

Congratulations
to our
**St. Patrick's
Celebration**
raffle winners!



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FROM THE STAFF...

Spring is in the air! Longer days and warmer temperatures mean it is time to turn our thoughts to gardening. If you are interested in a garden plot this year, please call the office at 860-621-3014 to be added to our list. We will contact you to stake out your plot once the garden area has been tilled and will invite you to a gardening kick-off meeting with Calendar House member Mary Lent. This is perfect for those that are new to gardening and would like some tips and useful advice!

April is National Volunteer month. To EVERYONE that volunteers their time and talents at Calendar House, we THANK YOU! Many of our offerings are made possible by our volunteers and we appreciate each and every one of you! If you received an invitation to the Volunteer Pancake Breakfast, please remember to R.S.V.P. by April 5th.

Calendar House will begin processing applications for the State of CT Renters' Rebate program on April 16th. Renters can begin dropping off paperwork on April 1st. Please see page 3 for information on income limits and how to apply.

CT Transit has introduced the

new 532 Bus Route connecting Plainville Center and Queen Street in Southington, including stops at Price Chopper, Stop & Shop, and Walmart. Buses will operate hourly, seven days a week. The schedule for Route 532 is specially timed to allow customers to make quick and convenient transfers with CTfastrak Route 102 to and from Hartford, New Britain & Bristol at Plainville Center. Transportation to stops at Price Chopper, Stop & Shop and Walmart are available with Dial-A-Ride during our regular hours of operation with advance notice. For more information, please visit our website www.calendarhouse.org or see page 8.

Have a great 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., MAY 30TH ~ 1 P.M.

Featuring...

ESPERANTO DUO

W/ DAVE GIARDINA & CO.



All Calendar House members are invited to attend a brief business meeting followed by an entertaining show by the Esperanto Duo with Dave Giardina & Co! This duo blends old jazz, folk, Latin, Celtic and instrumentals along with vocals, audience participation, singing and hand clapping. Don't miss this GREAT show! Cake will be served courtesy of *The Summit at Plantsville*. Please RSVP by Friday, May 24th at the Calendar House front desk or call 860-621-3014 to reserve your spot!

Intergenerational Spring



Calendar House Senior Center and the DePaolo Middle School National Junior Honor Society are planning a very special Intergenerational Spring Bingo to be held in the DePaolo Middle School cafeteria (located right across the street from Calendar House) on Wednesday, April 24th from 4-6 p.m. There will be pizza, prizes, and most of all FUN for everyone! To register call 860-621-3014 or sign up at the front desk by Friday, April 19th. Please join the students for this fun and free event!

STATE OF CT

RENTERS' REBATE PROGRAM

The State of Connecticut provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, living in cooperative housing and individuals residing in mobile homes who pay monthly lot rent may also apply. The rebate amount is based on a graduated income scale; and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year the renter applies (2023 info).

Applicants must have resided in CT for one year or more.

- You must have reached age 65 by December 31, 2023. (if married, only one spouse need be 65+)
- Individuals who are 100% totally, permanently disabled may apply regardless of age, but must show proof of Social Security Disability.
- Income Guidelines: \$43,800 Single Individual; \$53,400 Married Couple.
- You must provide documentation of all 2023 income; utility payments; rent receipts. (please do not send originals)
- **NEW APPLICANTS:** If you have not previously applied, please provide your phone number, and a copy of your drivers license OR proof of residency and date of birth.

We will begin accepting paperwork on April 1st. We will begin processing applications on April 16th. To apply, please bring copies of your required 2023 income, utility and rent documentation to Calendar House, 388 Pleasant Street, Southington, CT. 06489, or simply drop your paperwork in a sealed envelope in the secure drop box located at the entrance of the Calendar House building Attn: Rent Rebate. Please make sure to include your phone number so that we can reach you if we have any questions. For more information please call 860-621-3014.



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 April 12th and May 10th. 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.



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

SAVE DATE

Congressman John Larson will be at Calendar House on Monday, April 22nd at 1:30 p.m. to speak on *Social Security 2100*. Sign up at the front desk, or call us at 860-621-3014 to register!



