



Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

May 2011

Bishop's 5K for Kids

It's time again to get out and join Team Seabury for a 3-mile walk through beautiful West Hartford. All proceeds for the walk/run go to the Bishops' Fund for Children. The Episcopal Diocese of Connecticut established the Bishops' Fund for Children in 1994 under the leadership of Bishop Clarence Coleridge. The Bishops' Fund was created to enhance awareness of the plight of children at risk throughout Connecticut, to give Episcopalians in Connecticut the opportunity to pray for children at risk, and to raise funds to underwrite social service programs that aid these children in our urban, suburban, and rural neighborhoods. The service providers are both church and non-church related. The recipients are from varied ethnic and religious backgrounds.



Bishop's 5K for Kids & Kids' Field Day

Children's Mini-run at 9:15; The Walk/Run starts at 9:30. There is a \$20 registration fee (deadline is May 11th). Not sure about walking that far? Why not volunteer! They can use help registering participants, distributing water, and more!

Contact Courtenay (860) 243-6007 to register, sign up for transportation (bus leaves at 8:15 a.m.), or for more information.

For more information about the Bishop's Fund, its recipients, or the *Bishop's 5k for Kids*, please go to www.bishops5kforkids.org and follow the links!

If you participate in our Go!green Initiative, you can count 3.1 miles toward your marathon!



The *Bishop's 5K for Kids* will be held on **Saturday, May 14th** at the Webster Hill School, West Hartford. Registration begins at 8 a.m. Pre-walk Yoga Warm-up at 8:30. There are events for children, including a

Go! green Update

We have added to the growing list of marathoners! Keep up the good work as we push toward our deadline of June 4th National Trails Day! We have a new **Seabury Trails Meditation Guide** that emphasizes the spirit in nature using original artwork, photos, poetry and scripture. We welcome you to join us as we launch this fabulous collection on Monday, May 16, 2011 at 7 p.m. in Heritage hall.

We have a lot planned this month: Birding Hikes meet at the Hilltop Pavilion at 8 a.m. sharp on May 7th and 21st. We must start so early because it isn't just a saying, it's true: the early bird gets the worm! The birds are out in profusion from dawn until about 9 a.m. so you won't want to miss this special treat!

INSIDE THIS ISSUE:

WELLNESS SPOTLIGHT	2
GREEN EXERCISE!	3
ENERGY TIP OF THE MONTH	3
CALENDAR	4
FRONT PEW	6
SEABURY CINEMA	6
PROGRAM HIGHLIGHTS	7
IMPORTANT ESSENTIALS	8
TRANSPORTATION INFO	8

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Tuesday-Friday
8:30-3:00

Wellness Spotlight: Physical Dimension of Wellness

So Much to Do Outdoors, and So Much Time!

When it comes to outdoor activity at Seabury, we certainly have a variety! You can go for a walk, take a hike, do a little gardening, or participate in a vast array of "outdoor gaming" activities.

Bocce: M, W, F at 10 a.m.; the BIG NEWS is that we have two sizes of balls: *light and regular*, and both are official! So if you have found in the past that the regular balls are unwieldy for you, use the light! Both sets are in the Hilltop Pavilion storage area. Questions? Call Ken Brock at 263-8380.

Croquet: Fridays at 2 p.m.; For more info, call Betty Willis (860) 243-9273.

Horseshoes: Whether you're interested in playing regularly, or just occasionally, we'll be out in good weather on Tuesdays & Thursdays at 10 a.m., and Mon/Wed/Fri at 2 p.m. For more info or to play, call Jim Ballard (860) 243-0134.

Shuffleboard: Fridays at 11 a.m.; Shuffleboard open play is held in the Courtyard near the Greenhouse. For more info, call Stu Babcock (860) 243-3006.

Ladderball: No formal schedule. For info, call Bob Bossler (860) 263-7522.

Petanque: No formal schedule. For info, call Tom Montgomery (860) 242-0070.

You don't have to participate in a formal exercise regime or classes to benefit from "green exercise" (activity outdoors). Just getting outside, moving, gardening, and playing can improve your health!

