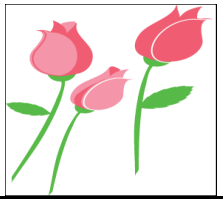




# May 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:30 am Men's Golf League Opening Day 8:45 am Bagel Breakfast: Osteoporosis	4  NO Genealogy Club	3 11am-12noon Blood Pressure CT Center for Healthy Aging	4 8:45 am Trip Sales: * Terracotta Warriors" * Dixieland Cruise"	5
6	7	8 6:30 pm Commission Meeting	9 1 pm Financial Club	10	11 9am-1pm 55 Alive	12 9am-1pm Orchard Valley Garden Club Plant Sale
13 Mother's Day 	14 9:30 am Nurse Clinic	15 8:45 am Bagel Breakfast: Judge of Probate  Foot Clinic By appointment	16 NO Digital Photo Club	17	18	19
20 2-4 pm Fine Arts & Crafts Exhibit 	21 6:30 am Trip Departs "JONAH"	22	23 12:30-1:30 pm VNA Blood Pressure 1 pm Computer Club	24 1:00 pm DePaolo Chorus & Band Concert	25	26
27 	28 CENTER CLOSED Memorial Day	29	30	31 8:30 am Bulletin Folding	<b>MAY IS OLDER AMERICANS MONTH!! CELEBRATE!!</b>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Ping Pong 9:00 Pool 9:30 Line Dance w/Terry 10:00 Begin. Line Dance 10:00 Folk Art 10:00 Stained Glass 11:00 Physical Fitness 12:30 Drawing 1:00 Mah Jong 2:30 Badminton	9:00 Pool 10:30 Poetry 2:00 Woodcarving 12:30 Acrylic Painting 1:30 Strength Training	900 Dancercise w/Gen 9:00 Pool 9:00 Gentle Supported Yoga 10:00 Granny Squares 10:15 Aerobics w/Kim 1:00 Intermediate Watercolor 1:00 Ping Pong 2:15 Badminton 3:00 Intro to Beading	9:00 Pool 9:30 TOPS 10:00 Quilting w/Mickey 10:00 Strength Training 12:30 Quilting w/Karen 1:00 Scrabble 1:00 Wii	9:00 Dancercise w/Gen 9:00 Pool 9:00 Gentle Supported Yoga 10:15 Aerobics w/Kim 1:00 Bingo
<b>SENIOR CITIZEN COMMISSION</b> Mr. Earl Temchin Mr. Benny Cammuso Mrs. Marjorie Chase Ms. Doris Hanser Mr. Len Marcheselle Mrs. Lynn Maschi Mrs. Sandra Micalizzi Ms. Connie Proll Mr. Michael Rossi	<b>CALENDAR HOUSE STAFF</b> Robert Verderame, <i>Executive Director</i> Sharyn Murphy, MSW <i>Program Coordinator</i> Cynthia Gilbert, <i>Senior Center Secretary</i>  Clerk Typist Vincent Morelli, <i>Bus Driver</i> Paula Ofiara-Pocock, <i>Bus Driver</i>	<b>MEMBERSHIP ASSOCIATION OFFICERS</b> Peter Freeman, <i>President</i> Mark White, <i>Vice President</i> John Sudol, <i>Secretary</i> Mary Dubuque <i>Corresponding Secretary</i> Mary Robarge, <i>Treasurer</i> Elsie Walicki, <i>Assistant Treasurer</i>	<b>MEMBERSHIP ASSOCIATION DIRECTORS</b> Peter Freeman Walter Kizilski Mary Robarge Barbara Rosenbaum Clifford Snow Elsie Walicki Mark White	<b>PUBLICITY</b> Dick Fortunato Sandra Mathieu