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

COMPUTER LEARNING CENTER

Spring 2024 classes are now 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)

MON: Quilting w/ Karen @10
Drawing w/ Sue @10 (ends 4/8)
TUES: Poetry w/ Pat @10
Acrylic Painting w/ Pat @12
WED: Drawing w/ Sue @10 (ends 4/10)
Pen & Ink w/Sue @10 (starts 4/24)
Watercolor w/ Penny @1:30
THURS: Drawing w/ Sue @10 (ends 4/4)
Pen & Ink w/Sue @10 (starts 4/25)

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 (CXL 4/22)

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



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: 12:30-3



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
(4/11, 4/25)
Party Bridge: 1-3:15
Pickleball: 1-3
(CXL 4/18)
Scrabble: 1-3
Cardio Drum: 2-2:30

FRIDAY

Gentle Yoga: 9:30
(*\$8 drop-in fee*)
Sit 'n Be Fit: 11:15
Bingo: 1:00
4/26 is
**Birthday
Bingo!**
On 4/26 receive a free card to play and a cupcake if your birthday is in April! Register at the bingo table prior to 4/26!



THIS 'N THAT



NEW!

"Pen and Ink Drawing Class" with Sue Riley

- Wednesdays 10 a.m. to Noon, April 24th to June 12th
- Thursdays 10 a.m. to Noon, April 25th to June 13th

This class will explore the use of lines to create drawings in pen and ink. Explore the various mark-making techniques of drawing

parallel lines, crosshatching, stippling, scumbling, crisscross lines, and wavy lines. Then, learn how to employ them to create shapes, form, value, contrast, and the development of texture, putting all these techniques together to create one drawing from a reference photo of your choosing. During the first class, we will discuss the use of watercolor pencils for those who would want to introduce some color into your completed pen drawing.

Register at the Calendar House front desk beginning Monday, April 1st. Choose Wed. OR Thurs. Limit 15 students per class.

POLISH NIGHT CELEBRATION AQUA TURF CLUB ~ GLASS ROOM

Join Calendar House on Wednesday, April 17th from 5—9 pm in the Aqua Turf Glass Room. Tickets are \$33 per person and have been subsidized by the Calendar House Membership Association. **Tickets are on sale NOW through Wednesday, April 10th 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

5 p.m. (please do not arrive earlier). Dinner is served at 6 p.m. Music provided by **DJ Butch Gray** for your listening and dancing pleasure and the celebration concludes with a raffle! Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior.



On the Menu—Served Family Style

House Garden Salad, Penne Bolognese
Roasted Pork Loin, Pierogis
Kielbasa and Sauerkraut
Potato and Vegetable
Ice Cream w/ Caramel Topping
Cash Bar Available

