

Happy New Year!

# Active Lifestyles

## Calendar House of Southington



Volume 5, Issue 8

860-621-3014

JANUARY/FEBRUARY, 2018

### FROM THE DIRECTOR

This issue of Active Lifestyles of Southington combines two months' (January & February) worth of updates, news, programs and activities information. Because things can change, please call the office with any questions you may have. The biggest, best news is that by the beginning of March, we'll start to move things into our new Senior Center. The Calendar House staff has already started packing our "luggage" preparing for a smooth transition. After the January Membership Meeting, (January 25), that includes Installation of Officers, we will be "looking for a few good men...and women" to assist with packing up "stuff"! The Workshop (Ping Pong/Stained Glass) and Room 5 (Classes) will be used to stack and hold packed boxes ready to be moved into the new building. So while some activities will continue as scheduled, those two rooms will be unavailable. When the movers are here, (around March 1st), for safety's sake, we will suspend all programs and lunch until the move is completed. During that time, the Plainville Senior Center will welcome you to their lunch program, if you call for a reservation (860.747.5728). Unfortunately parking will continue to be a challenge for some time. Thank you for your patience and cooperation! These are only brief inconveniences, well worth the outcome of being in the new building! Our Dial-a-Ride service will continue to provide transportation according to our normal schedule to and from medical appointments, dialysis, shopping, errands and the Calendar House. Our phone lines will remain open, and the reservations for rides and/or lunch will be required as usual. We will be providing normal services as much as possible, and ask that you call ahead for appointments and any other questions, (860.621.3014) We are looking forward to a special Valentine's Day treat, with JFK Middle School students! On Wednesday, February 14, they will host the event at the school, from 4-6 p.m. This fun inter-generational event gives us an opportunity to interact with the kids, while dancing and enjoying light refreshments, including sweet desserts! DJ Bryon Daley will be on hand with plenty of music. Tickets, (\$7), will be available in our office. Transportation provided from Calendar House to JFK Middle School by request. Keep warm and safe!!

Robert Verderame, Executive Director



Winter in our town!

### STORM/WEATHER CLOSINGS

In the event of Storm or Weather closings, or delayed opening, announcements will be made on WTIC AM (1080); WTIC FM (96.5) and WFSB Channel 3 (position 2 on Cox Cable) if Calendar House is closed or opening late. When the Center is closed, both the nutrition program and classes will be cancelled, and the buses will not be on the road. If the Center has a delayed opening, activities and transportation before the opening time, will not take place.

### MEMBERSHIP MEETING

January 25, 2018

Meetings begin at 1:00 pm. All are welcome! You are encouraged to come for a brief update on the "business" and offer your thoughts, comments & suggestions! Following the meeting, enjoy light refreshments.

### CALENDAR HOUSE CLOSINGS

MARTIN LUTHER KING DAY:

Monday, January 15

PRESIDENT'S DAY: Monday, February 19

Start the New Year right with a *Healthy & Beautiful New Smile!*

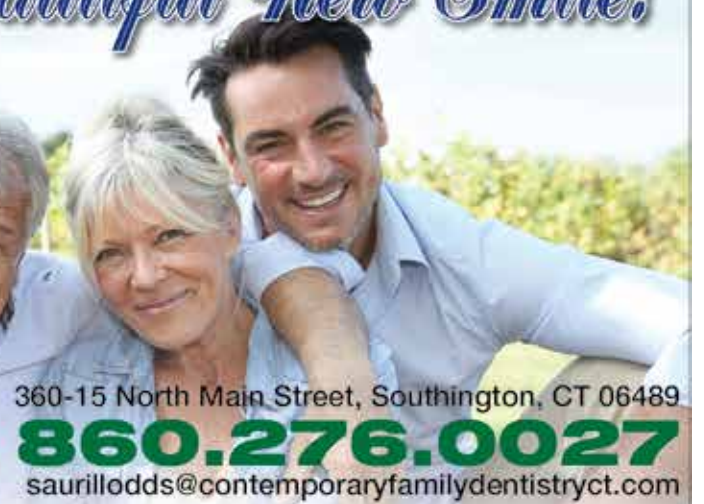
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## YOUR RSVP IS IMPORTANT

It is important that you RSVP at 860.621.3014 or by stopping in the office for all programs and activities such as Coffee 'n Desserts, Membership Meetings, Etc. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups!