A group of researchers from the University of Essex, Colchester, UK note their study as follows: "Both physical activity and exposure to nature are known separately to have positive effects on physical and mental



health. We have investigated whether there is a synergistic benefit in adopting physical activities whilst being

directly exposed to nature ('green exercise'). Blood pressure and two psychological measures (self-esteem and mood) were measured before and after the intervention. There was a clear effect of both exercise and different scenes on blood pressure,

self-esteem, and mood. Exercise alone significantly reduced blood pressure, increased self-esteem, and had a



positive significant effect on 4 of 6 mood measures. Both rural and urban pleasant scenes produced a significantly greater positive effect on self-esteem than the exercise-only control. This shows the synergistic effect of green exercise in both rural



and urban environments."*

*J. PRETTY, J. PEACOCK, M. SELLENS, & M. GRIFFIN, "The

Mental and Physical Health Outcomes of Green Exercise, International Journal of Environmental Health Research October 2005; 15(5): 319 – 337

Susan B. Anthony The Invincible!

Seabury and the Adult Learning Program present actress Sally Matson in her portrayal of abolitionist, suffragist, women's rights activist Susan B. Anthony, who worked to achieve equity for women and minorities. On Wednesday, May 25th there will be two performances at 10 a.m. and 1 p.m. in Heritage Hall.

In this time of electronic communication, it is interesting to look back over one hundred years to see how one woman, with no visible means of support, managed to communicate with legislators, philanthropists, and activists from all over the United States before the arrival of automobiles, airplanes, telephones, and computers.

Susan B. Anthony (1820-1906) would have been eager to learn computer technology. She used innovative methods to promote her message; she and her colleagues worked to



advance women—she put up the last \$2,000 from her own life insurance policy to ensure that women were admitted into the University of Rochester. She imagined what women could be.

In 1905, she said, "I firmly believe that some day a woman will be elected President of the United States."

Sally Matson is a graduate of the Northwestern University school of Communication. She performed for the Department of Defense and served as a writer and interviewer on Connecticut Cable Television. Research for the program was conducted at the Huntington, Schlesinger, and Boston

Libraries, and at the Merrimack Valley Consortium. The program is an entertaining history lesson as Anthony's letters, speeches, and diaries reveal her righteous fury, her wit, and her courage. Ms. Matson is honored to portray this courageous activist who continued to believe that, "Failure is Impossible."

Auxiliary Luncheon and Plant Sale

Don't miss the opportunity to mix and mingle, and to hear our keynote speaker, Bishop Ian Douglas.

Thursday, May 12, 2011 beginning with a Social at 11:30 a.m. at the Top of the Stairs, then on for the luncheon in the Main Dining Room. Sign up with Kaila Chianciola (860) 243-6041 ASAP.



The Seabury Auxiliary's Annual Plant Sale will be held on Thursday, May 12, 2011.

Proceeds from the sale pay for "wish list" items that benefit the Seabury community. To *pre-order* plants, see Kaila for an order form. They must be in by April 29th, so the order can be placed on May 2nd. There may be a few extras, but why take the risk?



Energy Tip of the Month

This issue just missed **Earth Day** on 4/22. But remember – these times require that EVERY day needs to be Earth Day for *everyone* in order to ensure that your grandchildren have some semblance of Earth as *we* knew it! So, Tip of the Day:

"Practice daily random acts of kindness to your Mother."

And conservation in all that we use and do is the watchword – Energy, water, air (pollution), trash elimination, you name it!