APRIL 2024 MONTHLY CALENDAR

6

	<p>1  MON</p> <p>Sister Act @ JFK Middle School</p> <p>1-3:30 <i>Elephant Needle Felting Class</i></p>	<p>2 TUES</p> <p> <i>Foot Clinic by App't Only</i></p>	<p>3 WED</p> <p><i>Reiki Healing By App't Only</i></p> <p>1:30 <i>Medicare "101"</i></p>	<p>4 THURS</p>	<p>5 FRI</p> <p>9-10 <i>Berkshire Hathaway Info Table</i></p>	<p>6 SAT</p>
<p>7 SUN</p> <p><i>UNICO Big Breakfast</i></p>	<p>8 MON</p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p> <p>2:00 <i>Eclipse Viewing</i></p>	<p>9 TUES</p>	<p>10 WED</p> <p>1:30 <i>Downsizing "101"</i></p>	<p>11 THURS</p> <p>11-12 <i>Free Blood Pressure Clinic by Beacon</i></p>	<p>12 FRI</p> <p>9-1 <i>AARP Safe Driver Class</i></p> <p><i>Hearing Screenings By App't Only</i></p>	<p>13 SAT</p> <p><i>Volunteer Breakfast</i></p>
<p>14 SUN</p>	<p>15 MON</p>	<p>16 TUES</p> <p> <i>Foot Clinic by App't Only</i></p>	<p>17 WED</p> <p>1:30 <i>Who Are Your People and Where Are They Hiding?</i></p> <p>5-9 <i>Polish Night @ Aqua Turf</i></p>	<p>18 THURS</p> <p>2-3 <i>Calendar House Golf League Meeting</i></p>	<p>19 FRI</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>11-12 <i>Senior Medicare Patrol Talk</i></p>	<p>20 SAT</p>
<p>21 SUN</p>	<p>22 MON</p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p> <p>1:30 <i>Congressman Larson Social Security 2100</i></p> <p><i>Passover Begins at Sundown</i></p>	<p>23 TUES</p> <p><i>Reiki Healing By App't Only</i></p> <p>1:00 <i>Acrylic Paint Pour Class #1</i></p>	<p>24 WED</p> <p>10-11 <i>Free Blood Pressure Clinic by The Orchards</i></p> <p>1:30 <i>HHC Healthy Brain Series "Importance of Diet & Nutrition"</i></p> <p>4-6 <i>Intergenerational Spring Bingo @ DePaolo</i></p>	<p>25 THURS</p> <p>9-1 <i>Pulse 4 Pulse Testing</i></p>	<p>26 FRI</p> <p>10-11 <i>Probate Forum</i></p> <p>1:00 <i>April Birthday Bingo</i></p> 	<p>27 SAT</p>
<p>28 SUN</p> <p><i>K of C Breakfast</i></p>	<p>29 MON</p> <p>8:30-9:30 <i>Pre-Diabetes & Diabetes Support Group</i></p>	<p>30 TUES</p> <p><i>Reiki Healing By App't Only</i></p> <p>12:00 <i>Book Club w/Cynthia Manchak</i></p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>DROP IN DAILY! 8:30 — 4:30</p> <p>Pool * Ping Pong * Cardio Room * Sit 'n Be Fit</p> <p>Stained Glass * Active Walkers</p> <p>Library/Puzzle Makers * Coffee 'n Conversation</p> <p>See page 8 for ordering info for Calendar House Café Lunch!</p> </div>			

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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

During this 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. Classes will be held 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)

SEATED & GENTLE YOGA w/ CLEMENTINE

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.

A note from Clementine on the Friday morning Gentle Yoga Class... There's a Friday morning Yoga class that's just waiting for you! Perhaps you think you can't do Yoga or don't really know what it involves. I'm here to tell you it's a marvelous way to stretch your body, and move your breath, and heal all sorts of aggravating issues that descend on us as we move on in years. My name is Clementine Delaney and I'm 86 years old. I took my first class when I was 63, and I knew in that first class that this was going to help my breathing issues and general mobility. I became a certified Yoga instructor at age 70 and have been teaching ever since. If you say, "I can't do it, I can't get off the floor on my own", we'll provide a chair beside you that can assist you. The more you do, the more you are able to do. The classes involve gentle stretching, focusing on the movement of our breath, and soft gentle words to carry you through the day. You will leave the class feeling refreshed and rejuvenated. Looking forward to meeting you on Fridays. Remember the first class is FREE! ~ *Clementine*

FREE BLOOD PRESSURE CLINICS

- By *Beacon Prescriptions* on the 2nd Thursday of each month (4/11), 11 a.m.—Noon. Drop in!
- By *The Orchards* on the last Wednesday of each month (4/24), 10—11 a.m. 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 on the following Mondays: April 8th and April 22nd from 9:30 - 11:30 a.m. Questions? 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? Drop in to join this encouraging group and they will be happy to help get you started!

REIKI HEALING

Jennifer Michnowicz has openings for Reiki Healing sessions on the following dates: Wed., May 8th and Wed., May 22nd at 10 and 11 a.m., and Wed., May 29th at 1 and 2 p.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.

HEARING SCREENINGS

Myranda Lombardi, HIS, of Bristol Hearing Aides L.L.C. will provide a free ear exam and hearing test on Friday, April 12th or Friday, May 10th by appointment only. Call 860-621-3014 for an appointment. Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is NOT available.

