

Active Lifestyles

Calendar House of Southington



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May, 2018

FROM THE DIRECTOR

Welcome to the month of May, that will hopefully be filled with flowers, (after April's rain), sunshine and golf! The National Council on Aging has proclaimed May to be Older American Month, with the theme "Engage At Every Age!" emphasizing that you are never TOO old (or young) to participate in activities that enrich your physical, mental and emotional well-being!

There are many opportunities here at Calendar House, as well as throughout our community! Did you know that we have a co-ed Golf League at Hawk's Landing that includes picnics, annual tournament and all around good fun (and exercise)! We have a Bowling League at Brunswick Bowl in Plantsville that will start up again in the fall. In our new Senior Center, there is pool (billiards), ping-pong and pickle ball! We also have a Fitness room, providing Strength Training, Aerobics and Yoga classes, and a Cardio room with state-of-the-art equipment. Line Dancing and Dancercise are once again being offered.

We have a very active Trip Desk, with trip offerings for just about every interest! And the book club currently has a number of openings! With lunch served every day, Bingo on Fridays and a comfortable fireplace lounge there are opportunities to socialize, chat with a friend and enjoy our new facility!

If you haven't been in to see how amazing our new "digs" are, we encourage you to stop in and check it out! We are very grateful for all the efforts of so many folks that have brought our "dream" to reality! Come and see!

Robert Verderame, Executive Director

P.S. When you're out and about town, stop in and say hello to our advertisers - let them know you appreciate their support.



The beautiful fireplace, donated by Dean's Stove & Spa in memory of Ray Michanczyk, encourages conversation and connection.

PERSONAL NOTE

On behalf of my family and myself, I would like to express our appreciation for the many kind words, and thoughtful cards, as well as the memorial donations to Calendar House, that we received following the recent loss of my dad, Francis Verderame. You have been a great source of comfort and encouragement to all of us. Thank you very much. - Bob Verderame

WITH APPRECIATION

Special note of appreciation to Dean Michanczyk, (Dean's Stove & Spa), for the generous donation and installation of the beautiful fireplace, honoring the memory of his father, Raymond Michanczyk. Ray was known to be a "people person" creating a wide circle of friends. Gathering around the fireplace invites folks to enjoy conversation and connection, developing their own circle of friends. We are most grateful.

EXERCISE CLASSES

Strength Training and ACE (Aerobics) classes: Class is limited to 19 participants due to Southington fire code. Members must sign up at the front desk or call the day of the class and request to be put on that day's roster. If the class is full you will be able to sign up in advance for the next day the class is offered. Strength Training is offered with back-to-back sessions on Tuesdays (2:30-3:30; 3:30-4:30) and Thursdays 9-10; 10-11). ACE (Aerobics) is offered on Wednesdays (3:30-4:30) and Fridays (8:45-9:45).

RSVP

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! Thanks!

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CALENDAR HOUSE CLOSED

Calendar House will be closed on Memorial Day, Monday, May 28. Have a safe holiday and thank you to those who served our country so well.

BULKY WASTE TRANSFER STATION

617 Old Turnpike Road - Open Saturdays per schedule, from 8 am-3:00 pm, weather permitting. For more info regarding the rules & regulations and obtaining permits, please contact the Town Clerk's office 860.276.6211 or at www.southington.org PLEASE NOTE: Permits ARE required. Permits are issued for a one year period; expiring on March 31st. and MUST BE RENEWED each year. Stickers are available NOW at the Town Clerk's office.

SENIOR CITIZEN ADVISORY COMMISSION

Tuesday, May 8, 4:30 PM

Calendar House members and the public are encouraged to attend.

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.

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, P.O. 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.

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.

AARP SMART DRIVER COURSE

May 11th OR June 8th; 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 Pleasantview Farms (across the street).

