Active Lifestyles
Calendar House of Southington

Volume 1, Issue 7
April, 2019

Pickleball! Mon,Tues & Thurs @ 1pm

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# FROM THE DIRECTOR

As we end March..."thank you," and work our way into April it is my pleasure to let everyone know that our wonderful looking Senior Center has been selected as a recipient of a Beautification Award by the Southington Chamber of Commerce for 2019! I am very pleased to hear this, it is a well deserved award. Our Building Committee, BL Companies, KBE, myself and my staff put in plenty of time and hard work in planning this Center. Congratulations to all of us!

April is Parkinson's Awareness month. James Parkinson, a British apothecary, who formally identified the disease 200 years ago, helped todays researchers set a goal to one day find a cure!

During the month of April we will really get into our education weekly programs called "Coffee 'n Dessert." These informational sessions are for anyone "who may not get it, but would like to learn more!" Sessions include approximately one hour of valuable information on certain subjects. Read more about these sessions on page 3 of your Active Lifestyles.

Don't forget to mark your calendar for Polish Night on April 24th at Hawk's Landing! Also, our weekend breakfasts — UNICO on April 14th and KofC on April 28th are always a great way to start off a Sunday! — **Robert Verderame, Executive Director**

**Please note:** Active Lifestyles is available at Calendar House, Town Hall, Municipal Center, Library and Housing Sites. It is also available at both calendarhouse.org and southington.org websites. We encourage you to subscribe directly by going to: www.ourseniorcenter.com; type Calendar House near Southington; Click "latest newsletter" and "subscribe"; fill in your e-mail and name! And you're all set!!

# Connect to great care. Right in your neighborhood.

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- Nephrology
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This new center is another way we're helping you connect to healthier, close to home.

*Hartford HealthCare Medical Group*

| | |
|---|---|
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| DERMATOLOGY | 203.694.5857 |
| ENDOCRINOLOGY | 860.224.5672 |
| MEDICAL WEIGHT LOSS | 833.861.5433 |
| NEPHROLOGY | 860.621.6704 |

*Hartford HealthCare Center for Healthy Aging*
860.628.3830

*The Hospital of Central Connecticut Rehabilitation Network*
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## WELCOME TO CALENDAR HOUSE!!

We are now using the Picture ID Cards! As you enter the building, please stop at the front desk to scan your Picture ID Card. If you are a member without a Picture ID Card, we will issue you a new card! If you are not a member, stop at the front desk to register. You must be a Southington resident 55+ to join. Thank you!

**WE NEED YOU!!**

The Calendar House Membership Association meets the fourth Thursday **every other month,** at 1 pm. Reports are presented to the members for a vote, followed by a social activity. Please consider attending as a quorum, of 15 or more members , is needed.

## MEMBERSHIP MEETING

Thursday, May 23, 1:00pm.

Following the meeting enjoy ***"Dave Giardina and Fiesta del Norte."*** Dressed in traditional sombreros & "charro" outfits, their repertoire spans from the Mariachis of Jalisco to the Nortenas of Chihuahua, down to the Marimba music of Chiapas. Music is played on authentic instruments—guitar, vihuela, guitarron, violin, and trumpet with beautiful singing throughout. A hallmark of this band is audience participation; singing, dancing, hand-clapping, maraca-shaking, and the joyful calls or "gritos" heard on every song. Put on your sombreros and celebrate Mexico! RSVP to 860– 621-3014.

## HOT DOG SPECIAL

Friday, May 24th @ 1pm

Sponsored by:

*The Summit at Plantsville*

Just prior to Bingo enjoy a hot dog, chili, sauerkraut, pickle and chips for just **$1!**

Tickets on sale Monday, April 29th through Wednesday, May 22nd.

