

Active Lifestyles

Calendar House of Southington

Volume 6, Issue 1

860-621-3014

JULY/AUGUST, 2018

FROM THE DIRECTOR

SUMMER IS HERE! Along with all the joys and delights of the sunshine and warm weather, July and August can also bring those "Hot and Humid" days! Well...when and if they happen...think of a nice, cool place to come to relax...like Calendar House! Come and enjoy lunch, watch television, read a book, work on a puzzle or play cards! Pickle-ball, Ping-Pong, Bridge or a game of Pool are always fun! And YES...every Friday is BINGO!

Demolition of the old building has been completed and work on the parking lot is well underway! PLEASE NOTE: You should enter and exit the parking lot via the PLEASANT STREET entrance; the entrance on Hobart Street will be blocked. Parking is flipped to the left of the parking lot, while the right side is being done. With school out, you may park at the DePaolo Middle School. Please be careful crossing the street! It won't be much longer before construction is finished and we will be able to thoroughly enjoy our amazing new Senior Center!

Find your wildest, most colorful, tropical, splashiest, craziest shirt, blouse or dress and come join the fun at our fourth annual Hawaiian Shirt Night on Thursday, August 16th beginning at 5:30 at Hawk's Landing! It promises to be a fun-filled evening with a Hawaiian feast and great music provided by DJ Butch Gray! Tickets (\$19.) are available now in the office!

Southington's MUSIC ON THE GREEN concerts are the perfect opportunity to relax on the green, enjoy great music, good friends and an interesting car show! Events include July 18: "The Diamond Collection", (Neil Diamond Tribute Band); July 25: "The Sam Vinci Orchestra", (Italian & American Classics); August 1: "Cover 2 Cover", (Rock & Pop Dance Hits); August 8: "Goldrush", (Bluegrass & Country); August 15: "Dennis Polisky & Maestro's Men", (Polka Mu-



We are almost completely done!

sic); August 22: "The Kyle Niles Band", (Classic Rock); August 29: "Coyote River Band", (Modern Country, Rock & Dance Hits); and last but not least, September 5: "Out the Boxx", (High Energy Dance Hits). More information is available at www.southington.org.

Enjoy all that the summer brings - as we look forward to our "Grand Opening Celebration" in September and the classes, programs and activities that are being planned for the fall! Stay healthy and keep safe!

Robert Verderame, Executive Director

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.

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BRIDGE IS BACK!

PARTY BRIDGE is back every 2nd and 4th (and 5th) Wednesday of the month from 1-3:15. 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.

SIT AND BE FIT WORKOUT

Our popular "Physical Fitness" class is back, and will be held on Monday, Wednesday at 11 a.m. and Thursday and Friday at 11:15 a.m. in the Fitness Room, featuring the "Sit and be Fit" video with Mary Ann Wilson, R.N. This workout features exercises designed to improve core strength, flexibility, balance, coordination, circulation and reaction time. A variety of lighthearted music combined with fun rehabilitative movements make this a good middle-of-the-road full body workout for anyone! These programs are sure to lift your spirits and put a smile on your face. Class is limited to the first 20 participants.

SENIOR CITIZEN ADVISORY COMMISSION

Tuesday 10 July 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/specialneeds-registry.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.

AARP SMART DRIVER COURSE

July 13th; Sept 14th; 8:45 a.m. - 1 p.m. (NO August class) 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).*

COFFEE'N DESSERT "BALANCE SCREENING"

Wednesday 19 September 1:30 PM Coffee 'n Desserts are back! On Wednesday, September 19th at 1:30 pm Hartford HealthCare Center for Healthy Aging will offer free Balance Screenings provided by Ken Kirk, PT, ND licensed physical therapist at Southington Care Center. Balance screening can play an important role in preventing falls. Information will be available reducing risks and preventing falls. Please join us for coffee 'n dessert. RSVP at 860.621.3014.

HAWAIIAN SHIRT NIGHT

We're planning our fourth annual Hawaiian Shirt Night on Thursday, August 16th beginning at 5:30 pm. Put on your wildest, most colorful Hawaiian shirt, blouse or dress and we'll enjoy a Hawaiian feast at Hawk's Landing. Menu: Summer Salad; Rolls & Butter; Teriyaki Chicken Skewers; Beef Skewers; Pineapple & Cherry Skewers; Hawaiian Rice; Ham with Pineapple Sauce; Grilled Vegetables; Dessert; Coffee, Tea, Soda, Water; Cash Bar. DJ Butch Gray will provide music for listening & dancing! Tickets on sale in office. \$19.pp

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.

SENIOR COMMUNITY CAFE

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.

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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. \$129.pp
- NEW!! Oct 21-28: "BERMUDA CRUISE FROM BOSTON" Eight days with dock in King's Wharf for 3 days. Round trip motorcoach to Boston, then board Royal Caribbean Serenade of the Seas with all meals on board, casino, nightly entertainment, full service spa. Inside cabin from \$899.
- 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
- Fri/Nov 16: "RADIO CITY CHRISTMAS SPECTACULAR" Enjoy lunch at Carmine's served family style. Then de-

part for Radio City Music Hall to see the 2018 edition of the Christmas Spectacular starring the Rockettes. \$198.pp

- Sat/Nov 24: "MYSTIC BOAT PARADE" Lunch at Steak Loft Restaurant, free time in Olde Mistick Village. At 6pm 17th Annual 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.

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.

- 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
- WAIT LIST ONLY! 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 Carmine's, (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, ocean-front 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
- WAIT LIST ONLY! 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

In Memoriam

Virginia Gaita
Paul Gresh
Fern Mancino
Salvatore Mazzaccaro
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.


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JULY/AUGUST 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 8	9 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	10 9AM Pool Players 9AM Ping Pong 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training 4:30PM Advisory Board	11 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM AARP Board Meeting 1PM Bridge 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	12 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball	13 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo 8:45AM AARP Safe Driving Class	14
July 15	16 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	17 9AM Pool Players 9AM Ping Pong 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	18 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	19 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball	20 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	21
July 22	23 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	24 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	25 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Bridge 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	26 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball	27 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	28
July 29	30 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	31 9AM Pool Players 9AM Ping Pong 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training	August 1 9AM Pool Players 9AM Ping Pong NO Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	2 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball	3 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players NO Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	4
Aug. 5	6 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	7 9AM Pool Players 9AM Ping Pong 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	8 9AM Pool Players 9AM Ping Pong NO Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	9 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball 11AM-12PM Blood Pressure with CT Center for Healthy Aging	10 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players NO Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	11
Aug. 12	13 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	14 9AM Pool Players 9AM Ping Pong 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training	15 9AM Pool Players 9AM Ping Pong NO Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	16 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball 5:30PM Hawaiian Night at Hawk's Landing	17 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players NO Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	18
Aug. 19	20 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	21 9AM Pool Players 9AM Ping Pong 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	22 9AM Pool Players 9AM Ping Pong NO Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	23 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball	24 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players NO Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	25
Aug. 26	27 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	28 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	29 9AM Pool Players 9AM Ping Pong NO Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Physical Fitness 12PM Lunch 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	30 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Physical Fitness 12PM Lunch 1PM Pickleball	31 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players NO Gentle Yoga 11:15AM Physical Fitness 12PM Lunch 1PM Bingo	Sept. 1

Calendar House Senior Center

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For advertising information please call 860-621-6167