GRANNY SQUARES

THANK YOU! THANK YOU! THANK YOU! from all the "Granny Squares" members to each and every one who has generously donated good clean, colorful, smoke free acrylic yarn!!! Your contributions enable us to knit and crochet lap blankets, hats, scarves and mittens that are donated to Community Services and other worthy causes! The "grannies" get together on Wednesdays at 10 am '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.

SOUTHINGTON FESTIVAL CHORALE

Sunday, May 6, 3 PM

The Southington Festival Chorale would like to invite you to the annual Spring Concert to be held Sunday, May 6 at 3:00 p.m. at the First Lutheran Church (232 Bristol Street, Southington.) Tickets are \$10 each (\$25 per family) and may be purchased at the door. The SFC has been providing music for the community for more than 45 years

and this concert will be a celebration of our greatest hits. The event is wheelchair-accessible. Any questions, please call 860-621-1859.

BOOK CLUB

Wednesday, May 30, 10:30 AM

Calling book-worms! Looking for engaging discussions? Interested in reading and discussing new books? Then you belong at Calendar House the last Wednesday of the month at 10:30 am. New members are welcome. We have five spots available at this time. Men are welcome. For more information about our upcoming "read", please contact: Cynthia Manchak at 860.628.4357.

COUNTRY WESTERN NIGHT

Tuesday, June 26, 5:30 PM

We'll be 'gitting down country on Tuesday, June 26th at 5:30 p.m. at Hawk's Landing with the Larry Ayce Band featuring Doreen Marie providing classic country songs for your listening and dancing pleasure! Buffet menu includes: BBQ chicken, cowboy baked beans, corn on the cob, potato salad, pasta salad, macaroni salad, cornbread, beverage and dessert. Cash bar. The \$15. tickets are on sale now. You won't want to miss this event - 'fer sure!! Transportation provided from Calendar House upon request.

DIAL-A-RIDE BUS

DIAL-A-RIDE BUS provides transportation at no charge for Southington residents aged 55 & 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 & 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 am and 12:30-2:30 pm.
- Out-of-town medical transportation will be provided as follows, please plan accordingly: Mondays & Wednesdays: Plainville, New

Britain & Meriden Midstate (app'ts between 9:30-1:00pm); Tuesdays & Thursdays: Plainville, Bristol & Farmington (app'ts between 9:30am-1:00pm); Friday: Please call for out-of-town schedule.

- Shopping: Tuesdays & Thursdays with pick up times starting at 9:00am. Shopping returns will begin at 12 noon on both days. Rides to hair appointments can be scheduled on Tuesdays & 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 & from Calendar House for lunch, activities, programs & appointments. Please call 860.621.3014 to make your appointments. Thank you.

RENTERS RELIEF 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 (2017 info).

- Applicants must have resided in CT for one year/or more.
- You must have reached age 65 by December 31, 2017 (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: \$35,200 Single Individual; \$42,900 Married Couple.
- You must provide documentation of all income; utility payments; rent receipts.

For more information or to make an appointment, please call 860.621.3014.

SENIOR COMMUNITY CAFE

PHONE: 860.621.6738 HOURS: 10:30 - 12:00 Signup sheets are provided daily in the Main Hall. You

In Memoriam

Virginia Gaita

Paul Gresh

James "Ed" Rogers

Marianna Rutkowski

Francis J. Verderame

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

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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.

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 lounge) open Mondays, 12 noon - 2pm and Wednesdays, 10am-12 noon. BOOK EARLY - Trips are selling fast! Payment is required at trip desk to reserve your seat.