*Calendar House would like to give special thanks to* **The Summit at Plantsville** *for sponsoring special events like the Hot Dog Special and also providing delicious cake at our Membership Meetings!*

## COFFEE 'N DESSERTS

### Understanding the Complexities of Medication

*Wednesday, April 24, 1:30pm*

Are you overwhelmed by the long list of drugs you have to take? Do you often reach for an over-the-counter medication? There is a lot you can do to make sure you get the most benefit from your medications -- and stay safe in the process. These medication safety tips are a good place to start. Presented by Christina Polomoff, PharmD, BCACP, BCGP, clinical pharmacist, Hartford HealthCare Integrated Partners and assistant clinical professor at University of Connecticut School of Pharmacy. *Sponsored by Hartford HealthCare Senior Services.*

### Keeping Memory Strong

*Wednesday, May 8, 1:30pm*

Join us for a presentation on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun. Presented by Patty O'Brian, CDP, dementia specialist. *Sponsored by Hartford HealthCare Center for Healthy Aging.*

### Learn About Strokes

*Wednesday, May 15, 1:30pm*

Knowing the signs and symptoms of a stroke can save your life or the life of a loved one. Learn: What is a stroke, risk factors, stroke prevention, how the stroke recovery process works. Presented by: Dr. Kateryna Kurako, Neurologist. *Sponsored by: Bristol Hospital Multi-Specialty Group.*

### Medicare 101

Wednesday, May 22, 1:30pm

Learn more about your Medicare options including: Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by: Marissa Hiebel, Medicare Educator. *Sponsored by: Integrated Care Partners.*

**Join us!**

**RSVP at 860.621.3014**

**Future Topics Include…**

**"Cooking for One" 6/5/19**
**"Estate Planning" 6/12/19**

## RENTERS' REBATE 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 (2018 info.)

- Applicants must have resided in CT for one year or more.
- You must have reached age 65 by December 31, 2018 (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 **after April 1st**.

## Plant Sale

Don't miss the very popular Annual Orchard Valley Garden Club Plant Sale at Calendar House on Saturday, May 18th from 9AM to 1PM. Garden Club Members grow the plants locally in their gardens so they'll do well in yours! Please stop by!

## AARP SMART DRIVER

April 12 OR May 10; 8:45 am- 1pm . (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: AARP members: $15 (with membership #); Non AARP Members: $20. Payable to AARP. Register at 860.621.3014

## *In Memoriam*

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

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## MONDAY

| | |
|---|---|
| All day | Pool Players |
| All day | Ping Pong Players |
| All day | Library/Puzzle Makers |
| All day | Cardio Room |
| 9—11 | Computer Lab |
| 10:30 | Stained Glass |
| 12:00 | Lunch |
| 12—2 | Trip Desk |
| 12:30 | Mahjongg |
| 1:00 | Pickleball |

## TUESDAY

| | |
|---|---|
| All day | Pool Players |
| All day | Ping Pong Players |
| All day | Library/Puzzle Makers |
| All day | Cardio Room |
| 12:00 | Lunch |
| 1:00 | Pickleball |

## WEDNESDAY

| | |
|---|---|
| All day | Pool Players |
| All day | Ping Pong Players |
| All day | Library/Puzzle Makers |
| All day | Cardio Room |
| 10—12 | Trip Desk |
| 10:00 | Granny Squares |
| 12:00 | Lunch |
| 1—3 | Computer Lab |

## THURSDAY

| | |
|---|---|
| All day | Pool Players |
| All day | Ping Pong Players |
| All day | Library/Puzzle Makers |
| All day | Cardio Room |
| 8:30 | T.O.P.S. |
| 12:00 | Lunch |
| 1:00 | Pickleball |
| 1:00 | Party Bridge |
| 1:30 | Adult Coloring |

## FRIDAY

| | |
|---|---|
| All day | Pool Players |
| All day | Ping Pong Players |
| All day | Library/Puzzle Makers |
| All day | Cardio Room |
| 12:00 | Lunch |
| 1:00 | BINGO |

## ART & ENRICHMENT CLASSES *(SPRING SESSION IN PROGRESS)*

- PASTELS (TUES 10:00AM)
- ADVANCED/INTERMEDIATE POETRY (TUES 10:00AM)
- ADVANCED/INTERMEDIATE PAINTING (TUES 12:30PM)
- INTERMEDIATE DRAWING (TUES 2:30PM)
- WATERCOLOR PAINTING (WED 1:00PM)
- QUILTING WITH KAREN (THURS 10:00AM)
- BEGINNER/ADVANCED DRAWING (THURS 10:00AM)

