

The Southington Calendar House Senior Center
3rd Annual "Tony Longo Centennial"

8-Ball Tournament

was held on Tuesday, January 16th.

Tony Longo (right) congratulates the
2024 winner Bill McGinn!

The Calendar House pool room is open
Monday—Friday from 8:30 a.m. to 4:30 p.m.

All members are welcome—drop in!



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FROM THE STAFF...

February is sometimes thought of as a quiet winter month, but there is actually a lot going on! From Groundhog Day to Super Bowl; Mardi Gras & Fat Tuesday to Valentine's Day; African American History month to Random Acts of Kindness week, as well as a special focus on Heart Health and Cancer Prevention, there are many topics to explore and things to enjoy to get through the shortest month of the year.

Income Tax appointments are in full swing in February thanks to our amazing group of AARP Tax-Aide volunteers led by Andrea Luty. Appointments fill up fast; don't wait to schedule yours before they are gone!

Once again, Calendar House will celebrate Valentine's Day with the students of J.F.K. Middle School. FREE tickets are available in the office for this fun intergenerational event! Pizza will be served and entertainment provided by both the students and DJ, Jerry Limmer. It's a fun time, don't miss it!

It is also time to think of St. Patrick's Day. Tickets for our Annual St. Patrick's Day Luncheon, to be held at Aqua Turf, with entertainment by Pierce Campbell on March 11th will go on sale in the office on February 5th.

This month we have some new programs to share with you including Cardio Drumming, an additional time to play Setback on Wednesday afternoons and Scrabble on Thursday afternoons. See inside this issue for more details!

Do you have a case of the "winter blues?" There is no better cure than planning a trip! Check out the new and exciting trip opportunities offered by the "Trip Desk" on page 12, then stop in to book one on Monday afternoons from 1-3 p.m. or Wednesday mornings from 10 a.m.-Noon.

We wish all of our members a very "sweet" February and hope to see you all at Calendar House this month!



~The Calendar House Staff

Please note: Active Lifestyles is available at Calendar House, Town Hall, the Municipal Center, Library and Senior Housing Sites. It is also available at the calendarhouse.org website. To subscribe, please go to: www.mycommunityonline.com and type "Calendar House" near "Southington"; Click "latest newsletter" and "subscribe"; fill in your e-mail and name and you're all set!!

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WELCOME TO CALENDAR HOUSE!!

Calendar House Mission Statement:

Calendar House, the Town of Southington's Senior Center is a multipurpose facility which provides a focal point in the community for residents 55 and older, and residents aged 18 and older, who are disabled, as defined by Social Security standards.

The Center's purpose is to serve as a resource center, providing a broad range of services and activities to meet the diverse social, physical and intellectual needs of older adults and disabled individuals.

This facility is unique in that our members and staff are encouraged to help implement various activities to reinforce positive attitudes and preserve individual dignity.

In pursuing its mission, this Center shall enhance an atmosphere of compassion, equality and mutual concern for all older adults and disabled individuals.

CALENDAR HOUSE MEMBERSHIP MEETING THURS., MARCH 28TH ~ 1 P.M.

Featuring...
THE LARRY AYCE BAND!



Join us at Calendar House for a brief business meeting then get ready for great entertainment by The Larry Ayce Band! The band brings strong lead vocals and a virtuosic guitar-playing style that will electrify any room. Larry's natural, professional, and humorous manner will ensure an incredible performance. Larry's wife Doreen Marie, has a voice that is powerful and clear. Together they bring country music legends like Conway Twitty, Loretta Lynn, Tammy Wynette, and Randy Travis into the audience. They have been titled "Connecticut's own Nashville." Light refreshments served! Please RSVP by Monday, March 25th at the Calendar House front desk or call 860-621-3014 to reserve your spot!



In Memoriam

Donations in memory or in honor of a friend or relative may be made to the **Calendar House Memorial Fund** and are gratefully accepted.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Calendar House is currently processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) or Eversource (electric or gas). Income guidelines: \$41,553 for a single individual and \$54,388 for a couple. There is no liquid asset test for the 2023/24 program year. In-person appointments are not being scheduled. Please bring your information to the Calendar House office, or place in the drop box at the front entrance. Provide two copies of all documentation, we cannot return original documents.

