b>GV</b> 3:30 Knit `n Stitch <b>HP</b> 4:30 Drop In Social <b>HP</b> <b>7:15 Hartford Men in Harmony</b> <b>HH</b>	<b>13</b> <b>10:30 Resident Council</b> <b>HH</b> <b>1:00 Fannie Book Group TR</b> 2:00 Communications <b>BC</b> 3:00 Meditation <b>CH</b> 7:00 Cribbage <b>CAS</b> 6:45 Classic Movie: <i>Anna Christie</i> <b>HH</b>	<b>14</b> 9-4 Bank Open Encore Opens 10-3 1:00 Chimes <b>CH</b> <b>2:00 Ice Cream Social with Music by Mass-Conn-Fusion</b> <b>HH</b> 3:30 Together To Music <b>CAS</b> 5:15 Birthday Fun <b>MDR</b> 7:15 Classic Movie: <i>Anna Christie</i> <b>CH918</b>	<b>15</b> <b>11:00 Active Aging Lecture with Kelly Allen : Eating For a Shaper Mind</b> <b>HH</b> 1:00 Shop Stop and Shop <b>TOS</b> 1:45 Tea 3:00 Poet and Writers <b>HP</b> 7:00 Bridge <b>CAS</b>	<b>16</b> 9:00 Men's Mug Club <b>CAS</b> <b>10:00 Storytellers</b> <b>HH</b> <b>1:00 Apple User Group</b> <b>CAS</b> 4:30 Drop In Social <b>HP</b> 7:15 Movie: <i>Other People</i> <b>HH</b>
<b>17</b> 10:30 Communion <b>CH</b> 3:30 Sing-a-Long <b>TOS</b> 2:00 and 7:00 Movie: <i>Other People</i> <b>CH918</b>	<b>18</b> 8:30 Men's Breakfast <b>MDR</b> 10:00 Dining Com. <b>BP</b> 10:00 ALP <b>HH</b> 1:00 Chorus <b>CH</b> 1:00 Open Studio <b>CAS</b> 1:30 Resident Shop Com. <b>MR</b> 3:00 MahJongg <b>GR</b> 3:00 Meditation <b>CH</b> 7:00 Dup. Bridge <b>CAS</b>	<b>19</b> 9-4 Bank Open 10:00 2G's Com. <b>GV</b> 10:00 Shop Geisslers <b>GV</b> 3:00 E&E <b>HP</b> 3:30 Knit `n Stitch <b>HP</b> 4:30 Drop In Social <b>HP</b>	<b>20</b> 10:30 Community Chapel <b>CH</b> <b>1:00 Hartford Stage</b> <b>CH</b> <b>2:00 Resident Council Annual Meeting</b> <b>HH</b> 3:00 Meditation <b>CH</b> NO Critic's Circle <b>4:45 Mixer Dinner</b> <b>TOS</b> <b>CAS</b> 7:00 Cribbage <b>CAS</b> 6:45 Classic Movie: <i>Black Hawk Down</i> <b>HH</b>	<b>21</b> 9-4 Bank Open 1:00 Chimes <b>CH</b> 3:00 Caregiver's Support Group <b>GV</b> 3:30 Together To Music <b>CAS</b> 7:15 Classic Movie: <i>Black Hawk Down</i> <b>CH918</b> <b>Rosh Hashanah Begins</b>	<b>22</b> 10:00 iPad Class <b>BC</b> 10:00 Flowers and Décor Comm. <b>CAS</b> 1:00 Judaic Service <b>CH</b> 1:00 Shop Stop and Shop <b>CAS</b> 7:00 Bridge	<b>23</b> 9:00 Men's Mug Club <b>CAS</b> 4:30 Drop In Social <b>HP</b> 7:15 Movie: <i>The Salesman</i> <b>HH</b>
<b>24</b> 10:30 Communion <b>CH</b> 2:00 and 7:00 Movie: <i>The Salesman</i> <b>CH918</b>	<b>25</b> 10:00 Library Com. L <b>CH</b> 1:00 Chorus <b>CAS</b> 1:00 Open Studio <b>HP</b> 1:00 ALP <b>GR</b> 3:00 MahJongg <b>SP</b> 3:00 Meditation <b>CAS</b> 7:00 Dup. Bridge <b>HH</b> <b>7:15 Duo Alterity</b> <b>HH</b>	<b>26</b> 9-4 Bank Open 8:30 Buildings and Grounds <b>MR</b> 10:00 Shop Stop & Shop <b>HP</b> 3:30 Knit `n Stitch <b>HP</b> <b>3:30 Seabury Community Forum</b> <b>HH</b> 4:30 Drop In Social <b>HP</b>	<b>27</b> <b>11:00 Drumming Circle</b> <b>CH</b> 2:00 Sports and Games <b>GV</b> 3:00 Meditation <b>CH</b> 4:00 Artist Meeting <b>ATR</b> 7:00 Cribbage <b>CAS</b> 6:45 Classic Movie: <i>Money Ball</i> <b>HH</b>	<b>28</b> 9-4 Bank Open Encore Open 10-3 <b>9:00 Trip: Peabody Museum**</b> <b>HH</b> 10:00 ALP <b>CH</b> 1:00 Chimes <b>3:00 Parkinson Group</b> <b>GV</b> 3:30 Together To Music <b>PS</b> 7:15 Classic Movie: <i>Money Ball</i> <b>CH918</b>	<b>29</b> <b>12:30 ESCO Help Desk</b> <b>HP</b> <b>1:00 Board Games Day</b> <b>CAS</b> 1:00 Shop Stop and Shop <b>CAS</b> 7:00 Bridge	<b>30</b> 9:00 Men's Mug Club <b>CAS</b> 4:30 Drop In Social <b>HP</b> 7:15 Movie: <i>Silence</i> <b>HH</b> <b>Yom Kippur</b>