## SUMMER COMPUTER CLASS REGISTRATION - MONDAY, APRIL 1ST AT 10AM

- WINDOWS 10 (TUES @1PM 4/9-5/14, $25)
- LIBRE OFFICE (MON @1PM 4/8-4/29, $25)
- IPAD/IPHONE BASICS (MON @1PM 4/8-5/13, $25)
- ANDROID PHONE BASICS (WED @10AM 4/10-5/15, $25)
- ONE-ON-ONE TRAINING (BY APPOINTMENT $10/SESSION)

**For detailed class descriptions go to pg. 10 or www.calendarhouse.org and click the computer class tab. Registrations after April 1st accepted during computer lab times until all seats are full.**

## EXERCISE CLASSES

***Exercise Class Descriptions/Registration Info see Page 7***

- SIT 'N BE FIT (MON & WED 11:00AM)
- GENTLE FLOW YOGA (TUES 10:30AM)
- STRENGTH TRAINING (TUES 2:30PM)
- GENTLE SEATED YOGA (WED 9:00AM)
- DANCERCISE (WED 9:30AM)
- ACE AEROBICS (WED 3:30PM)
- STRENGTH TRAINING (THURS 9:00 & 10:00AM)
- SIT 'N BE FIT (THURS & FRI 11:15AM)
- GENTLE SEATED YOGA (FRI 9:00AM)
- GENTLE AEROBICS (FRI 10:15AM)

## SENIOR COMMUNITY CAFE

PHONE: **860.621.6738** ** **HOURS: 10:30—12 NOON**

**Sign up 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. Please call to cancel meals. Suggested donation: $2.50.**

**The program is limited to individuals 60 and older.**

**Monthly Menu available in the Café, at the front desk or online at www.calendarhouse.org**

# APRIL 2019 EVENT CALENDAR



| | | | | | | |
|---|---|---|---|---|---|---|
| | 1 MON<br>10AM<br>COMPUTER CLASS<br>REGISTRATION<br>==========<br>12-2PM | 2 TUES<br>FOOT CLINIC<br>(BY APP'T) | 3 WED<br>10AM-NOON<br>TRIP DESK | 4 THURS<br>11AM—12 NOON<br>BLOOD PRESSURE<br>CHECK (HHC) | 5 FRI | 6 SAT |
| 7 SUN | 8 MON<br>12-2PM<br>TRIP DESK | 9 TUES | 10 WED<br>10AM-NOON<br>TRIP DESK<br>==========<br>1PM AARP<br>BOARD MTG | 11 THURS<br>10-11AM<br>BLOOD PRESSURE<br>CHECK<br>(BRISTOL HOSPITAL)<br>==========<br>11AM SOCIAL<br>SECUITY REP<br>(BY APP'T) | 12 FRI<br>8:45AM AARP SAFE<br>DRIVER CLASS | 13 SAT |
| 14 SUN<br>UNICO<br>BREAK-<br>FAST | 15 MON<br>12-2PM<br>TRIP DESK | 16 TUES<br>FOOT CLINIC<br>(BY APP'T)<br>==========<br>GOLF MEETING<br>3PM | 17 WED<br>10AM-NOON<br>TRIP DESK | 18 THURS<br>10-11AM<br>BLOOD PRESSURE<br>CHECK<br>(BRISTOL HOSPITAL) | 19 FRI<br>CENTER CLOSED<br>GOOD<br>FRIDAY | 20 SAT |
| 21 SUN | 22 MON<br>12-2PM<br>TRIP DESK | 23 TUES<br>10-11AM<br>BLOOD PRESSURE<br>CHECK (HHC) | 24 WED<br>10AM-NOON<br>TRIP DESK<br>==========<br>1:30PM COFFEE 'N<br>DESSERT<br>==========<br>5:30PM<br>POLISH NIGHT<br>@ HAWK'S | 25 THURS | 26 FRI | 27 SAT |
| 28 SUN<br>KofC<br>BREAK-<br>FAST | 29 MON<br>12-2PM<br>TRIP DESK | 30 TUES | | | | |


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## Calendar House Exercise Offerings: All participants must have a signed liability waiver on file.