## TO YOUR HEALTH & SAFETY!

- ◆ **BLOOD PRESSURE:** with Marc Levesque, MS;  
CT Center for Healthy Aging - Referrals & Resources  
**THURS, May 3rd, 11:00 AM—12 Noon**  
**WED, May 23rd, 12:30-1:30 pm**
- ◆ **NURSE CLINIC:** with Connie Smith, RN;  
**MON, May 14th, 9:30-11:30 am**  
Meet 'n Greet the new nurse!
- ◆ **VNA FOOT CLINIC:** by appointment only; there is a nominal charge. **Call: 1.860.982.9914**

### NURSE CLINIC— BEGINNING MONDAY, May 14th, 9:30 a.m.

**Connie Smith, R.N.**  
will be available on the 2nd Monday of each month for Blood Pressure screening, health counseling and health referrals.  
No appointment needed



### BAGEL BREAKFAST— Janice Freeman, CPT

**“You don’t have to lie down and take it!”**

**Tuesday, May 1st at 8:45 a.m.**

**“Osteoporosis and You”**

**What you don’t know can hurt you!**

*The right exercise can be safe and effective in combating the consequences of this disease.*

### BAGEL BREAKFAST— Judge Matthew Jalowiec

**“Unraveling the Probate Process Maze”**

**Tuesday, May 15th at 8:30 a.m.**

*Our Judge of Probate will provide an overview of the probate process and be available to address your questions and concerns.*

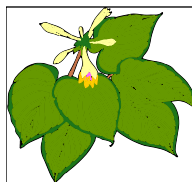


**Call 860.621.3014**  
**to reserve your spot for**  
**any or all of these morning events!**

## COMMUNITY EVENTS

Don't Miss the Orchard Valley Garden Club's very popular annual **Mother's Day Plant Sale**  
**Saturday, May 12th**  
**9 a.m.—1 p.m.**

Garden Club members grow the plants locally in their gardens, so they'll do well in your garden! Other gift items will be available.



## SPRING IS SPRUNG .. (SORT OF!!!)

### MEN'S GOLF LEAGUE TEE OFF ON TUESDAY, MAY 1st

**SEASON OPENING!** At Hawks Landing  
Most of you golfers seem more than ready to get started. Schedules will be available in the office! Have fun!



### GARDENERS— YOU'RE ROTOTILLED & STAKED!

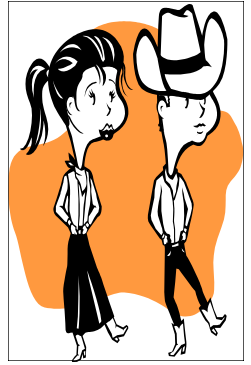
Many thanks to Larry Shappy and his trusty tractor and to Bob & Joyce Ciosek for staking out the individual gardens! Wishing you bumper crops!!  
Always remember—Gardeners have the best dirt!

## UPCOMING EVENTS

**TUESDAY, JUNE 5th is the DATE!**

### COUNTRY WESTERN NIGHT

We'll be “getting” down country” at 5:30 p.m. at Calendar House with entertainer Ray Scott returning by popular demand! Hen House will cater—the menu includes: 1/2 chicken; potato salad; baked beans; cole slaw; roll; beverage and dessert. The \$10. tickets will be on sale beginning May 10th. You won't want to miss this event—fer sure!!



## Fine Arts & Crafts Exhibit

### CALENDAR HOUSE SENIOR CENTER

388 Pleasant Street, Southington

**Sunday, May 20, 2012**

**2:00—4:00 p.m.**

Enjoy the fine arts and crafts of Southington's talented Seniors!

This exhibit features the paintings, drawings, stained glass objects, watercolor, woodcarving, quilts, poetry and decorative arts of the Calendar House students. For many of our students, these classes are their first ventures into the world of fine arts and crafts! Their work is very impressive! Many thanks to the instruction, encouragement and expertise provided by our instructors: Pat Mottola, Carla Koch, Juanice Raymond, Karen Kebinger, Sam Brown, Dorothy Chamberlain & Bill Ludecke! Light refreshments will be served. Public is welcome.

