

Actife Lifestyles

Calendar House of Southington

Volume 5, Issue 12

860-621-3014

June, 2018

FROM THE DIRECTOR

Going... going... gone! The old building has been completely torn down! Looking back on many, many years of memories, friends, activities and events for just a few minutes of nostalgia for what "was" is quickly replaced by what "is now"! Our beautiful new center will take us into the future! Activities, events, classes and new opportunities are being planned and scheduled. Meanwhile, there is a lot of activity going on now, despite the limited parking situation, (taking a giant step forward to improvement with the demolition progressing quickly). A full slate of exercise classes, the fitness and cardio rooms, yoga, pool & ping pong rooms along with the recent addition of pickle ball are keeping members active! The warmer weather brings opportunities for outdoor activities - gardening, days at the beach, picnics and barbecues... Speaking of barbecues, have you purchased your ticket to Country Western Night yet? "We'll be 'gitting down country on Tuesday, June 26 at 5:30 p.m. at Hawk's Landing with the Larry Ayce Band" and you won't want to miss that!! We're also looking forward to Hawaiian Night on August 16 - details will follow, meanwhile save the date! Southington's MUSIC ON THE GREEN kicked off on May 23rd and continues through September 5th. These very popular community events are the perfect opportunity to relax on the green, enjoy great music, good friends and an interesting car show! Events include June 6: "Night Flight: Final Approach" Pop & Classic Rock; June 13: "Studio Two" an early Beatles Tribute Band; June 20: "A Ray of Elvis", a Elvis Presley Tribute Band; and June 27: "Changes in Latitudes" a Jimmy Buffett Tribute Band. More information is available at www.southington.org. Enjoy all that June brings - celebrate dads and grads, weddings and warm weather. Stay healthy and keep safe!

Robert Verderame, Executive Director



Going... going... gone!

TOWN VETERANS COMMITTEE

The Town Council and the Town Manager have announced that a new Town's Veterans Committee office has been located on the second floor of Town Hall. The committee has been working diligently in various facets of assistance to military veterans and their families. It is with honor that the Town of Southington and its Veterans Committee can provide assistance to our residents who have served honorably and continue to serve our community, state and nation in the armed forces of the United States. We encourage every veteran to take advantage of the services provided, not only in recognition of your service to our country, but for the benefit of your families. Please contact our Town Veterans Committee at 860.276.6299 or at SouthingtonVets@

southington.org Office hours are Tuesday and Wednesday 10 a.m.-noon; Thursday 4-7 p.m. On the first Wednesday of the month, Military JAG Officer Alex Ricciardone will be in the office 8-10 a.m. to provide military legal assistance. Office appointments can be requested by calling 860.276.6299 or cell 860.302.4666.

BOOK CLUB

Wednesday, June 27 • 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 a.m. New members are welcome. We have several spots available at this time. Men are welcome. For more information about our upcoming "read", please contact: Cynthia Manchak at 860.628.4357.



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Ask about our Senior Citizen Discount!

BRIDGE IS BACK!

PARTY BRIDGE is back every second and fourth and fifth Wednesday of the month from 1-3:15 p.m. All are welcome. Whether you are a beginner or a player who fears being "rusty" after many years, come join us! Sign up at front desk or contact Kathie Connolly @ 860-621-4663.

NEW YOGA CLASS

It's never too late to take care of our own body and chose our own age! Find that active senior in you, and chart a new course for your life through the practice of Yoga and Meditation. Please join Clementene Delaney in a Gentle Flow Yoga class where we learn to breathe properly and stretch our bodies deeply, honoring the healing power of our own body in a soft, compassionate way. Classes will be held on Tuesdays from 10:30-11:30 beginning September 4th. The cost is \$50.(payable to Clementene Delaney) for the eight week session. The Calendar House has graciously agreed to supply the mats, blankets, blocks, straps and bolsters for the class. Feel free to bring your own if you prefer. Class is limited to 15 participants so please call and register. You may call the day of the class to inquire if space is available for walk-ins for a fee of \$7.

SENIOR CITIZEN ADVISORY COMMISSION

Tuesday, July 10 • 4:30 PM

Calendar House members and the public are encouraged to attend.

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.

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.

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.

AARP SMART DRIVER COURSE

June 8 OR July 13; 8:45 a.m. to 1 p.m. Only four 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).

COUNTRY WESTERN NIGHT

We'll be 'gitting down country on Tuesday, June 26 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, Rolls for Sandwiches, Beverage & Desert. 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 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 & Meriden Midstate (app'ts between 9:30-1 p.m.); Tuesdays and Thursdays: Plainville, Bristol and Farmington (app'ts between 9:30am-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 & from Calendar House for lunch, activities, programs & appointments. Please call 860.621.3014 to make your appointments. Thank you.

SENIOR COMMUNITY CAFÉ

PHONE: 860.621.6738 HOURS: 10:30 - 12:00 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.

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.

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.

- 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 water-side view of Boston. \$104.pp
- June 26-July 4: "FRANCE HIDDEN CANAL CRUISE & TOUR" Discover the Loire Canal in the

In Memoriam

Virginia Gaita

Paul Gresh

Diana Putnam

James "Ed" Rogers

Marianna Rutkowski

Bev Tooley

Helene Triano

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.

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 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/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 wel-

come 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, hard-working 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. \$129.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

- Wed/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
- Sat/Nov 24: "MYSTIC BOAT PARADE" Lunch at SteakLoft Restaurant, free time in Olde Mistick Village. At 6pm Christmas Tree Lighting, followed by the Mystic lighted boat parade. \$81.pp

NEW FOR 2019

- Jul 6-12, 2019: "SOUNDS OF THE SOUTH" Spend a week learning about the history of Soul, Rock 'n Roll & Country Music with a little 'horsing around' on this 7-day/6-night tour to the south. (Graceland, Grand Ole Opry, Churchhill Downs and more!) \$2395. pp/dble
- Aug 11-23, 2019: "ALASKA FRESH & WILD" America's northern and last frontier. Start in Vancouver, set sail on Norwegian Jewel (7 day cruise on inside passage) to Alaska where we enjoy a real Alaskan experience. Come along on this 13-day voyage and surround yourself with the most pristine wilderness, monumental glaciers, incredible wildlife and the local "Alaskan" way-of-life". Starts at \$5,389.pp/dble inside room. SAVE \$350. BY BOOKING BEFORE AUGUST 31, 2018

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

- Thurs/Jun 1: "GLEN CAMPBELL EXPERIENCE" 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 & click "trips" tab! Or pick up a flyer in lounge area.



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JUNE 2018

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

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