1: Proof of Current Income: INCOME INCLUDES: Social Security, SSI/SSDI: provide copy of recent check, Social Security award letter, or bank statement showing direct deposit; Pensions or Annuities: provide copy of recent check, or statement from income source on their letterhead; Veteran's Assistance: provide copy of recent check, VA award letter, or bank statement showing direct deposit; Income from family/friends: provide signed statements from those contributing to your household; Employment: provide 4 most recent pay stubs if paid weekly/2 most recent if paid monthly; Unemployment: provide proof of weekly benefits received from Dept. of Labor; IRA Distributions: provide copy of recent check or bank statement showing direct deposit. Please provide proof of ANY other forms of income including self-employment (special form provided).

2: Utility Bills: Please provide your most recent Eversource electric bill. If you are an Eversource gas customer, please provide your most recent bill. If you have deliverable fuel, please provide your most recent delivery ticket and confirm your vendor participates in the Energy Assistance Program.

3: New Applicants: Please provide your phone number, and a copy of your driver's license OR proof of residency, date of birth and social security number. If you have applied previously, but ANY of your contact information has changed, (ex: address or phone #) please provide the new information to us. Questions on CEAP? Call us at 860-621-3014. Thank you!



AARP SMART DRIVER

Learn ways to adjust for aging and health-related driving issues. CT. specific information is covered. \$20 for AARP Members; \$25 for Non AARP Members. Cash or check payable to AARP collected by instructor prior to start of class. Class is held from 9 a.m. to 1 p.m. (Please arrive by 8:45) Classes will be held on March 8th and April 12th. (No class in February). Class sizes are limited. Please call 860-621-3014 for availability and to register. An on-line course is also available.

Please visit <https://www.aarpdriversafety.org/> to register.

THE JOHN E. DEMELLO SR. VETERANS COFFEE HOUR FRIDAY, FEBRUARY 16TH

Co-sponsored by the Southington Public Library and the Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 10 to 11 a.m., at Calendar House Senior Center.

No registration is required, just drop in!





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ALL DAY, EVERY DAY @ CALENDAR HOUSE

Pool Players
Ping Pong
Cardio Room
Active Walkers (Walking Track)
Library/Puzzle Makers
Coffee 'n Conversation in the Lounge

COMPUTER LEARNING CENTER

Winter 2024 classes are currently in session. For more information visit:

www.calendarhouse.org

and click on the "Tech Classes" tab.

Computer Lab Hours:

Mondays: 10 a.m.—Noon

Wednesdays: 1—3 p.m.

SPRING ENRICHMENT CLASSES

(In Session)

MONDAY: Quilting w/ Karen @ 10
Drawing w/ Sue @ 10

TUESDAY: Poetry w/ Pat @ 10
Acrylic Painting w/ Pat @ 12

WEDNESDAY: Drawing w/ Sue @ 10
Watercolor w/ Penny @ 1:30

THURSDAY: Drawing w/ Sue @ 10

MONDAY

Line Dance: 9:30
Computer Lab : 10-12
Sit 'n Be Fit: 11:15
Mahjong: 12:30—*Need lessons? Call Lee Daley at 239-821-7760!*
Pickleball: 1-3

Pick up a flyer at
Calendar House for
activity descriptions!

TUESDAY

Group Exercise: 9 & 10
Open Art Studio: 10-12
(\$10 drop-in fee)
Cribbage: 10-12
Sit 'n Be Fit: 11:15
Pickleball: 1-3
Cardio Drum: 2-2:30
(NEW! Starts 2/20)
Art w/Caydence : 2:30-3:30

WEDNESDAY

Gentle Seated Yoga: 9:15
(\$8 drop-in fee)
Line Dance: 9:30
Granny Squares: 10 -12
Sit 'n Be Fit: 11:15
Computer Lab: 1-3
Pickleball: 1-3
Set Back: 1-3 *(NEW! Starts 2/21)*



THURSDAY

T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Canasta: 12:30
(2/1, 2/15, 2/29)
Party Bridge: 1-3:15
Pickleball: 1-3
Scrabble: 1-3
(NEW! Starts 2/15)
Cardio Drum: 2-2:30
(NEW! Starts 2/22)

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
**2/23*
Birthday Bingo
Free card to play if your birthday is in February!