## CLUBS 'n COURSES

**Genealogy Club:** No Meeting  
**Financial Club:** Wed, May 9th, 1 pm  
**Digital Photo Club:** No Meeting  
**Computer Club:** Wed, May 23rd, 1 pm



### CURRENT COMPUTER LEARNING CENTER CLASSES & LAB SCHEDULES on website:

[www.calendarhouse.org](http://www.calendarhouse.org) and posted outside lab



### 55 Alive Safe Driving Courses

May 11 \*\* June 8

8:45 a.m.—1 p.m.

### One day only class!

Focuses on latest driving techniques with emphasis on defensive driving. No in-the-car training involved, only classroom.  
Cost: \$12 for AARP Members (**must provide membership #**) \$14 for Non AARP Members.  
Payable to AARP. Register at 860.621.3014

## NEED TO KNOW

**Storm Closing:** Please be advised that announcements are made on WFSB Channel 3 (position 3 on Cox Cable) and WTIC 1040 AM if the Calendar House is closed. When closed, all classes & activities & nutrition program are cancelled. Buses will not be on the road.



### BE PREPARED IN CASE OF AN EMERGENCY!



The Southington Commission on DisAbilities, in conjunction with the Police and Fire Departments, is facilitating the 9-1-1 Special Needs Registry, that insures notification to individuals in the event of an emergency situation. Registration forms available at Calendar House.

## RESERVATION PLEASE..

**DIAL-A-RIDE BUS** provides transportation at no charge for Southington residents age 55 & over and for people with disabilities. Transportation is available to & from doctor & dental appointments. Mondays, Tuesdays & Thursdays rides are available to various shopping locations. Mon-Fri rides are provided to & from Calendar House for lunch, activities, programs & appointments. **ADVANCE notice is required**—two days (48 hours) is requested when possible. We ask that medical appointments be made between 9am-2:30pm for in town and between 10am-1pm for out of town. Please call **860.621.3014** Monday to Friday between 10 am and 12 noon to be scheduled.



## Rx for Clean Water!

The Southington Water Dept will host a **Free Medication Disposal Program** for town residents **Saturday, April 28** from 10 am to 2 pm at their facility at 605 West Queen St. This program helps keep our drinking water clean, and protects the health of our children and our environment. For more info, call Southington Water Dept (860.628.5593)



## LEGAL AID

Senior Law Program of Greater Hartford Legal Aid **860.541.5003** Free legal aid available to seniors 60+ with various legal concerns and issues.

**Consumer Law Project for Elders (CLPE)**  
**1.800.296.1467** Hotline open Mon-Fri, 9am-5pm  
FREE legal assistance to CT seniors 60+ with consumer questions or problems.

## MEMORIAL DONATIONS

Calendar House has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made payable to the Calendar House Senior Center. Memorial donations will be placed into the Membership Association General Fund.

### In memory of:

- ◆ **Cliff Kern**
- ◆ **Richard Dragon**
- ◆ **Rose M. Maccio**

## RENTERS RELIEF PROGRAM

Applications for the State of CT Renter's Relief Program will be taken at Calendar House **beginning May 15, 2012** by appointment only. Please call AFTER April 18th to make an appointment. Persons renting a room or apartment may be eligible for a partial refund of rent/utility (excluding phone) bills **IF** renter or spouse is 65 or older; **OR** if the renter is totally disabled and receiving benefits under a federal, state or local retirement program. Individuals residing in mobile homes who pay monthly lot rental may also apply.