## THURSDAY STRENGTH TRAINING

Please remember that **THURSDAY STRENGTH TRAINING** is **CANCELLED** on **MEMBERSHIP MEETING DAYS**. Membership Meetings are scheduled on Thursday, January 25.

## PARKING AT CALENDAR HOUSE

With parking space at a premium and considerably reduced during construction, parking is available across the street on the former Pleasant View Farm site. Please use extreme caution when crossing the street! When possible, consider car pooling and/or parking at Grace Methodist Church. Dial-A-Ride buses are available for transportation from Grace Methodist to Calendar House, but you **MUST CALL** 860-621-3014, 72 hours/3 business days **AHEAD** to arrange for transportation.

## FOOT CLINIC

Sue Zdeblick, RN with 30+ years experience including Foot Care Nurse Certification provides a monthly foot clinic by appointment only. There is a nominal fee. Please call 860.621.3014 for more info or to make an appointment.

## FREE BLOOD PRESSURE SCREENINGS

Hartford HealthCare Senior Services and the CT Center for Healthy Aging provide Free Blood Pressure Screenings at Calendar House on the first Thursday of each month 11am-12noon; and the fourth Tuesday of each month 10:00-11:00am. Referrals and resources available.

## SCHEDULE CHANGES

Please note the schedule changes:  
**Wednesdays:** Aerobics 3:30-4:15 p.m.  
 Dancercise 9 a.m.; No Badminton  
**Thursdays:** T.O.P.S. 8:15 a.m.;  
 Strength Training 2:30 p.m.;  
**Fridays:** Aerobics 9-10 a.m.;  
 Dancercise 10:15 a.m.

## SPECIAL NEEDS REGISTRY

The Town of Southington in conjunction with the Commission on DisAbilities has established a Special Needs Registry at the Southington Police Department Dispatch Center to assist residents with special needs in the event of emergency or evacuation. This includes but is not limited to events such as floods, fire, severe winter storms, etc. Some examples of needs are residents with wheelchair or mobility issues and/or residents that require oxygen on a daily basis. Detailed info is contained on the registration form, available at <http://www.southingtonpolice.com/specialneedsregistry.html> Mail completed form to Southington Commission on DisAbilities, PO Box 439, Marion CT 06444 or deliver to SPD, 69 Lazy Lane, Southington. Registration forms are also available at the Calendar House Senior Center. The Southington Commission on DisAbilities follows the HIPAA privacy laws.

## AARP SMART DRIVER COURSE

January 12th; 8:45 a.m. - 1 p.m. Only 4 hours - No written or road tests to pass! Ways to adjust for aging and health-related driving issues. Connecticut-specific information. (formerly known as 55 Alive Safe Driving) Cost: \$15 for AARP Members (must provide membership #) \$20 for Non AARP Members. Payable to AARP. Register at 860.621.3014 Special note: Due to limited parking during construction, you must park at Grace Methodist Church. Shuttle service will be available - picking up at 8:15am and returning at end of class.

## GRANNY SQUARES

At Granny Squares knitting & crochet needles click & conversation is lively as the "grannies" get together on Wednesdays at 10 a.m. 'till 12 noon to compare & share! New members welcome! Any skill level from beginner to advanced - bring your own project or come find one! With plenty of experienced ladies on hand, you're sure to find encouragement and assistance. The group also knits or crochets lap blankets, hats, scarves and mittens that are donated to worthy causes. NOTE: If you have any GOOD YARN - clean, acrylic, colorful, smoke-free yarn that you could donate, it will be put to good use! Got any large buttons you don't need - we could use them too! Thanks!!

## VALENTINE'S DAY EVENT

A very special event is being planned for you by the Kennedy Middle School students and Calendar House to be held at Kennedy Middle School, South Main Street, Plantsville, on Wednesday, February 14 from 4-6 p.m. giving us the opportunity to interact with the kids while dancing and enjoying light refreshments, including sweet desserts! DJ Bryon Daley will be on hand with plenty of music! The \$7 tickets will be on sale through Friday, February 9 (or until sold out), in the Calendar House office. Transportation from Calendar House to the school by request. This promises to be a delightful time you won't want to miss!