PULSE 4 PULSE TESTING

This is a 20 minute non-invasive circulation test that provides a picture of your cardiovascular health. Real-time results and recommendations with clinicians on-site. Tests are available Thursday, April 25th from 9 a.m.—1 p.m. Insurance accepted.

To register visit: <https://www.signupgenius.com/go/10C0844AEA72DA3FCCE9-48069501-southington#/>

PRE-DIABETES/DIABETES SUPPORT GROUP

Whether you are new to or already have pre-diabetes or diabetes, Betsy Gaudian, MSN, RN-BC, RDN, CDCEs will provide updated info, tips, tricks & support. Held the following Mondays: April 29th, May 20th and June 24th from 8:30—9:30 a.m. To register, call 860-621-3014.



WINTER CLOTHING DRIVE

This month Calendar House is partnering with Southington Community Services (SCS) in sponsoring **Operation Stay Warm**, a winter clothing Pop-Up Shop during the months of October and November 2024. During winter 2023, SCS distributed 533 coats and winter accessories to Southington residents through this program.

During the month of April, Calendar House will serve as a drop off location for clean, gently used winter coats, boots and accessories in both adult and children's sizes. A collection bin will be located in the Calendar House lobby. Please consider donating.

Thank you for your generosity!

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 the Café Manager 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 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 Transportation Service 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 specific guidelines to be followed. Following is a brief overview. Our complete guidelines can be picked up in the Calendar House office or viewed by visiting www.calendarhouse.org and clicking on Dial-A-Ride Bus Service. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

CT Transit Route 532: Calendar House Dial-A-Ride Transportation to stops at Price Chopper, Stop and Shop and Walmart on the CT Transit Route 532 bus line schedule is available during our regular hours of operation with a minimum of one week advance notice. Please call to schedule.

Medical Appointments: Calendar House provides rides for dialysis, as well as medical and dental appointments. 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.

In-town medical appointments: Please schedule in-town appointments between the hours of 8:30 a.m. and 2:30 p.m.

Out-of-town medical appointments: please plan according to the following schedule: 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 a.m. and 1 p.m.

Shopping, Personal and Hair Appointments: Please schedule for Tuesdays and Thursdays only and provide at least one week in advance.

Calendar House: Rides are available Monday—Friday to and 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

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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!*

MONTHLY PROGRAMS:

Berkshire Hathaway Information Table

w/ ***Lisa Olson, Realtor***

Friday, April 5th and 19th, 9—10 a.m. **Drop-in.**



John E. DeMello Sr.

Veterans Coffee Hour

Friday, April 19th, 10-11 a.m. **Drop-in.**



Probate Forum

w/ ***Matthew Jalowiec, Probate Judge***

Friday, April 26th, 10—11 a.m. **Call to register.**



APRIL PROGRAMS:

Eclipse Viewing Party

Monday, April 8th, 2 p.m.—weather permitting



A solar eclipse will take place in North America on April 8th! While Connecticut is not in the path of totality, we will have a partial view (if the weather cooperates). We have a limited supply of eclipse glasses. **Call to register** to reserve a pair! Bring a lawn chair if you'd like and we will view the eclipse from the front of our building. A “sun themed” snack will be provided! Remember to watch the weather and dress appropriately for this outdoor event.

Downsizing “101”

Wednesday, April 10th, 1:30-2:30 p.m.

Join Steve Anderson of Amston Home Transition Services and Lisa Olson of Berkshire Hathaway as they share their knowledge on getting you downsized and ready for an upcoming life transition! Learn tips and tricks to set you up for downsizing success and show you that living with less can be an overall positive experience!

- Feeling overwhelmed?
- Anxiety about having too much stuff?
- Downsizing helps make you calm!
- This doesn't have to be hard!
- Learn how to create an action plan to free yourself of clutter.

Light refreshments will be served. **Call to register** by Monday, April 8th.

Who Are Your People And Where Are They Hiding?

Wednesday, April 17th, 1:30-2:30 p.m.

Join Heather Hitchcock, CDP, Community Education Manager of Bristol Behavioral Health to learn why socialization is so important

in healthy aging and how you can develop friendships, create joy, and find the spark to make life more fun! Coffee and light refreshments by The Pines of Bristol will be served. **Call to register** by Monday, April 15th.