SOCIAL EVENTS

INTERGENERATIONAL VALENTINE'S CELEBRATION

JFK Middle School
1071 South Main Street, Plantsville
Wednesday, February 14th
4:00—7:00 p.m.

JFK Middle School and Southington Calendar House are planning a very special Intergenerational Valentine's event for our members and JFK students!

This event provides our members the opportunity to interact with the students while dancing and enjoying pizza and some sweet desserts! Students will be performing musical numbers for your listening pleasure and DJ Jerry Limmer will be on hand with plenty of music, old and new, for dancing!

FREE TICKETS are available at the Calendar House front desk beginning Wednesday, January 24th until Friday, February 9th (or until we reach capacity). Dial-A-Ride transportation is available by advance request. This promises to be a delightful time, you won't want to miss it!



ST. PATRICK'S LUNCHEON CELEBRATION AQUA TURF CLUB ~ GLASS ROOM

Join Calendar House on Monday, March 11th for a St. Patrick's Day Luncheon at Aqua Turf. Tickets are \$33 per person and have been subsidized by the Calendar House Membership Association to reduce the cost for everyone. **Tickets go on sale Monday, February 5th until Monday, March 4th or until sold out.** If requesting to be seated at a specific table, please decide the designated table name **before** purchasing tickets and be sure to specify that name as the group you wish to be seated with when purchasing. Even if you do not have enough for a full table, and wish to be seated with one or several other individuals, PLEASE indicate that when purchasing tickets. Check-in begins at 11 a.m. (please do not arrive earlier). Lunch is served at 12 Noon.

On the Menu—Served Family Style

House Garden Salad
Penne Bolognese
Corned Beef and Cabbage
Boiled Potatoes & Carrots
Ice Cream w/ Hot Fudge Topping
Cash Bar Available








Entertainment by **Pierce Campbell** will begin at 1 p.m. and the luncheon will conclude with a raffle! Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior.

FEBRUARY 2024 MONTHLY CALENDAR

6

DROP IN DAILY! 8:30 — 4:30
 Pool * Ping Pong * Cardio Room * Sit 'n Be Fit
 Stained Glass * Active Walkers
 Library/Puzzle Makers * Coffee 'n Conversation
 See page 8 for ordering info
 for Calendar House Café Lunch!

		<p>1 <u>THURS</u></p>		<p>2 <u>FRI</u></p> <p>9-10 <i>Berkshire Hathaway Info Table</i></p> <p>1:00 <i>Hot Dog Bingo Special</i></p> 		<p>3 <u>SAT</u></p>							
<p>4 <u>SUN</u></p>		<p>5 <u>MON</u></p> <p><i>Graphoanalysis Class Begins for Registered Students</i></p> <p><i>B&V Jewelry Buying Event by App't Only</i></p>		<p>6 <u>TUES</u></p>  <p><i>Foot Clinic by App't Only</i></p>		<p>7 <u>WED</u></p> <p>11-12 <i>HHC Info Table Men's and Women's Cancer Facts</i></p> <p>1-3 <i>Lamb Needle Felling Class</i></p> <p><i>Reiki Healing By App't Only</i></p>		<p>8 <u>THURS</u></p> <p>11-12 <i>Free Blood Pressure Clinic by Beacon</i></p>		<p>9 <u>FRI</u></p> <p>9-1 <i>AARP Safe Driver Class</i></p> <p><i>Hearing Screenings By App't Only</i></p>		<p>10 <u>SAT</u></p>	
<p>11 <u>SUN</u></p> <p>Super Bowl LVIII</p> 		<p>12 <u>MON</u></p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p> <p><i>B&V Jewelry Buying Event by App't Only</i></p>		<p>13 <u>TUES</u></p> <p>Mardi Gras Fat Tuesday</p> 		<p>14 <u>WED</u></p> <p>11-12 <i>HHC Info Table Healthy Living & Family History Cancer Facts</i></p> <p>4-7 <i>Intergenerational Valentine's Party with JFK Middle School</i></p> <p>Happy Valentine's Day!</p>		<p>15 <u>THURS</u></p>		<p>16 <u>FRI</u></p> <p>9-10 <i>Berkshire Hathaway Info Table</i></p> <p>10-11 <i>John E. DeMello Sr Veterans Coffee Hour</i></p>		<p>17 <u>SAT</u></p>	
<p>18 <u>SUN</u></p>		<p>19 <u>MON</u></p> <p>Closed</p> <p>President's Day</p> 		<p>20 <u>TUES</u></p>  <p><i>Foot Clinic by App't Only</i></p>		<p>21 <u>WED</u></p> <p>11-12 <i>HHC Info Table Skin Cancer Awareness</i></p> <p>1:30 <i>HHC General Cancer Information Talk</i></p> <p><i>Reiki Healing By App't Only</i></p>		<p>22 <u>THURS</u></p>		<p>23 <u>FRI</u></p> <p>10-11 <i>Probate Forum</i></p> <p>1:00 <i>February Birthday Bingo</i></p> 		<p>24 <u>SAT</u></p>	
<p>25 <u>SUN</u></p>		<p>26 <u>MON</u></p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p>		<p>27 <u>TUES</u></p> <p>12:00 <i>Book Club w/Cynthia Manchak</i></p>		<p>28 <u>WED</u></p> <p>10-11 <i>Free Blood Pressure Clinic by The Orchards</i></p> <p>11-12 <i>HHC Info Table Colon & Breast Cancer Awareness</i></p> <p><i>Reiki Healing by App't only</i></p>		<p>29 <u>THURS</u></p> 					