Support Action Forum's Monthly Food Drive!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Communion CH 3 Musical: 2007 Resident/Staff Show...How the West was Fun!" MR 6 Saturday Movie Hereafter CH918	2 10 Auxiliary Board Meeting CAS SL Mo Finance & Budg. 1 Weight Winners ATR 2 Bali Ha'i Resident/Staff Show for Skilled & Meadows 7 Duplicate Bridge CAS GR 7 MahJongg	3 9-4 Bank Open 10 Shopping 2 Bali Ha'i Resident/Staff Show for Views & At Home 3:30 Knit n' SL 4:45 Drop In! HP 7 Bali Ha'i Resident/Staff Show for A-I HH	4 9 Hosp. Cm. HP 10:30 Comm. & Healing Svc. CH 1:30 Art Class CAS 3:30 Spiritual Reflections CH 7 Cribbage CAS 7 Bali Ha'i Resident/Staff Show J-Z HH	5 9-4 Bank Open 10:30 ALP MR 11-2:30 Encore Open Today! 11:45 Conversational French PDR 1 ALP SL 7 Poker CAS 7 Bali Ha'i Resident/Staff Show for Staff & Outside Guests HH	6 11 Dr. Coll's Health Lecture "Digestive System & Aging" HH 1 Shopping No Chimes 'til Aug! 1:45 A Derby Tea! TOS CAS 7 Bridge	7 8 Birding! Meet Hilltop Pavilion 10 In Support of Democracy Showing Film: "Budrus" HH 7:15 Movie <i>Temple Grandin</i> HH Food Drive This Weekend
8 10:30 Communion CH 3 Video: Sister Wendy's Early Art HH 6 Saturday Movie <i>Temple Grandin</i> CH918 Happy Mother's, Grandmother's & Great Grandmother's Day!	9 10 Health Services HH 2 Mending CAS 3 Exercise Your Mind** (EYM) EWGV 7 Duplicate Bridge CAS GR 7 MahJongg	10 9-4 Bank Open 8 Resident's Breakfast** TPB 10 Shopping 11 Trails EWGV 1 ALP HH 3 Alzheimer's Group CSA 3:30 Knit n' SL 4 Action Forum CAS 5 Gallery Opening w/Artist Nancy Bolgard TOS	11 7:45 TRIP** Boston Museum 9 Res. Council HH 10:30 Comm. & Healing Svc. CH 1:30 Art Class CAS 3 Comm. Cm. BC 3:30 Spiritual Reflections CH 7 Cribbage CAS 7:15 Classic Movie: <i>Gone w/the Wind</i> Part I HH	12 9-4 Bank Open Auxiliary Plant Sale Today 10 Bible Study w/ Bloomfield CC CH No "French" Today 11:30 Auxiliary Luncheon** 1 ALP SL 1 Grt Decisions HH 7 Poker CAS 7:15 Classic CH918 <i>Gone w/the Wind</i> Part I	13 9:15 Laurel School Visit CAS 10 Judaic Service CH 1 Shopping 1:30 Dr. Hugh O'Doherty Shares Progress on Peace Making HH 7 Bridge CAS	14 8:15 TRIP ** Bishop's 5k for Kids 7:15 Movie <i>The King's Speech</i> HH 7:15 Hartford Symphony POPS

Bocce M-W-F 10:00
 Croquet F 2:00
 Horseshoes M-W-F 2:00; T-Th 10:00
 Shuffleboard F 11:00

Let the games begin...All Welcome! Bocce, Horseshoes, Croquet are all open to anyone who wants to play for fun or in "tournament" events organized by residents; these three at Hilltop Pavilion.