Expired or unused prescription disposal 9/25-9/28. Please see page 8 for more details !

## Resident Services Corner Save The Date

Another exciting month with a concert from  
**American Concert Pianist Fredrick Moyer**  
on Friday, October 6th. 7:15p.m., Heritage Hall (HH)



**Autumn Harvest Fest** on Friday, October 13th.  
A morning of fun begins at 9:00 a.m. on the Fitness Deck with refreshments and guided hikes on the trails. More details to come!

**Cuatro Puntro ROOTS AT 40**– The Journey of the African American Composer in the 20th Century– October 23, 2017, 7:15 p.m.  
Heritage Hall (HH)



Show off your sense of humor or sense of style with the rest of us characters!  
On **Tuesday, October 31st**, we will don our duds and meet in the main lobby at **3:00 p.m.** to begin the **Annual Halloween Parade**.

We will march throughout the building, spreading laughter and cheer to residents in the Brewer & Davis Centers and the Views, ending in Heritage Hall for refreshments and prizes



## Upcoming Trips

### **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: **October 9**  
**Buckland Mall in Manchester**  
Sign up in the Activity Book in CAS



There are still a few spots on the overnight trip to see the  
**Terra Cotta Warriors** in  
Philadelphia on  
November 4-5, 2017. Call Jodi for details  
or to sign up! Final payment is due by  
**September 15th, so don't delay!**

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

Join us for a visit to the **Yale Peabody Museum!**



We will drive down to Yale for a tour of the general collection, then there will be time to explore on your own, before we make a stop for lunch at a local restaurant.

Thursday, September 28, Leave Seabury 9 am, return by 2. \$22 per person includes admission and transportation.  
Minimum 10 to go. Sign up in CAS.

### **Vermont Fall Foliage**

Don't miss out on chance to awaken your senses! We're heading north to enjoy the changing foliage en route to Bennington, VT to visit the Pottery, then a taste of autumn lunch at the Publyk House, and a visit to Furnace Brook Winery to sample wines and cider.

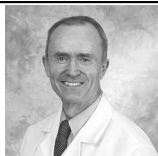
**Tuesday, October 3, 2017, 8 a.m. to 6:30 p.m.** \$82 per person, all inclusive! Sign up by September 5th.

Checks made payable to Friendship Tours.

Friends and Family are welcome to join you!  
Call Jodi 860-243-6035 with questions



## Program Highlights



Seabury's Medical Director Dr. Coll returns to the health lecture circuit  
**September 1, 2017, 11:00 a.m. Heritage Hall.**  
Topic: *Bone Health*

**Democratic Primary Political Panel** – Bloomfield primaries are fast approaching, please join ISOD and the local candidates for this panel discussion. **Date To Be Announced**

**Watercolor Classes with instructor Delores Howard** – This class is taught for every level: learn basic techniques of the media of watercolor, or hone your skills in this open setting. Cost is \$10 per class session, paid directly to the instructor, and will be held on **Wednesdays, beginning September 6, 1:30-3:30 p.m., Community Activity Space (CAS)**

**ALP Fall Preview** – This is your chance to visit with course presenters for the Fall Semester. Tables will be set up in Heritage Hall for you to peruse and ask questions or obtain further information about a particular course or single session. **Thursday, September 7, 8:30 a.m. refreshment Top of Stairs (TOS) 9:30 a.m., Heritage Hall (HH)**

**Together to Music-** Easy walking steps and arm motions. Communal and musical experience are emphasized over faithfully executing the movements. Participants should be mobile without assistive devices. **Every Thursday, 3:30 p.m., Community Activity Space (CAS)**

**iPad Class** – Apple's iPads are a great piece of technology that can enhance your life in many ways though, as with any technology, they can take some getting used to. Come learn how to get the most out of your iPad. **Second and Fourth Friday, 10:00 a.m., Business Center (BC)**