SUPPORT OUR ADVERTISERS!

SIT 'n BE FIT

A gentle, seated, slow moving DVD workout by Mary Ann Wilson, RN. Ideal for anyone managing arthritis pain! This drop-in class is offered Monday through Friday at 11:15 a.m. (20 students max)

TUESDAY/THURSDAY GROUP EXERCISE

These exercise classes include cardio, strength, and balance. Please bring hand weights to class. Classes are held on Tuesdays at 9 & 10 a.m. with Kim and on Thursdays at 9 & 10 a.m. with Marcia. Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register. (12 students max)

TUESDAY/THURSDAY CARDIO DRUMMING



NEW! We are joining in on the fun other local senior centers are having and offering Cardio Drumming! During this new group exercise class you will follow along with specially selected YouTube videos that run from 20 to 30 minutes. You will use a large inflatable exercise ball placed in a bucket for stability and drum sticks. Follow along with the music and moves to keep the beat and get a great cardio workout while toning your muscles, too! It's easy and FUN! These classes can be done seated or standing and you can move at your own pace. All equipment will be provided. To start, Calendar House

has purchased equipment to accommodate 10 students. Classes will be held starting 2/20 on Tuesdays and Thursdays at 2 p.m. Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register. (10 students max)

BETTER BALANCE w/LEANN

Class will resume in June. Stay tuned for more information!

SEATED & GENTLE YOGA w/ CLEMENTINE



Each class offers poses modified and tailored to meet the needs of the student. The benefits of yoga are endless! Increase your strength and mobility while enhancing your flexibility and balance. Your mind becomes calm and more focused and your breathing is deeper. You will feel refreshed and regenerated! Drop-in Wednesday at 9:15 a.m. for seated yoga and Friday at 9:30 a.m. for gentle yoga. Class runs one hour. Please wear non-slip shoes and comfortable clothes! Your first class is always FREE, then pay **\$8 per class to instructor, Clementine Delaney.**

MORE EXERCISE OPTIONS!

Cardio Room: Monday—Friday 8:30 a.m.—4:30 p.m.

Walking Path * Pickleball: Mon-Thurs @ 1pm

Line Dancing: Mon & Wed @ 9:30 * Tap Dancing: Thursday @ 10

FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (2/8), 11 a.m.—12 Noon.
- By *The Orchards* at Calendar House on the last Wednesday of each month (2/28), 10—11 a.m.

No registration is necessary for either clinic, just drop in!

WHEELER CLINIC HEALTH OUTREACH

People impacted in any way by mental health problems and/or substance use disorders can drop in to visit Holly, Sr. *Community Health Outreach Coordinator*, to discuss treatment options, and receive education and resources at Calendar House on the 2nd and 4th Mondays of the month from 9:30 - 11:30 a.m. (2/12 and 2/26). For more information please contact Holly Hansen at hrhansen@wheelerclinic.org or call 860-604-7448.

T.O.P.S. CLUB



T.O.P.S. (Taking Off Pounds Sensibly) meets at Calendar House on Thursday mornings at 8:30 a.m. for weigh-in and a weekly meeting. Thinking about losing weight, but don't know where to start? Join this encouraging group and they will be happy to help get you started!