## ST. PATRICK'S DAY CELEBRATION

Join us at Hawk's Landing on Wednesday, March 14 at 12 noon for a special St. Patrick's Day Celebration! On the menu: corned beef and cabbage; boiled carrots; boiled potatoes; rye bread; chicken and rice stew; crackers; coffee, tea, soda, water; ice cream w/creme de menthe; cash bar. DJ Entertainment to be announced to provide the "foot stomping, hand clapping, sing along, line-dancing, pub music." Tickets: \$16. on sale beginning February 1 until March 12. Dial-A-Ride Transportation available upon request.

## DIAL-A-RIDE BUS

55 and over and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, some specific guidelines are being put into place. Your cooperation is anticipated and appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

- Medical Appointments: We request seventy-two hours (72 hrs/3 business days) notification be given for all medical appointments, especially for out-of-town appointments. You may schedule up to a month in advance.
- We cannot accommodate same day requests.
- Please schedule in-town medical appointments between 9-11 a.m. and 12:30-2:30 p.m.
- Out-of-town medical transportation will be provided as follows, please plan accordingly: Mondays and Wednesdays: Plainville, New Britain and Meriden MidState (app'ts between 9:30-1 p.m.); Tuesdays and Thursdays: Plainville, Bristol and Farmington (app'ts between 9:30 a.m.-1 p.m.); Friday: Please call for out-of-town schedule.
- Shopping: Tuesdays and Thursdays with pick up times starting at 9 a.m. Shopping returns will begin at 12 noon on both days. Rides to hair appointments can be scheduled on Tuesdays and Thursdays. Shoppers, please call Calendar House on Thursday mornings for following week's shopping schedule. (Requests made after 12 noon on Thursdays may not be accommodated.)
- Monday through Friday rides are provided to and from Calendar House for lunch, activities, programs and appointments.

Please call 860.621.3014 to make your appointments. Thank you.

## SENIOR COMMUNITY CAFÉ

PHONE: 860.621.6738 HOURS: 10:30 - 12. Signup sheets are provided daily in the Main Hall. You may sign up on a daily or weekly basis, but you must sign up at least 24 hours in advance. You must also call to cancel meals. Suggested donation: \$2.50. The program is limited to individuals 60 and older.

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## ENERGY ASSISTANCE PROGRAM

Applications are now being scheduled for the Energy Assistance Program. Please call 860.621.3014 to make an appointment. Income guidelines for this program are \$33,880.60 for Single Individual and \$44,305.40 for a couple. Liquid Asset limits are \$12,000. per household for renters and \$15,000. per household for homeowners. All assets over these amounts will be counted as toward total income. TWO (2) COPIES OF THE FOLLOWING DOCUMENTATION FOR THIS YEAR (2017) ARE REQUIRED:

- All pages of most recent 2017 financial statements prior to application date (both sides even if blank!). They must include all income, including year-to-date interest and assets (stocks bonds annuities CD's IRA's and all other accounts that can be liquidated). INCOME INCLUDES: Social Security (if receiving SS Disability, must provide up-to-date documentation); Pensions; Income from family/friends; Employment (4 most recent pay stubs if paid weekly/2 most recent if paid monthly; Unemployment (proof of weekly benefits received from Dept of Labor); ALL other forms of income including self-employment (special form provided).
- Utility Bills most recent bill for primary source of heat - Eversource Electric/ Gas, Oil or Propane Company. Make sure your deliverable fuel company participates in the Energy Assistance Program.
- Rent or Mortgage Receipts
- Proper form of identification - Proof of residency.

Call Calendar House at 860-621-3014 for an appointment. IF YOU DON'T PROVIDE ALL PAGES OF DOCUMENTATION, YOUR APPLICATION WILL BE DENIED.