- Applicants must have resided in CT for one year/or more
- You must have reached age 65 by Dec. 31, 2011 (if married, only one spouse need be 65).
- Individuals who are 100% totally, permanently disabled may apply regardless of age, but must provide Social Security Disability Proof.
- **Income Guidelines:**  
\$32,300. single individual  
\$39,500. married couple

### **One (1) copy (that we may keep) of the following Documentation from 2011 TAX YEAR is required:**

- Copy of **2011 Income Tax Form** (if filed)
- Copy of **2011 Social Security Form SSA1099 or SSA2458**
- Copy of **all interest, dividends, wage statements and pensions for 2011** (if income tax not filed).
- Proof of **2011 Utility payments** (all receipts or cancelled checks from Jan 1, 2011—Dec 31, 2011): **Gas** (natural & propane); **Electric**; and/or **Oil**. (CALL YOUR UTILITY COMPANIES AND REQUEST THAT A 2011 PAYMENT HISTORY PRINTOUT BE MAILED TO YOU).
- **Rent Receipts** from 2011 (*one from January PLUS one from December AND if your rent increased during the year, bring the receipt for 1st month of increase.*)

**Call the Calendar House 621-3014**

to make your appointment.

*Please be sure to have copies of all your documents made **BEFORE** your appointment, and bring them with you.*

### **RENTER'S RELIEF HOUSING SITES DATES**

6 CARTER LANE: WED, JUNE 6, 1—3 PM

408 MAIN ST: WED, JUNE 13, 1-3 PM

43 ACADEMY ST: WED, JUNE 20, 1-3 PM

500 PLEASANT ST: WED, JUNE 27, 1-3 PM

You do NOT need to make an appointment for the HOUSING SITES, **BUT** you do need to have copies of all your documents with you on that day.

*Accommodations can be made for individuals with limited mobility, unable to leave their apartments without assistance. Call Sharyn for information.*

## NOTE OF APPRECIATION

With April 15th behind us, please join us in a heart felt THANKS to the dedicated folks who saved our members hundreds and hundreds of dollars by providing free income tax preparation and e-filing for over 300 folks. Thank you Mary Robarge, Kathy Boglarski, Bob Binkowski, Patricia Bouchard, Ray Fecteau, Marie Olson, Len Pedone, Lottie Prushinski, John Sudol and Sandra Voorhees! Fantastic job well done!!



- New trips are **USUALLY** sold on the 1st or 2nd Friday of the month on a first come, first served basis.
  - **PAYMENT** is due at time of sale. Make checks payable to: **CALENDAR HOUSE**. If paying in cash, you **MUST** have **EXACT AMOUNT**.
  - **CALENDAR HOUSE I.D. MUST** be presented.
  - Each individual may only purchase two (2) seats.
  - Seating is **NON-TRANSFERABLE**.
  - **CANCELLATION POLICY:** We will attempt to fill your place from a waiting list, if available.
  - **DAY TRIP REFUNDS** are only made if replacement is found prior to trip departure.
- p.p. = Per Person      TBD = To Be Determined

- Trips are offered to **MEMBERS ONLY** for the first week of the sale; after one week, nonmembers, (senior citizens) may purchase available seats.
- **DAY and OVERNIGHT PARKING** permitted in rear parking lot; **HOWEVER**, Calendar House is **NOT** responsible for loss due to damage, theft of vehicle or vehicle contents.
- **IMPORTANT:** Should you need to get into the building when trip returns, you **MUST** advise a staff member the day **BEFORE** the trip departs.

# ALL RETURN TIMES APPROXIMATE  
## SEATS AVAILABLE AT TIME OF PRINT

**NEW TRIP SALES — MAY 4th, 8:45 A.M.**

**Tuesday  
July 31, 2012  
Depart: 7:30 am  
Return Estimate:  
7:00 pm  
\$72. p.p.**

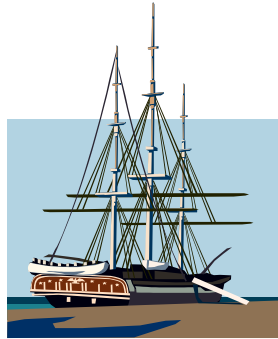
**TERRA COTTA  
WARRIERS  
NEW YORK CITY**  
Come explore China's famed Terra Cotta Warriors and Horses, arguably the most significant

archeological excavations of the past few decades. Discovery Times Square Expo Center will be transformed into ancient China with figures & relics (the largest collection of significant Chinese artifacts) representing life from 221 to 210 BC when China's first emperor was in power. **Includes: Audio Tour of the Exhibit; Free Time in Times Square for shopping & sightseeing; Transportation; Gratuities. Lunch on your own.**