This summer has been nothing if not tropical, so we're planning an **Ice Cream Social** Music by Mass-Conn-Fusion Upright Bass and Saxophone! Residents, family and friends are invited to this Seabury campus-wide event on, **Thursday, September 14, 2:00 p.m. at the Hilltop.**

**Health Lecture Series with Kelly Allen Senior Rehabilitation Director** *Topic this month: "Eating For a Sharper Mind"*– . **Friday, September 15, 11:00 a.m. Heritage Hall (HH)**

**Apple User Group**– Join facilitator Marc Edrich for Apple User Group, an informal gathering of Apple product users. Bring your iPad, iPhone, or other Apple devices. Ask questions, learn tips and tricks, and share your knowledge. Beginners welcome. **Saturday, September 16, 1:00 p.m., Community Activity Space (CAS)**

**POETS & WRITERS**-With Fall approaching, We've chosen to hold an *introductory* meeting for our group of residents who delight in the power of words. We're a group of folks who enjoy the written and spoken word. We welcome all new residents to join us in choosing the day for our meeting, and getting to know each other. **Friday, September 15, 3:00 p.m. Hearthside Parlor (HP)**

Please RSVP to Kathy Carle (860)906-1372.

**Duo Alterity flute and guitar.** The incredible wonders of our world, and the wild dreams only possible in our deepest imaginations have been combined to create "Dreamscapes." The result is an eclectic program which takes our listeners on a breathtaking journey through our surrounding world, and within ourselves. We hope you will join us on this musical journey through the landscapes of our dreams! **Monday, September 25, 7:15 p.m., Heritage Hall (HH)**

## IMPORTANT ESSENTIALS

THE SEABURY CLINIC	TRANSPORTATION	DRUG DISPOSAL
<p><b>Please Note:</b> A Clinic Nurse is Available on Saturdays &amp; Sundays by Appointment.  <b>For Appointments</b> call (860) 243-6080 and <i>leave a message</i>. Messages are retrieved at 9 a.m., 12 &amp; 3 p.m. You will be contacted to schedule an appointment.</p> <p style="text-align: center;"><b><u>BLOOD PRESSURE SCREENINGS</u></b>                      Every Wed. from 10 a.m. - 12 p.m.                      No appointment needed.</p>	<p style="text-align: center;">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.</p> <p style="text-align: center;"><u>Medical Transportation</u>  <u>Mon/Wed/Fri:</u>                      Bloomfield, Hartford, West Hartford  <u>Tues/Thurs:</u>                      Avon, Farmington, Simsbury, Windsor</p>	<p style="text-align: center;">Drug Disposal for used or discontinued medication Seabury Wellness Clinic on September 25<sup>th</sup>-28<sup>th</sup>. 1:30PM and 3:30PM. Please bring your medications in the original bottles and staff will place your medications into a collection bin.</p> <p style="text-align: center;">The following types of medications are not included and cannot be placed in the collection bin. Liquid medications, Inhaled medications, creams, and topical patches. Used needles CANNOT be disposed of in this collections as well. If you should have any questions, please feel free to contact the Seabury Wellness Clinic at 860-243-6080.</p>
<p style="text-align: center;"><b><u>Reminder:</u></b>                      Additional copies of the <i>Seabury Monthly</i> are available from Jodi or Tiffany</p>		

### **Seabury Artists Group with Featured Speaker on Framing ALL residents invited !**

The Seabury Artists Group If you paint, photograph, sculpt, pot, embroider, Please come join our group, **September 27th, Atrium, 4 PM** this will serve as our September/October Meeting. Learn more about how you can be involved.



This is for all artists. or more information, please contact Rozanne Hauser  
 860 243 5339 or rch@rozannehauser.com

### Get Involved!

#### **Residents Association Annual Meeting on Wednesday, September 20, at 2 p.m. in Heritage Hall.**

Committee chairs from this past year will be reporting on the year's activities, so this is a great way to hear about what each committee is up to! We will also be voting on the slate of Officers for the 2017-18 year. We need a quorum of 70, so please all come!

### FOOTNOTES FROM THE LIBRARY COMMITTEE

As the fall season begins, Seabury enters an exciting new season!  
 Welcome to the library!

Upon entering you will find the magazine racks, and on the shelf facing the stairs, a lovely display of interesting books. You can discover newly purchased books and look over the variety of bulletins on health and other timely topics found near the back window. We offer large print, fiction, biography as well as a wide selection of books on a variety of subjects to awaken and refresh your Fall Reading interests. You can use the sign-out book or bring your key card, zap it under our "magic machine", then zap the barcode on the back of the books you take out and venture forth with a new adventure.



Feel free to join the Library Committee as Fall begins  
 we would love to have you!