## INCOME TAX ASSISTANCE

Income Tax Assistance for low and moderate income senior citizens will be available at Calendar House beginning mid-February through April 13 by appointment ONLY Tuesday and Friday mornings from 9-11 a.m. We are unable to accommodate walk-ins. Call 860.621.3014 to schedule an appointment. Trained, certified AARP-TCE Volunteer Tax Counselors will assist senior citizens in preparing personal Federal and State Income Tax Returns. Complex and/or business returns are out-of-scope. Please bring: Social Security CARD required (not medicare card) and Personal Identification (photo ID);

Copy of last year's (2016) income tax return (VERY IMPORTANT); and all 2017 income reports that you have received such as: SSA-1099 forms (Social Security benefits paid), All 1099 forms (1099-INT; 1099-DIV; 1099-R; 1099-B; 1099-Misc, etc), W-2 forms from each employer; All forms showing Federal and/or State income taxes paid in 2017, and original cost of assets sold during 2017. VERY IMPORTANT: If you purchased health insurance from the marketplace exchange, you should have received a Form 1095-A that you must bring with you.

## TRIPS! TRIPS! TRIPS!

PLEASE NOTE: Trips will depart from the GRACE METHODIST CHURCH parking lot, down Pleasant Street at corner of Spring Lake Road, accessed from Spring Lake Road. The church is in front of Hatton School and you may park in the back of the church parking lot. TRIP DESK (located in mini lounge by fireplace) open every Wednesday, 10am-12 noon. BOOK EARLY - Trips are selling fast! Payment is required at trip desk to reserve your seat.

- Tue/Mar 20: "ST PATRICK'S DAY CELEBRATION" @ Aqua Turf \$42.pp
- Wed/Mar 28: "WESTCHESTER THEATRE - A CHORUS LINE" Enjoy this long running Broadway show, full scale musical with the music of Marvin Hamlisch as 17 dancers try out for a spot in the chorus line. Reserved seating; select from an excellent menu for pre-show lunch. \$104.pp
- Tues/Apr 17: "TRIBUTE TO THE DIVINE MISS M" Bette Midler hits @ Aqua Turf \$43.pp
- Sun/Apr 29: "CHERRY BLOSSOM FESTIVAL" at the 52 acre Brooklyn Botanic Gardens. Admission to Sakura Matsuri Festival of Japanese culture, arts & performances in tribute to the over 200 dazzling cherry trees in the Japanese Garden. Food vendors, sword fighting, tea ceremonies, more. \$77.pp
- May 9-16, 2018: "IRELAND UNCOVERED" Explore Ireland like never before on this eight day adventure. Featuring Bunratty Castle, Muckross House, Waterford Crystal, Guinness Storehouse, St Patrick's Cathedral, Trinity College & much more. Includes roundtrip air, 6 nights hotel, 6 full Irish breakfasts, 4 dinners, Merry Ploughboys Show, Bunratty Banquet dinner. Tour director, local guides, airport transfers and gratuities included. \$2899.pp/dbl
- Mon/May 21: "THE EDWARDS TWINS" @ Aqua Turf. World famous impersonation act. \$78.pp
- Tue/May 22: "LUNCH AT CULINARY INSTITUTE" Founded in 1943, CIA specializes in culinary, baking & pastry art education! Enjoy a student guided tour followed by a three course lunch at Caterina de Medici that includes salad, roasted chicken, gnocchi, glazed carrots & dessert. Then off to the Millbrook Winery for a five-star wine experience w/educational tour & tasting. \$120.pp
- May 24-27: "WASHINGTON DC" Day 1: visit the Smithsonian, then on to your stay at the Holiday Inn Rosslyn Key Bridge. Day 2: Guided tour of Washington including WWII, Lincoln, FDR, MLK Memorials, Vietnam Wall & so much more plus guided tour of the U.S. Capital. Day 3: Arlington National Cemetery, George Washington's Mount Vernon and cruise on the Potomac River. Day 4: Visit the new African American History Museum. 3 Breakfasts/3 Dinners included. \$785.pp/dbl.
- Thurs/June 14: "BEST OF BOSTON" New England Aquarium with more than 2,000 aquatic animals in the brand new Giant Ocean Tank; plus over 70 exhibits including penguins. Lunch on your own at Quincy Market, enjoy narrated tour of Boston aboard the

"Duck" (everyone loves the "Duck") & splash down into the Charles River for a breathtaking waterside view of Boston. \$104.pp