Shuffleboard open play is held in the Courtyard near Greenhouse. Please refer to Outdoor Gaming Information Sheet.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 10:30 Communion CH 3 Video: <i>The Rosa Parks Story</i> HH 6 Saturday Movie <i>The King's Speech</i> CH 918	16 8 Men's Breakfast** TPB 11 Dining PDR 1 Resident Assoc. Semi-Annual HH 1 Wgt Winners ATR 1:30 Res. Shop MR 3 Exercise Your Mind EWGV 3 Mid.East Grp MR 7 Trails Meditation Guide Launch! HH 7 Dup.Bridge CAS 7 MahJongg GR	17 9-4 Bank Open 10 2 G's Cm. EWGV 10 Shop Geissler's CH 11 S & C EWGV 1 ALP HH 3 E & E CAS 3:30 Knit 'n SL 4:45 Drop In! HP 7 Avery Ensemble HH 7:30 Wintonbury Art League CAS	18 10:30 Comm. & Healing Svc CH 1:30 Art Class CAS 2 Futurists EWGV 3:30 Spiritual Reflections CH 3:30 Movie Critic's Circle MR 7 Cribbage CAS 7:15 Classic <i>Gone w/the Wind Part II</i> HH	19 9-4 Bank Open 9-12 "Forgiveness" w/Deacon Tim**CH 11-2:30 Encore Open Today! 11:45 French PDR 1 ALP SL 3 Caregivers HP 5 Birthday Fun MDR 7 Poker CAS 7:15 Classic CH918 <i>Gone w/the Wind Part II</i>	20 10:15 Book Group Reviews: "Piano Teacher" HP 1 Shopping TOS 1:45 Tea 3 Poets & Writers w/Guest Rennie McQuilkin HP 6:15 Hartford Symphony Masterworks 7 Bridge CAS	21 8 Birding Meet Hilltop Pavilion 7:15 Movie <i>Rabbit Hole</i> HH 6:15 Hartford Symphony Masterworks
22 10:30 Communion CH 3 Video: <i>Celtic Thunder-It's Entertainment</i> HH 6 Saturday Movie <i>Rabbit Hole</i> CH918	23 10:30 Library Cm. L 1 ALP MR 2 Converse w/John HH 2 Mending CAS 3 Exercise Your Mind EWGV 7 Duplicate Bridge CAS 7 MahJongg GR	24 9-4 Bank Open 9 Buildings & Grounds EWGV 10 Shop or Tour Meadows (Call Clinic Desk) HH 1 ALP HH 3:30 Knit 'n Stitch SL 4:45 Drop In! HP 7:15 Classic <i>Kiss Me Kate</i> HH	25 10 (ALP) Susan B. Anthony Prgm HH 10:30 Comm. & Healing Svc. CH 1 Susan B. Anthony Prgm HH 1:15 TRIP** Hartford Stage 1:30 Art Class CAS 3:30 Spiritual Reflections CH No Cribbage	26 9-4 Bank Open 10 Technology Awareness Info Session HH 11:45 French PDR 1 Grt Decisions HH 1 ALP SL 7 Poker CAS 7 Wm. Florian of the New Christy Minstrels! HH	27 10 Flowers EWGV 10:30 RC Mass CH 1 Shopping 1:30 Outdoor Gaming & Trail Walk Day! HTP 4:30-5:30 A Deck Warming Social! 7 Bridge CAS 7:15 Classic CH918 <i>Kiss Me Kate</i>	28 9 Story Tellers TPB 7:15 Movie <i>The Switch</i> HH
29 10:30 Communion Service CH 3 Video: <i>Sister Wendy's Renaissance Art</i> HH 6 Saturday Movie <i>The Switch</i> CH918	30 11 Memorial Day Remembrance Service CH 7 Duplicate Bridge CAS 7 MahJongg GR Memorial Day Holiday	31 9-4 Bank Open 10 Shopping SL 3:30 Knit n' Stitch SL 4:45 Drop In! HP <hr/> Encore Receives Every Tuesday 10-12	Additional Chapel Offerings Monday-Friday Morning Prayer 9 a.m. Mondays Centering Prayer 2 p.m. Tuesdays Interdenominational Tradition of Prayer 10 a.m.	Abbreviations: B & G Buildings & Grounds E & E Education & Entertainment S & C Suggestions & Concerns WAL Wintonbury Art League	Rooms ATR Atrium BC Business Center CAS Creative Arts Studio CH Chapel EWGV East Wing Garden View GR Game Room HH Heritage Hall HP Hearthside Parlor	Rooms HTP Hilltop Pavilion L Library MDR Main Dining MR Media Room NL North Lounge SL South Lounge TOS Top of Stairs TPB Time Piece Bistro



*From the Pulpit of
Seabury Chaplain
The Reverend
Dr. Gail Keeney-Mulligan
Center
for Spirituality*



The Front Pew

We welcome **Dr. Hugh O'Doherty** for a session discussing Global Peace-making on **Friday, May 13th** at 1:30 p.m. in Heritage Hall. He is the Kennedy Leadership Training Professor at Harvard University and is one of the Peace-makers of Northern Ireland and is now working world wide, having just returned from a long journey to Ireland, Italy, Israel, Egypt and Palestine. Dr. O'Doherty has also mentored Pastor Gail over two years at Clergy Leadership Training through Trinity Wall Street Episcopal Church of NYC.