REIKI HEALING



Jennifer Michnowicz has openings for Reiki Healing session appointments in March at Calendar House on the following dates: March 6th, March 13th and March 20th at 10 and 11 a.m. The session fee for a first time client is \$10. The fee for returning clients is \$25 per session. Call 860-621-3014 to register.

“When one is relaxed and calm, their health and healing are enhanced.”

HEARING SCREENINGS



Myranda Lombardi, HIS, of Bristol Hearing Aides L.L.C. provides free ear exams and hearing tests at Calendar House. Please call 860-621-3014, or stop at the front desk to schedule for Friday, March 8th between 10 a.m. and 1 p.m. Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is **NOT** available.

COMING NEXT MONTH!



Hartford HealthCare will be offering a 5 month “Healthy Brain Series” at Calendar House starting in March. Watch for details in the next issue of Active Lifestyles!

EVERSOURCE LOW INCOME DISCOUNT RATE

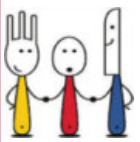
A new electric bill discount is available for residential electric customers who have a financial hardship on their account. Depending on your income or receipt of a public assistance benefit you may be eligible for either a 10% or 50% discount. Income limits for the 10% discount are: Single—up to \$41,533/Couple—up to \$54,338 or eligible for CEAP, Section 8 Housing, or Medicare Savings Plan SLMB or ALMB. Income limits for the 50% discount rate are: Single—up to \$23,328/ Couple—up to \$31,552 or eligible for SSI/SSDI, SAGA, Cash Assistance, SNAP, Medicaid Husky C or D, or Medicare Savings Program QMB. If you qualify, but are unsure if you are receiving a discount, please call Calendar House at 860-621-3014 and ask to speak to Dawn Sargis.



“**Random Acts of Kindness**” week is February 14—20. Here are some ideas for things to do! Pick up litter, donate blood, leave an EXTRA big tip, put away your phone and listen with your heart, encourage a friend, read with a child, compliment with reckless abandon, open doors for others, **LOVE WHO YOU ARE!**

NUTRITION

CALENDAR HOUSE CAFÉ



The nutrition program is limited to individuals age 60+ and has no income restrictions. A completed Form-5 from the State of CT Department of Social Services/Elderly Division is required to participate in the lunch program. Please see Café Manager, Janet for a form. A donation of \$3.00 per lunch is suggested. Please bring exact change. Menus are available in the dining hall, the Calendar House office or on-line by visiting www.calendarhouse.org and clicking the lunch tab. Meals are served promptly at 12 Noon, Monday—

Friday. You can order all five meals for the week or as many that appeal to you. Late arrivals can be accommodated up until 12:20 p.m. Meals must be ordered two business days in advance. To order or cancel, please call the Café phone at (860) 621-6738 to speak with Janet or leave a message. Messages are checked daily, Monday—Friday. The Calendar House front desk staff is not able to take lunch reservations or cancellations, you must contact the Café directly at 860-621-6738. Thank you!

DIAL-A-RIDE TRANSPORTATION



The Calendar House DIAL-A-RIDE provides transportation at no charge for Southington residents aged 55+ and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, there are some specific

guidelines to be followed. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

•The Governor has ended the Public Health Emergency Declaration for **COVID-19**. However, we still ask if you are feeling unwell, have a cough or a fever to **please stay home**. Although not required, we highly encourage the use of masks on the bus, especially when respiratory illnesses are circulating at high levels. These suggestions are in place for rider safety, as well as the safety of our drivers. Thank you for your cooperation and understanding.

•**Medical Appointments:** Calendar House provides rides for dialysis, medical and dental transportation. Please provide a MINIMUM of one week advance notice for all appointments, (the more advance notice

the better!) We will do our best to accommodate appointment requests, but there are times when the schedule fills. Under normal circumstances, last minute requests cannot be accommodated. Please schedule any **in-town medical appointments** between the hours of 8:30 am—2:30 pm.

• **Out-of-town medical transportation** will be provided as follows, please plan accordingly: Mondays & Wednesdays to: Plainville, New Britain & Meriden; Midstate; Tuesdays & Thursdays to: Plainville, Bristol & Farmington; Friday to: Hartford HealthCare, Cheshire; Please schedule **out of town appointments** between 9:30 am — 1 pm.