- June 26-July 4: "FRANCE HIDDEN CANAL CRUISE & TOUR" Discover the Loire Canal in the heart of France, charming cities reveal their secrets. Includes: Transfers, airfare, private guided tour of Paris. 7 night cruise w/ CroiseEurope on the canal barge Deborah. 7 guided excursions, 8 breakfasts, 7 lunches, 7 dinners, unlimited beverages, Port charges & taxes. \$3,859.pp/dbl
- Thurs/June 28: "WESTCHESTER THEATRE-SISTER ACT" tells the story of Deloris Van Cartier, a disco diva whose life has taken a turn after witnessing a murder. Hidden in a convent, she helps the sisters find their voice and rediscovers her own. Music by Tony award winning Alan Menkin (Disney's Aladdin, Beauty & the Beast & more). Elegant fine dining - select from an excellent menu. \$103.pp
- Tues/July 10: "ALL YOU CAN EAT LOBSTER" Delauney House - Lobster, Lobster, Lobster - with cheese & vegetable platter; shrimp cocktail, salad & bread basket served at your table then to the buffet for Lobsters, Pork Marengu, Grilled Haddock, Chicken Marsala, Baked Ziti, salads, fruit & dessert. High energy entertainment with Jimmy Mazz. \$98.pp
- July 16-July 22: "CRUISING ADRIATIC'S EASTERN COAST" Start in Venice with stops in Dubrovnik, Croatia, Kotor, Montenegro, Corfu, Greece, Ravenna Italy and back to Venice this 8 day pkge includes: airfares w/ deluxe motor coach transfers, 7 day Adriatic cruise on NCL's Star, port charges & taxes. Meals, nightly entertainment on-board, prepaid on-board gratuities, on-board cocktail party & full time director. Cost: Starting at \$2,699
- Tues/July 17: "CELEBRATE ITALY" @ Aqua Turf w/ Dominic DePasquale & orchestra. \$42.pp
- July 23-27: "THE REAL QUEBECOIS" Five day-4 nights. Guided tour of Quebec City; Two nights at the 4-star Palace Royal; Two nights at 5-star Fairmont Le Manoir Richelieu at La Malbaie & Casino de Charlevoix; 3 hour whale watch from Baie-Sainte Catherine; and Dinner cruise on the Spirit of Ethan Allen, Burlington VT. \$1079.pp/dbl
- Sat, Aug 4: "LOCKS AND LUNCH" Board Captain J.Pill the largest & most lavish cruise vessel in the Capital Region of upstate NY. Enjoy a 3 hour cruise along the Hudson River to the locks of Troy and watch as the captain maneuvers the boat into the locks where it is raised 17 feet and lowered on the return journey. Enjoy buffet with 3 hot entrees & cold buffet with on board entertainment. Following we will stroll Main Street, Stockbridge. \$95.pp
- Thurs/Sept 6: "BOSTON CANAL STREET ANTIQUES" this Mall, with over 100 unique antique & vintage goods dealers, is the king of treasure chests! After a fun day shopping, end the afternoon with a buffet style lunch

- at Salvatore's Restaurant perched on the serene Merrimack River in a beautifully restored historic mill. \$80.pp
- Sept 17-19: "CAPE MAY" Three days, two nights at the Grand Hotel, oceanfront on scenic Beach Drive, Dinner at the Washington Inn. Visit Emien Physick Estate w/view of Cape May Lighthouse. Learn about famous Cape May diamonds found on the beach and admire Cape May's unique architecture. Visit Washington Street Mall and enjoy a trolley ride. Dinner at Union Park Restaurant. \$451.pp/dbl
- Sept 24-26: "SIGHT N SOUND" 'JESUS' (Brand New Show) Three days, 2 nights at the Comfort Inn Suites, Lancaster with welcome smorgasbord dinner at Bird-in-Hand family restaurant. Visit Landis Valley Village Museum's demonstration of early German life. Dinner at Hershey Farm Restaurant after show. Spend day three enjoying Longwood Gardens. \$451.pp/dbl
- Wed/Oct 3: "SHAKER FOR A DAY" at Utopian Village in Pittsfield, MA. Founded in 1783 and active until 1960 members enjoyed simple, peaceful, hardworking lives. Upon arrival, enjoy buffet lunch and Shaker Music Program. Glimpse the Shaker daily life on 90 minute guided tour, followed by cider & cheese reception. \$123.pp
- Thurs/Oct 23: "OCTOBERFEST AT KRUCKER'S" Enjoy a full day of food, fun, entertainment, music & dancing at Krucker's in Pomona NY. Reception: coffee, tea, buttermilk scones, pancakes w/maple syrup & apple cider. Lunch: Barley soup, applesauce, choose sauerbraten w/ red cabbage or sliced pork loin w/sauerkraut, mashed potatoes, vegetables, apple strudel & vanilla ice cream. Beer, wine & soft drinks. Bratwurst sandwich & cucumber salad served at 4 pm. \$93.pp