Sunday, May 8th, Deacon Bob Cudworth will be preaching, and we will remember all Mothers for Mother's day. **James Ervin** will be preaching on **May 29th**. Wednesdays in May at 3:30 p.m., Bible Study will focus on Easter Scriptures and issues of life, death and resurrection for all God's people.

There will be a **Memorial Day** service on **Monday, May 30th** in the Chapel at 11:00 am for remembering all loved ones who have passed.

Phoebe Berrigan, married daughter of Phillip Berrigan, deceased pacifist and Jesuit priest, and niece of Father Daniel Berrigan, Jesuit of New York, will be coming sometime in May to explore the works and passions she has had in her life and faith, specifically the Catholic Worker Movement and the closing of Guantanamo Prison hoped for in her demonstration in Washington DC. Additional information will be announced.



Seabury Cinema

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.

- 5/1** *How the West Was Fun*
@ 3 p.m., HH
- 5/7*** *Temple Grandin*
@ 7:15 p.m., HH
- 5/8** *Sister Wendy's Early Art*
@ 3 p.m., HH
- 5/11** *Gone With the Wind, P 1*
@ 7:15 p.m., HH
- 5/12** *Gone With the Wind, P 1*
@ 7:15 p.m., CH 918
- 5/14*** *The King's Speech*
@ 7:15 p.m., HH
- 5/15** *The Rosa Parks Story*
@ 3 p.m., HH
- 5/18** *Gone With the Wind, P 2*
@ 7:15 p.m., HH
- 5/19** *Gone With the Wind, P 2*
@ 7:15 p.m., CH 918
- 5/21*** *Rabbit Hole*
@ 7:15 p.m., HH
- 5/22** *Celtic Thunder: It's Entertainment* @ 3 p.m., HH

- 5/24** *Kiss Me Kate*
@ 7:15 p.m., HH
- 5/27** *Kiss Me Kate*
@ 7:15 p.m., Ch 918
- 5/28*** *The Switch*
@ 7:15 p.m., HH
- 5/29** *Sister Wendy's Renaissance Art* @ 3 p.m., HH

*Please Note: Saturday Movies will now have one showing on Saturdays at 7:15 p.m. in HH and on Sundays at 6 p.m. on Channel 918.

Feel free to watch them in the comfort of your home, or meet friends in the Views North Lounge to watch on the big screen TV.

May Program Highlights

Sign up Early! Nothing cancels a great class or trip more quickly than waiting until the last minute to sign up! If there are not enough participants by the deadline, the program/trip may be cancelled. Coming in or calling on the day that the program is scheduled to start will not resurrect it, so please sign up early!

A Derby Tea! Time to wear that wonderful chapeau you have to gaze at the horses in the running for the Kentucky Derby crown. Mint Juleps and "themed" cookies will be the treat of the day while you're placing your bets! **Friday, May 6, 1:45 p.m., TOS.**

In Support of Democracy is running the film, *Budrus*, which centers around Palestinians and sympathetic Jews working to keep "the wall" out of their town of Budrus on the West Bank; a real project of social justice in Israel. **Saturday, May 7, 10 a.m., HH.**

We're heading to the **Boston Museum of Fine Arts** for a tour of their new American Wing. **Wednesday, May 11th,** \$65 per person, includes transportation, admission & tour. Lunch is on your own. There may still be space!