**Monday,  
July 2, 2012  
Depart: 10:00 am  
Return Estimate:  
4:30 pm  
\$117. p.p.**

**HARBORFEST  
TALL SHIPS IN BOSTON**

Enjoy a full lunch at Getaway Tours Choice of Restaurant with choice of beef, fish or chicken entrée.



After lunch board a BOSTON HARBOR CRUISE vessel in Boston Harbor and relax as you sail past the beautiful tall ships docked there. Enjoy this up close and personal look at majestic ships from many different countries.

**Wednesday  
August 15, 2012  
Depart: 10:00 am  
Return Estimate:  
4:30 pm  
\$97. p.p.**

**CONNECTICUT RIVER  
DIXIELAND CRUISE  
HADDAM, CT**

Enjoy an afternoon of fun on the water! Join us as we board the elegant Lady Katharine in Haddam, CT for an unforgettable cruise experience. As we make our way down the picturesque Connecticut River, we will enjoy the lively sounds of a Dixieland band, and a fabulous lunch with five-star service.



This memorable day includes: Transportation, Luncheon Cruise, Entertainment & Gratuities.

**Wednesday  
May 2, 2012  
Depart: 8:00 am  
Return Estimate:  
5:30 pm  
\$69.00 p.p.**

**VICKI LAWRENCE  
FOXWOODS  
CASINO**

**Package includes:**

- ◆ Deluxe Motorcoach
- ◆ 11:00 am Show with
- ◆ **Reserved Gold Seating** at the Fox Theatre
- ◆ Current Foxwoods Bonus
- ◆ Free Buffet Lunch
- ◆ Gratuities



**UPDATE ON PREVIOUSLY SOLD TRIPS**

**Tuesday  
June 19, 2012  
Depart: 8:30 am  
(Calendar House)  
Return Estimate:  
7:00 pm  
\$80. p.p.**

**CHINATOWN  
NEW YORK CITY**

Shared Bus—limited seating  
Start off this full day adventure with a **guided tour** of Chinatown, then relax with over a special **Dim Sum Lunch** at the Golden Unicorn. Spend **some free time shopping** on Mott Street or nearby Canal Street. Next stop, a Chinatown **Ice Cream Factory** to indulge in refreshing scoops of ice cream. Visit a **Buddhist Temple**, tour a **Chinese emporium**, finish the day with a very elegant Chinese Tea Ceremony at **Ten Ren Tea**.



**LOTS OF WALKING!**

**Monday-Tuesday  
May 21-22, 2012  
Depart: 6:30 am  
Return Estimate:  
10:30 pm  
\$275. p.p. Dble  
\$265. p.p. Triple  
\$340.p.p. Single**

**"JONAH"**

Shared Bus—limited seating  
**Bethlehem/Lancaster, PA**  
Deluxe Motorcoach  
Overnight at Crown Plaza Hotel  
Tax & Baggage Handling  
Hot Breakfast Buffet at Hotel  
Wine & Cheese Reception  
Dinner at Hotel



Musical Comedy Show at Hotel  
"JONAH" at the Millennium Theater  
Sands Casino \$35.00 Bonus  
Visit Kitchen Kettle  
Intercourse Cannery  
Trip Insurance

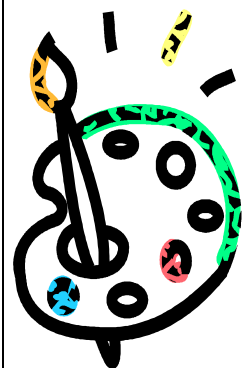
Bus Driver & Tour Manager Tips Included

**UPCOMING TRIPS:** September 19th— Osmond Brothers at Foxwoods: Oct TBA—Guided Visit of the Tenement Museum, NYC: December 4th— Vienna Boys Choir, Symphony Hall Springfield, MA