• **Shopping, Personal and Hair Appointments:** Please schedule for Tuesdays and Thursdays ONLY. Contact the office at 860-621-3014 to schedule at least one week in advance.

• **Monday through Friday:** Rides are provided to & from Calendar House for activities, programs, appointments and lunch with at least one week advance scheduling.

• Please call **860.621.3014** to make your appointments or if you have any questions. Thank you!



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Calendar House - Southington, CT

06-5315

HOW TO REGISTER FOR PROGRAMS

Most programs at Calendar House require pre-registration. If a program says:

- **Call to register:** Simply call us at 860-621-3014, or stop by the front desk to register.
- **Pay to register:** Stop at the front desk to register and make your payment at that time. Registrations will not be taken without payment.
- **Drop-in:** There is no need to pre-register. Just *drop in!*

“Berkshire Hathaway Information Table”

Fridays, February 2nd and 16th, 9—10 a.m.



Are you curious of what is happening in the real estate market? What does your next move look like? What are some of my options? Lisa Olson of Berkshire Hathaway, Southington is in the Calendar House lobby on the first and third Friday of each month from 9-10 a.m. and would be happy to answer any questions you may have. **Drop-in.**

“B&V Jewelry Buying Events”

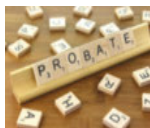
Mondays, February 5th and 12th 1-2:30 p.m.



GIA Certified Jeweler, Andy Bawa of B&V Jewelers will be at Calendar House to purchase your gold, platinum, diamonds, and silver (including flatware and coins). **Call to register** for an appointment.

“Monthly Probate Forum”

Friday, February 23rd, 10—11 a.m.



Do you have general probate questions? Then the *Monthly Probate Forum* is for you! Join Cheshire/Southington **Probate Judge Matt Jalowiec** on the last Friday of each month from 10-11 a.m. at Calendar House. This program is provided in partnership with the Southington Public Library. **Call to register.**

“AARP Tax-Aide”



Income tax assistance will be available by **appointment only**, at Calendar House for individuals or couples to file their 2023 income tax returns with AARP Tax-Aide. Appointments will be held on Tuesday & Friday mornings from 9-11 a.m. beginning Tuesday, February 13th through Friday, April 12th.

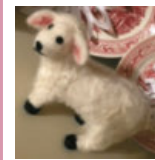
You must call 860-621-3014 to schedule an appointment.

Trained, certified AARP-TCE Volunteer Tax Counselors will assist you in preparing your personal 2023 Federal and State Income Tax Returns. **Complex, business or self employment returns and/or rental income are out-of-scope.**

Very Important After making your appointment, you must come to Calendar House to pick up an intake booklet to be completed **at home, PRIOR** to your appointment. Intake booklets can be picked up at Calendar House Monday through Friday between 8:30 a.m. and 4:30 p.m. You will be given a complete list of items to bring with you to your appointment. It is **EXTREMELY IMPORTANT** that the intake booklet is filled out completely, with no omissions or unsure answers. Also, please

make sure to have EVERYTHING that is listed that pertains to you and your return, as follow-up appointments may not be available.

“Needle Felting” w/ Diana Sheard



Wednesday, February 7th, 1—3 p.m.

There are still spots open to practice *or* learn needle felting with Diana Sheard. In this class we will be felting a sweet little lamb. It will be perfect for your Easter décor which will be here before you know it! These felting classes have become popular because they are SO MUCH FUN. Talk, laugh and needle away, and you can take your project home that day! The cost of this class is \$20 per person (due to the curly wool needed) and all supplies are included. **Pay to register**, cash only please.

February is “National Cancer Prevention Month”

Calendar House has partnered with Linda Ivey, Outreach Coordinator for the Hartford HealthCare Cancer Institute to provide information through the month of February on cancer prevention. **Drop in** “Information Tables” will be held every Wednesday and a “General Cancer Information” Talk and Bingo will be held on Wednesday, February 21st at 1:30 p.m.