Birding this Month! Join avid birders who will enlighten you to what delightful singer is doing his/her spring chirping that you hear in your neighborhood. Wear comfortable shoes; bring your walking stick and binoculars for this great tweet! Show up **Saturdays: May 7th and May 21st at the Hilltop Pavilion at 8 a.m.**

See Kaila for reservation information for **Auxiliary's Annual Spring Luncheon** with guest speaker Bishop Ian T. Douglas. **Thursday, May 12, 11:30 a.m., Reception TOS**

The Avery Ensemble returns with your favorite chamber string quartet and piano quintet presenting *Last Words: Late-style Testaments* which is their attempt to prove the hypothesis that the late (and last) works of many composers share important unifying characteristics regardless of the century in which they lived. Beethoven's No.16 in F major, op.135 and Faure's No. 2 in G. minor, op. 45 will be performed with flair. The Avery Ensemble is a highly professional and polished group that you don't want to miss hearing. **Tuesday, May 17, 7 p.m., HH.**

Sail on a 2-hour narrated sightseeing **Cruise Around Manhattan**, with lunch at **Brasil, Brasil** on Restaurant Row. **Thursday, June 23rd,** \$90 per person, includes transportation, Circle Line Cruise, lunch. **Sign up or cancel by May 15th.** Detailed flyer is available on the sign-up table in CAS.

Continuing on with the season of Easter and reconciliation, a mini-seminar will be presented by Deacon Tim Healy entitled **Forgiveness.** It has been witnessed that physical healing will result when emotional healing transpires. Please sign up in Activity Book in CAS so Pastor Gail can prepare materials accordingly. **Thursday, May 19, 9 a.m. to noon, CH.**

Join the Communications Committee for a presentation entitled **Technology Awareness.** Do **Skype, Smart Phone, 3G, 4G, Electronic Communications – WiFi, iPhone, iPad, iPod, and Kindle** mean anything to you? Well, they mean something to your grandchildren...time to keep up! **Thursday, May 26, 10 a.m., HH.**

Save the Date: **Hartford Symphony Orchestra's Celebrate America** with new music director Carolyn Kuan at Talcott Mountain! **Friday, July 1st, 6:30 p.m.;** \$27 incl. ticket/trans. Sign up by June 5!

IMPORTANT ESSENTIALS

TO YOUR HEALTH

Dr. Coll will speak about "*Digestive System & Aging*" on Friday, May 6th at 11 a.m. in Heritage Hall.

THE SEABURY CLINIC

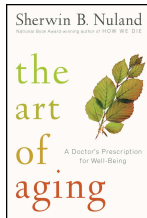
**PLEASE NOTE:
THE CLINIC IS CLOSED SATURDAYS,
SUNDAYS, AND HOLIDAYS**

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

FOOTNOTES FROM THE LIBRARY COMMITTEE

Something new has been recently added to our Seabury Library...a selection of shelves having to do with health issues, with particular attention given to eye and ear problems. This new addition is located next to the Library's Reference section. Due its newness, there are only a few items there, but it's a start. One book is entitled, "Consumer Reports—The Best of Health," and the other book is "The Art of Aging." There is also a World Book Encyclopedia which makes it convenient if you want to do a bit of research on health issues. A blue binder is filled with new information entitled, "Hearing Aids and What You Should Know When Planning on Purchasing One". A MUST read! We also have monthly reports from Harvard Medical, Mt Sinai School of Medicine, Consumer Reports on Health, plus the latest news from Hearing Loss Magazine. Many thanks to Flo Grieb and Billie Alban for setting up these additional, helpful materials.



Want to shop on Tuesday or Friday? 3rd Tuesday choose Geissler's or Prosser Library. Call (860) 243-6070

SEABURY TRAILS MEDITATION GUIDE

Please join us for "*Poems, Pictures and Prayers: Honoring the Spirit in Nature*"

a launch of our new

Seabury Trails Meditation Guide

Monday, May 16th, 2011
7 p.m.
Heritage Hall

Celebrate National Trails Day

Saturday
June 4, 2011
Events begin at 10 am
Hilltop Pavilion



Seabury Monthly is printed on Rolland Enviro™ Copy 100 100% Post-Consumer recycled paper.

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

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:

**June 6, The Shoppes at
Buckland Hills**

Sign up in the Activity Book