Calendar House Golf League (CHGL) Meeting

Thursday, April 18th, 2 p.m.



This meeting is for Calendar House members and Southington residents 55+ looking to have fun and interested in playing 9 holes of golf on Tuesday mornings at Hawk's Landing starting May 7th. This is a pay-as-you-play league. At the meeting we will discuss pricing, rules and format of play. Sign up at the meeting, or in advance by seeing Dawn Sargis in the Calendar House office. When signing up, please provide your name, phone number, email and dues. The dues are \$50, in cash or a check payable to Calendar House. If you have a partner, please supply their name and phone number. We can assign a partner if needed. Not interested in playing weekly? We do have a need for substitutes to fill in during the season. Questions? Please email chgold388@gmail.com. Looking forward to a great season of golf and friends!

Senior Medicare Patrol Talk

Friday, April 19th, 11 a.m. - Noon



Join Tiana Araujo, Senior Medicare Patrol Officer from the Southwestern CT Agency on Aging as she presents the types of Medicare fraud and abuse that occur and the steps that you can take to protect yourself. Light refreshments will be served. **Call to register** by Wednesday, April 17th.

Two Part Beginner Acrylic Paint Pour Class

w/ ***Emi-Sue Creations***

Class 1: Tuesday, April 23rd, 1-3 p.m.

Class 2: Tuesday, May 7th, 1-3 p.m.

Join Emily from Emi-Sue Creations for this Two-Part Beginner Acrylic Paint Pour Class! In class one, learn how to mix paints to create four small paintings utilizing four different paint-pouring techniques! In two weeks, return for class two where you will recycle paint from your first paint pour into beautiful and unique jewelry! All materials will be provided including the jewelry settings. The cost is just \$35 and includes **BOTH** classes! **Pay to register** starting on Monday, April 1st. Cash only, please.

“Healthy Brain Series”

There are four months left in the Hartford HealthCare Center for Healthy Aging 5 month “Healthy Brain Series” at Calendar House on the last Wednesday of each month at 1:30 p.m. You can still register for the remaining dates. **Call to register.**



- **April 24th:** “Importance of Diet and Nutrition”
- **May 29th:** “Finding Meaningful Engagement as You Age”
- **June 26th:** “Importance of Sleep and Your Brain”
- **July 31st:** “Lessons for Living Longer from People Who Have Lived the Longest”

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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. 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.

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**

Tues/July 9, CELEBRATE ITALIA, *Aqua Turf. Aaron Caruso & the Sam Vinci Band bring their favorite Italian hits. Enjoy meatballs/sausage & chicken parmigiana. **\$54.pp**

Wed/July 10, CRUISING NEWPORT, Narrated lighthouse cruise on the harbor aboard Coastal Queen Cruises, lunch at La Forge Restaurant with choice of baked native scrod w/ lemon crumb, Shepard's pie or chicken piccata. Scenic overview tour of Newport **\$159.pp**

Aug 13-14, SARATOGA & LAKE GEORGE, Saratoga Springs, Lake George & Glen Falls. Welcome reception at Queensbury Hotel, twilight dinner cruise aboard Lac du St. Sacrament, reserved grandstand seats at Saratoga. **\$469.pp dble**

Thurs/Aug 15, THE SOUND OF MUSIC AT THEATRE BY THE SEA, Lunch at George's of Galilee. Enjoy the music of Rogers & Hammerstein musical about Maria & the Captain and his 7 children. Lunch is NE clam chowder, clam cakes and choice of baked cod, roasted chicken w/ sundried tomatoes & mushrooms in a cream sauce or roasted beet salad. **\$176.pp**

Sep 30-Oct 2, LANCASTER, "DANIEL" Stay at the Cork Factory, “Chalk Talk” at the Barnyard Art Studio & Gallery, Kitchen Kettle Village, reserved orchestra seats for “Daniel” at Sight & Sound Theatre, Amish farmlands tour. **\$675.pp dble**

* 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. Calendar House DOES NOT follow Southington Public Schools for closings and delays.

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WALES AND
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\$4,299.pp DBLE

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