- February 7th, 11-Noon: Info Table-Men’s and Women’s Cancer Facts
- February 14th, 11-Noon: Info Table-Healthy Living and Family History Cancer Facts
- February 21st, 11-Noon: Info Table-Skin Cancer Awareness
- February 21st, 1:30-2:30: General Cancer Info Talk & Bingo *Did you know that cancer may soon surpass heart conditions as the number one cause of deaths? Learn more during this “Talk and Bingo” with Linda Ivey of Hartford HealthCare!* Light refreshments will be served. **Call to register.**
- February 28th: Info Table-Colon & Breast Cancer Awareness

Fun and Games—NEW!

“Setback”

Wednesdays starting February 21st, 1-3 p.m.

Have you wanted to play Setback at Calendar House, but disappointed to find Tuesday’s were full? Good news! Starting Wednesday, February 21st we will offer a second day of Setback from 1-3 p.m. **Call 860-621-3014 to register** on Wednesdays to secure your spot. Space is limited to 28 players. If you played Setback on Tuesday, please **do not** call to register for Wednesday. This will allow more of our members a chance to play each week!

“Scrabble”

Thursdays starting February 15th, 1-3 p.m.

This **drop-in** activity is for 2, 3, or 4 players per board. Scrabble boards will be provided by Calendar House. **Scrabble** is a word game in which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15×15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns and are included in a standard dictionary.



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Calendar House - Southington, CT

06-5315



Trip Desk is held in the Calendar House lounge from 1—3 p.m. on Mondays and 10 am—12 noon on Wednesdays. Updates can be found at www.calendarhouse.org under the trips tab! Flyers are available for pick-up in the “rounder” in the lounge area during regular business hours. Questions? Call Lana White at 860-621-3779 or Tours of Distinction at 1-800-426-4324. The Calendar House Trip Desk is comprised of all **VOLUNTEERS** dedicated to bringing new and exciting trip opportunities to our Center. All Calendar House trips are **NOT FOR PROFIT**, and volunteers do not receive any compensation/perks for their time.

Tues/March 12, ST. PATRICK’S DAY CELEBRATION, *Aqua Turf. The McLean Ave. Band & Irish Step dancers. Corned beef & cabbage, baked cod. **\$54.pp**

Tues/April 9, MUSIC MEN & BROADWAY BROADS, *Aqua Turf. Celebrity Impressionists entertain with Broadway favorites. Chicken Kathryn, baked ham. **\$54.pp**

April 21-25, CHARLESTON & SAVANNAH, Charleston Tea Plantation, Sunset Cruise of Charleston’s Haunted Past, Tybee Island, Sunset Dolphin Cruise and MORE! Roundtrip airfare, 4-nights accommodations, 8 meals. **\$2,399.pp DBLE.**

Wed/April 24, THE MUSIC OF ELTON JOHN, Villa Louisa, Bolton, CT. **Only 25 seats available!** Lunch and matinee show including cheese/cracker table, choice of Chicken Francoise or Stuffed Sole. **\$112.pp**

Tues/May 14, NEIL DIAMOND, THE TRIBUTE, *Aqua Turf. **Only 25 seats available!** All your favorite songs! Coming to America, Sweet Caroline, etc. Chicken ala Kathryn, baked scrod. **\$94.pp**

Wed/May 29, CULINARY INSTITUTE OF AMERICA, Get an inside, behind the scenes look at food with interactive demonstrations and explore the science of taste! Full course Italian luncheon at Caterina de Medici Restaurant prepared by CIA students. **\$159.pp**

June 25-July 3, SEINE RIVER CRUISE FROM PARIS, 6 Night cruise aboard the M/S Seine Princess. Roundtrip airfare, 20 meals, open bar, tour of Normandy. **\$4,309.pp DBLE Lower Deck, \$4,519pp. DBLE Upper Deck**

Wed/June 26, NEWPORT HARBOR CRUISE, Board the Coastal Queen to view Newport Harbor and Narragansett Bay with time on Bowen’s Wharf. Lunch at Jonny’s at the Wyndham. Choice of chicken piccata, baked stuffed scrod or pasta primavera. **\$142.pp**

* All Aqua Turf Trips are “drive on your own.” *

LOCATION & STAFF

**388 Pleasant St.
Southington, CT 06489
Phone: 860-621-3014**

**HOURS: 8:30 a.m.—4:30 p.m.
Monday—Friday**

In case of **INCLEMENT WEATHER**, all delays and/or closings will be posted under the name **CALENDAR HOUSE** on **WFSB Channel 3** and on the www.wfsb.com website.

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**September 22-
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