***Cardio Room***: Open during regular Calendar House hours. Features state-of-the-art cardiovascular and strength training equipment. Please bring a change of sneakers, (no street shoes allowed) and a closed water bottle (no open containers allowed). Please wipe down equipment with towels and disinfectant provided after your workout.

***Calendar House Active Walkers***: Take advantage of the walking path around Calendar House. Sign in at front desk under Active Walkers so once the weather warms up we can continue to announce the top walker of the month!

***Sit and Be Fit Workout***: A gentle, slow moving DVD workout by Mary Ann Wilson, RN. This workout is ideal for anyone managing arthritis pain. **Drop in** on Mon/Wed @11am and Thurs/Fri @11:15am. Limit 20 participants/class-**Fitness Studio**.

***Strength Training***: Uses weights to improve balance, flexibility and conditioning. Supply your own (2 or 3 lb.) hand weights. **Call 860-621-3014 to sign up on day of EACH class**. Tuesdays w/Ellen @ 2:30pm or Thursdays w/LeAnn at 9am and 10am. Limit 19 participants/class-**Fitness Studio**.

***Dancercise***: Terry leads a fun dancercise exercise routine set to music. **Drop in** Wednesdays @9:30am-**Multi Function Room**.

***Pickleball***: **Drop in** paddle ball sport open to all levels. Mondays, Tuesdays, Thursdays @1-3pm-**Multi Function Room**. *On Membership Meeting Thursdays, Pickleball is moved to Wednesday @1-3pm.*

***ACE Aerobics***: Join Kim for aerobics for the chronologically enriched (ACE) which combines many aerobic elements, from traditional non-impact aerobics to the newest format, Zumba Gold set to motivating & exciting music. **Call 860-621-3014 to sign up day of class**, Wednesdays @ 3:30pm-**Multi Function Room**.

***Gentle Flow Yoga***: Clementine leads a class where you learn to breathe properly & stretch deeply, honoring the healing power of our own body in a soft, compassionate way. Tuesdays @10:30am. Fee payable to Clementine Delaney ($7. drop in—$50./8 week session). Call morning of class 860-621-3014 for drop in availability. Mats/blankets/blocks/straps/bolsters supplied. Limit 15 participants/class-**Fitness Studio**. More information available at the Calendar House office.

***Seated Yoga***: Pat concentrates on modifying and tailoring each pose to meet the needs of each student. All stretches and poses can be done while seated in a chair. Work the joints and muscles to increase strength & flexibility, allowing for quiet reflection, proper breathing and body alignment. Non-slip shoes or slippers and loose comfortable clothing are recommended. Classes are held in an 8 week series on Wednesday and Friday @ 9:00am. Fee payable to Pat Develeskis. Series cost is $40 if you come ONE day per week, and $64 if you come both days. First class is always free. Limit 19 participants/class-**Fitness Studio**. More information available at the Calendar House office.

***Gentle Aerobics***: Ellen leads a gentle, no impact aerobics class catering to seniors focusing on cardiovascular health. **Call 860-621-3014 day before or day of class to sign up** for Fridays @ 10:15am.Limit 19 participants/class-**Fitness Studio**.

## DIAL-A-RIDE TRANSPORTATION

DIAL-A-RIDE provides transportation at no charge for Southington residents aged 55+ and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, there are some specific guidelines. 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 (appt's between 9:30-1:00pm); Tuesdays & Thursdays: Plainville, Bristol & Farmington (appt's 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. (We may not be able to accommodate requests made after 12 noon on Thursdays.)
- **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.

## HOUSING REHABILITATION PROGRAM

Leaky roof? Drafty windows? Dysfunctional thermostat? Let the Town of Southington help with that. Apply for the Town's **INTEREST-FREE** home improvement loan program for low-and moderate-income earners. Eligible property owners will receive 0% interest loans to make needed health and safety improvements to their homes with no out-of-pocket expense. Don't let another winter go by without the safety and comfort you deserve. If you or someone you know may be interested in the program, please contact Lisa Low & Associates at 203-888-5624 or the Town Manager's Office at 860-276-6200 for more information.