- 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/dble.
- 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/dble

- Thurs/June 28: "WESTCHESTER THEATER-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 pkg 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/dble
- Sat, Aug 4: "LOCKS AND LUNCH" Board Captain J.P.II 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

- Tues/Aug 14: "LITTLE BIT COUNTRY/LITTLE BIT ROCK-N-ROLL" @ Aqua Turf w/Jimmy Mazz. \$42.pp
- Tues/Aug 16: "BOBBY RYDELL" @ Aqua Turf. \$86.pp
- Thurs/Sept 6: "BOSTON CANAL STREET ANTIQUES" 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
- Thurs/Sept 6: "911 MEMORIAL & MUSEUM" Visit memorial, tour museum. Late lunch, family style at Carmines, (Rigatoni & Broccoli, Penne ala Vodka & Chicken Marsala & dessert.) \$117.pp
- Tues/Sept 11: "BROADWAY COMES TO CONNECTICUT" @ Aqua Turf. \$44.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/dble
- Wed/Sept 19: "THE BIG 'E' CONNECTICUT DAY" \$55.pp
- 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/dble

MORE TRIPS! TRIPS! TRIPS!

- 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

- Tues/Oct 16: "COMEDY AND DANCING @ Aqua Turf. \$42.pp
 - Thurs/Oct 18: "VERMONT FALL FOLIAGE TOUR" Bennington, VT Enjoy Lunch with a view at the Publyk House (Choice: Roast Turkey, Homemade Meatloaf, Baked New England Scrod or Pasta Primavera.) Relax on short drive to the Lincoln Family Home, Hildene, built in 1905 by presidential son, Robert Lincoln. Last stop will be the Apple Barn & Country Bake Shop before returning home. \$127.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
 - Nov 2-9: "ICELAND INSPIRED" The place to be! Eight day adventure dives into Iceland's highlights, discover Iceland intimately, teeming with wildlife, spectacular landscapes, wonderful people & Viking history. Incls airport transfers, airfare, 6 nights hotel, 6 breakfasts, 5 dinners, 3 lunches, many excursions & of course two night hunts for the Northern Lights! Starts at \$4,299.pp
 - Nov 14: "SWEET CAROLINE" Tribute to Neil Diamond at Twin River Casino, Lincoln, RI. Includes casino bonus package w/\$15 slot play & complimentary lunch buffet. Mid-afternoon, head over to Event Center for musical tribute to Neil Diamond. \$91.pp
- **To book seats at Nelson Hall events, call Karen Simonetta at 203.272.3547
- Thurs/June 1: "GLEN CAMPBELL EXPERIENCE" w/Jimmy Mazz @ Nelson Hall, \$37.pp **
 - Wed/June 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 & click "trips" tab! Or pick up a flyer in lounge area.



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MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 9AM Pool Players 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	MAY 1 9AM Pool Players 9AM Ping Pong 10AM Poetry 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment Men's Golf League Starts	2 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 12PM Lunch 3:30PM ACE Aerobics 10AM-Noon Trip Desk	3 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch 1PM Pickleball 11AM-12PM Blood Pressure with CT Center for Healthy Aging	4 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	5
6	7 9AM Pool Players 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	8 9AM Pool Players 9AM Ping Pong 10AM Poetry 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training 4:30PM Senior Advisory Board Meeting	9 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 12PM Lunch 3:30PM ACE Aerobics 10AM-Noon Trip Desk 1PM AARP Board Meeting	10 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch 1PM Pickleball	11 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo 8:45AM AARP Safe Driving Class	12
13	14 9AM Pool Players 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	15 9AM Pool Players 9AM Ping Pong 10AM Poetry 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	16 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 12PM Lunch 3:30PM ACE Aerobics 10AM-Noon Trip Desk	17 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch 1PM Pickleball	18 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	19
20	21 9AM Pool Players 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	22 9AM Pool Players 9AM Ping Pong 10AM Poetry 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging	23 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 12PM Lunch 3:30PM ACE Aerobics 10AM-Noon Trip Desk	24 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch 1PM Pickleball	25 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	26
27	28 Center Closed in Observance of Memorial Day	29 9AM Pool Players 9AM Ping Pong 10AM Poetry 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	30 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 10:30AM Book Club 12PM Lunch 3:30PM ACE Aerobics 10AM-Noon Trip Desk	31 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch 1PM Pickleball	JUNE 1 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	2

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