**\*\*To book seats at Nelson Hall events, call Karen Simonetta at 203.272.3547**

- Sun/Jan 28: "GALVANIZED JAZZ BAND" traditional New Orleans Jazz @ Nelson Hall \$32.pp \*\*
- Fri/Mar 9: "AMERICAN LONGBOARDS" Roy Orbison music @ Nelson Hall \$37.pp \*\*
- Fri/Apr 6: "GILBERT & SULLIVAN" with a twist! @ Nelson Hall \$35.pp \*\*
- Fri/Apr 20: "BUDDY & BEYOND" Buddy Holly tribute @ Nelson Hall \$37.pp \*\*
- Thurs/Jun 1: "GLEN CAMPBELL XPERIENCE" w/Jimmy Mazz @ Nelson Hall, \$37.pp \*\*
- Wed/Jun 21: "SIMPLY DIAMOND" Authentic Neil Diamond tribute band @ Nelson Hall. \$39.pp \*\*

FOR MORE INFO on any of these trips, and to see what's coming up, log-on [www.calendarhouse.org](http://www.calendarhouse.org) & click "trips" tab! Or pick up a flyer on the "rounder" in Calendar House lobby. BE ASSURED Trip Desk (Reservations/Payments) will be available during transition to new building. (Look for signs)

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# JANUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7</b>	<b>8</b> 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	<b>9</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 4:30PM Advisory Board	<b>10</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares 12PM Lunch 1PM AARP Board Meeting 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>11</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training	<b>12</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo 8:45AM AARP Smart Drivers Class	<b>13</b>
<b>14</b>	<b>15</b> <i>Center Closed in Observance of Martin Luther King Day</i>	<b>16</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training Foot Clinic by Appointment	<b>17</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>18</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training	<b>19</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>20</b>
<b>21</b>	<b>22</b> 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong	<b>23</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging	<b>24</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>25</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch NO Strength Training 1PM Membership Meeting – Installation of Officers	<b>26</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>27</b>
<b>28</b>	<b>29</b> 9AM Pool Players 9AM Ping Pong (Rm. 2) 9:30AM Line Dance 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong	<b>30</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	<b>31</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares (Rm. 2) 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>1</b> 9AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training 11AM-12PM Blood Pressure with CT Center for Healthy Aging	<b>2</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>3</b>

# FEBRUARY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>4</b>	<b>5</b> 9AM Pool Players 9AM Ping Pong (Rm. 2) 9:30AM Line Dance 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong	<b>6</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training Foot Clinic by Appointment	<b>7</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares (Rm. 2) 12PM Lunch 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>8</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training	<b>9</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>10</b>
<b>11</b>	<b>12</b> 9AM Pool Players 9AM Ping Pong (Rm. 2) 9:30AM Line Dance 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong	<b>13</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	<b>14</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares (Rm. 2) 12PM Lunch 3:30PM Ace Aerobics 10AM-Noon Trip Desk 1PM AARP Board Mtg. 4PM Valentine Celebration at JFK Middle School	<b>15</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training	<b>16</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>17</b>
<b>18</b>	<b>19</b> <i>Center Closed in Observance of President's Day</i>	<b>20</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	<b>21</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares (Rm. 2) 12PM Lunch 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>22</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training	<b>23</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>24</b>
<b>25</b>	<b>26</b> 9AM Pool Players 9AM Ping Pong (Rm. 2) 9:30AM Line Dance 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong	<b>27</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging	<b>28</b> 9AM Pool Players 9AM Gentle Yoga 9AM Dancercise 10AM Granny Squares (Rm. 2) 12PM Lunch 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>1</b> 8:30AM TOPS 9AM Pool Players 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training 11AM-12PM Blood Pressure with CT Center for Healthy Aging	<b>2</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>3</b>