## SOCIAL SECURITY REPRESENTATIVE

Benjamin Rhodes from the Social Security Administration will be at Calendar House on April 11 from 11am-12 noon to meet with individuals BY APPOINTMENT ONLY. He will provide information, answer questions, and address concerns in private consultations. Call 860.621.3014 to schedule.

A note of THANKS...Tax Season and Heating Season are winding down. Thank you to the **MANY** volunteers assisting with tax returns and energy assistance applications this year, especially Andrea Luty, for stepping into Mary Robarge's position for Income Tax Returns, and Maxine Plourde for her continued dedication to the Energy Assistance Program!

## CALENDAR HOUSE GOLF LEAGUE

Calling all GOLFERS– polish those clubs and get ready! We'll be teeing off at Hawk's Landing again this year! Sign up for the Calendar House Golf League in the office. Please have the name & phone number of your partner. Dues are $50. League meeting to be held at Calendar House on Tuesday, April 16th at 3:00pm.

# HEALTH AND WELLNESS

## BLOOD PRESSURE SCREENINGS

Free Screenings by:

***Hartford Healthcare Senior Services & CT Center for Healthy Aging on:***

1st Thursday of month:11am-12noon

4th Tuesday of month: 10-11am

***Bristol Hospital on:***

2nd & 3rd Thursday of month: 10-11am

(Referrals and resources available)

## BETTER BALANCE CLASS

With LeAnn, 4 week session on Wednesdays (May 8, 15, 22, 29) from 1-1:30pm. During the 30 minute class, we will work on balance: Reaction time, pivotal movements, center of gravity, weight shifting, ankle strengthening & mobility, multi-sensory training and walking with upper body movements. Cost for 4 class session is $20. Drop-in $7 per class (if space available). Fee payable to LeAnn Kroll. Limit 12 students per class. To register stop at front desk or call 860-621-3014.

## 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. 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 maintains a Special Needs Registry at the SPD 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, winter storms, etc. Examples of needs are residents with wheelchair or mobility issues and/or require oxygen on a daily basis. Detailed info on registration form, http://www.southingtonpolice.com/specialneedsregistry.html Mail form to Southington Commission on DisAbilities, PO Box 439, Marion, CT 06444 or SPD, 69 Lazy Lane, Southington. Registration forms also available at Calendar House. Southington Commission on DisAbilities follows HIPAA privacy laws.

## *Thank You!*

For the past "almost" thirty years, I have had the incredible privilege of doing life with amazing people – incredible co-workers, both at Calendar House and Town Hall, department heads, town managers, a very kind and supportive boss, many volunteers, but most of all, amazing individuals known as "senior citizens"!! I have been honored, encouraged and blessed with the wealth of insight, experience and friendship of more folks that I could possibly name. Thank you!

To each of you who honored me in February, those who showered me with warm wishes, blessings, cards and gifts, I am humbled and grateful. I deeply appreciate the thoughtfulness of each one who planned, prepared, attended and sent greetings. I was touched by how many of you came out despite the weather, as well as many who were there in spirit! I would like to thank the Calendar House Membership and Board, the Trip Committee and the Calendar House staff, especially Mary, Lana, Dawn, Harry, Paula, Christie and Bob. I am sincerely grateful to each one who shared a hug, a thought, a warm wish, a smile – I will hold you in my heart always. I pray God's richest blessings and favor upon you.

- with love, *Cindy*

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## Hearing Health & Wellness Center, LLC

### Take Care of Your Hearing!

DO YOU:

- have friends and family that seem to mumble?
- have the television turned up too loud for others?
- have difficulty understanding conversations in a restaurant?
- ask people to repeat themselves often?

We all have trouble hearing sometimes, but if this is a recurring problem for you, it is time to seek help. The sooner hearing loss is detected, the easier it is to treat.