# The Calendar House Exchange

Contributors: Calendar House Members

May Birthstone: Emerald—May Flower: Lily of the Valley



## Get Your Creativity On

I sit at a table in a circle of women. We hold paintbrushes and mine might just be trembling the slightest bit. **Why does this blank canvas feel so much more intimidating than a blank page?** I'm at a friend's house and she has invited us to simply make art. Not a masterpiece. Not something to be hung in a gallery. Just strokes and lines and colors.

**It's not about the result at all. It's about taking time to be creative in the middle of our busy lives.**

I paint a cupcake. It's vibrant with color and texture. I don't think anyone will want to display it but I like it anyway. I like it because it wakes up a part of me that has been asleep. A part of me I've missed.

Creativity literally changes us. Scientists used to think after a certain age our brains were set. But being creative actually makes new neurological pathways in our minds.

**It's never too late to grow.**

And creativity isn't just picking up a paintbrush. It's essentially anything we do that gets us outside of our comfort zones. **Anything we do that brings life into this world.**

What's that for you? For me it's writing, baking, a long conversation over coffee with a friend that takes us to unexpected places.

And why is creativity so hard? **Because it's always tied to fear.**

"The essence of creativity is essentially risk, believing enough to leap into the yet unseen.

The theological term for this is faith" —Ann Voskamp

Creativity invites us outside the familiar. It opens us up, changes us, challenges us, requires effort and intention and attention too. **You will not be the same when you finish as when you started.**

Because literally and symbolically, creativity is so much of what keeps us alive.

We have two choices: growth or decline. There is no standing still.

**When we choose creativity, we reach for life..and the Giver of it.**

The God who spun stars into space, who can spread His fingers across the ocean, who knows every sparrow that falls..this is the God who calls you to create with Him.

**Has there ever been a more beautiful invitation?**

He's not asking you to make something perfect. He's simply asking you to be His partner.

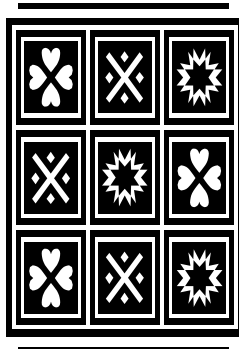
You pour out creativity and He fills you up in return.

**MAKE ART.**

In your own wonderful way.

**And watch how it makes you.**

— Holley Gerth —



Memorial Day should remind us that freedom is always under challenge and that freedom is never free. Freedom is important enough to live for, and precious enough to die for.

Let us not forget those men and women who have served our great nation during times of peace and conflict. Because they gave their "last full measure of devotion," we are forever in their debt. We stand with bowed heads and humble hearts for their graves are hallowed places. Their service to God and country will always be remembered. On this day, we can pay no higher tribute to our dead, nor render greater service to our great nation than instill in others, who seemingly have no special reason for remembering, what the true spirit of Memorial Day really is. It is a day for all Americans.

—Laura Slaton Phillips

*"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."* —President George Washington

*"There never was a woman like her. She was gentle as a dove and brave as a lioness. The memory of my mother and her teachings were, after all, the only capital I had to start life with, and on that capital I have made my way."*

— President Andrew Jackson.

*"I remember my mother's prayers and they have always followed me. They have clung to me all my life."*

— President Abraham Lincoln

*"To the world you might just be one person, but to one person you might just be the world."* — Author Unknown

*"You may have tangible wealth untold; Caskets of jewels and coffers of gold. Richer than I you can never be— I had a mother who read to me."* — Strickland Gillilan

*"Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers and sisters, aunts and cousins, but only one mother in the whole world."*

— Kate Douglas Wiggin

**Mother's Day**