***Call today to schedule your hearing evaluation!***

**Linda Vasile, Au.D., CCC/A, FAAA**
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## Polish Night

Join us on Wednesday, April 24th at 5:30 for Polish Night at Hawk's Landing Country Club, 201 Pattonwood Drive, Southington. On the menu: Polish Plate (Kabonosky & Cheese); Pickled Beets/Hot Peppers/Pickles; Tossed Salad; Buffet: Pork Loin w/Apple Sauce; Stuffing; Pierogies; Gulumpkis (Stuffed Cabbage); Boiled Potatoes; Kielbasa & Kraut; Rye Bread; Coffee, Tea, Soda, Water; Cash Bar Available; Chef's Choice Dessert. DJ Entertainment by Billy Jones. Tickets on sale at the Calendar House office Mon., March 25th through Fri., April 19th for $19pp.

## Mark Your Calendar

April 1: Summer Computer Class Registration
April 14: UNICO Breakfast
April 16: Golf Meeting
April 19: **Center Closed** Good Friday
April 24: Coffee 'n Dessert w/ HHC
April 24: Polish Night @ Hawk's Landing
April 28: Knights of Columbus Breakfast
May 8: Coffee 'n Dessert w/HHC
May 15: Coffee 'n Dessert w/ Bristol Hospital
May 18: Orchard Valley Garden Club Plant Sale
May 22: Coffee 'n Dessert w/ Integrated Care
May 24: Hot Dog Special (Bingo)
May 27: **Center Closed** Memorial Day

Computer Learning Center @ Calendar House

## Summer 2019 Computer/Tablet/Phone Classes

**Registration Date - 10:00 AM Monday 1st April 2019**

*After the main registration date, registration for any remaining class seats will also be accepted in the Computer Lab between 9:00 and 11:00 on Monday mornings or between 1:00 and 3:00 on Wednesday afternoons until the start date of the applicable class.*

Windows 10 Computing Fundamentals - Tuesdays at 1 PM from 9 Apr 2019 to 14 May 2019 - $25
Become comfortable with all you need to know to use a Windows 10 computer to search the internet, communicate by E-Mail and manage photos, files and folders. This class will start with the basics of Windows 10 computer use, show you how computer files and folders can connect to your tablets and phones, and open up the world of the big wide web.

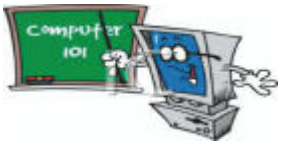
Introduction to Libre Office. - Mondays at 1 PM from 8 Apr 2019 to 29 Apr 2019 - $25
Libre Office is the FREE equivalent of Microsoft's very expensive Office suite and provides the equivalent of Word, Excel, PowerPoint and more. The class will include downloading and installing the application and introduction to all the commonly used functions. Libre office can read and save documents in the same format that Office uses.

iPad and iPhone Basics - Mondays at 10 AM from 8 Apr 2019 to 13 May 2019 - $25
This workshop will cover the basics of using your iPad/iPhone, keeping the system up to date, purchasing 'Apps', using the camera, emailing to friends, using calendar functions, surfing the internet, and fiddling with all the features that this truly magical machine brings to your computing world. **You must own or borrow an iPad/iPhone and bring the device with the charger and cable to the class.**

Android Phone Basics - Wednesdays at 10 AM from 10 Apr 2019 to 15 May 2019 - $25
In this 6-week course, you will discover what your Android Smartphone is capable of doing! Learn how to comfortably phone & text people, use your email, browse the internet, take pictures & videos, download & use popular applications, play music, manage your appointments, use GPS for driving instructions, and more. Join us on this adventure, and become more confident using your android smartphone! **You must bring an android phone, the charger and cables to class AND to Registration. Please note that this class does NOT cover the Apple iPhone.**

One-on-One Training - Private, Individual, One-on-One training is available for any technical topic including Kindle Fire, Android Phone, Web mail,Internet, Files & folders, at times and dates agreed with the appropriate instructor for $10 per session.

Additional Help
**Free help on any technical topic is available on a first come - first served basis during the Lab periods on Mondays between 9:00 and 11:00, and Wednesdays between 1:00 and 3:00.**



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**PLEASE NOTE: Trips depart from Calendar House. (please park in right side corner of parking lot. TRIP DESK (located in lounge) open Mondays (12 –2) & Wednesdays (10-12). BOOK EARLY: Trips are selling fast! Payment required at Trip Desk to reserve your seat!**

Tue/Apr 16: GLEN CAMPBELL, Aqua Turf $43.pp *
Wed/May 15: SICILIAN TENORS, Aqua Turf $75.pp *
Thurs/May 23: GAVIN'S Irish Country Inn, All-You-Can-Eat BBQ $90.pp
May29-31: SOUTHERN MAINE COAST & COVES $535.pp/dble
Tues/Jun 4: TOWER HILL BOTANICAL GARDENS, Boylston, MA $97.pp
Tues/Jun 4: A DAY AT THE MGM CASINO, Springfield, MA $45.pp
Wed/Jun 19: "ON YOUR FEET" Westchester Theatre (Emilio & Gloria Estefan) $106.pp
Tues/Jun 25: SAIL ABOARD THE ARGIA FOR THE DAY, Mystic, CT $106.pp
Thurs/Jun27: GORGEOUS GLASS, Boston, MA $124.pp
Jul 6-12: SOUNDS OF THE SOUTH, Kentucky, Tennessee $2395.pp/dble
Sun/Jul 7: TANGLEWOOD/BOSTON POPS—Matinee w/violinist $98.pp
Thurs/Jul 11: RIDING THE TIMES RHODE ISLAND SHORE, $120.pp
Tues/Jul 16: CELEBRATE ITALIA, Aqua Turf $43.pp *
Tues/Jul 30: WEBSTER LAKE, MA, Riverboat Cruise aboard Italian Princess $90.pp
Aug 11-23: ALASKA FRESH & WILD, Starts at $5,389.pp/dble inside room
Mon/Aug 12: TOGETHER AGAIN, Aqua Turf $76.pp *
Tue/Aug 13: DANCE & ROMANCE, Aqua Turf $42.pp *
Aug 26-28: CANADA'S NIAGARA FALLS, $675.pp/dble
Tues/Sept 3: BLOSSOMS & BUTTERFLIES—Yankee Candle & Bridge of Flowers $110.pp
Sat/Sept 14: RHINEBECK AIR SHOW—Museum Tour & Dinner $110.pp
Tues/Sept 17: COME FLY WITH ME, Aqua Turf $43.pp *
Tues/Oct 1: VINE to WINE in VERMONT $101.pp
Oct 11-20: WESTERN MEDITERRANEAN CRUISE, starts $2,585.pp/dble inside
Tues/Oct 15: POLKA!, Aqua Turf $42.pp *
Wed/Oct 16: DELAWARE & ULSTER RAILWAY, Catskills $109.pp
Thurs/Nov 7: TASTE OF ITALIAN, New York, $98.pp
Tues/Nov 12: CROONING THE CLASSICS, Aqua Turf $42.pp *
Tues/Dec 10: HOLIDAY WINTER WISHES, Aqua Turf $42.pp *
Tues/Dec 12: GLEN MILLER, Aqua Turf $78.pp *
May 13-22, **2020**: COLORS OF JAPAN, $5,800.pp/dble—$6,600. single
June 16-18, **2020**: LANCASTER—"Queen Esther" at Sight & Sound $565.pp/dble

**FOR MORE INFO: STOP BY THE TRIP DESK & PICK UP A FLYER!**
**CHECK OUT INFO ON WEBSITE www.calendarhouse.org under "Trips"**
*** Aqua Turf events: 'Drive on your own'**

## LOCATION & STAFF

388 Pleasant St.
Southington, CT 06489
Phone: 860-621-3014

**In case of INCLEMENT WEATHER, all delays and/or closings will be posted under the name CALENDAR HOUSE on WTIC (1080AM), WFSB Channel 3 and on the www.WFSB website.**

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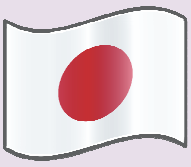
**Southern Maine Coast & Coves**
**May 29-31 * $535. pp/dble**
Escape to Maine's beautiful coastline. Enjoy the beauty & bustle of the coastal cities of Ogunquit & Portland on this 3-day/2 night experience! Highlights: Meadowmere Resort; Wine & Cheese reception; Stonewall Kitchens; Guided Tours of Portland (incl Portland Light) & Wadsworth-Longfellow House. Historic Ogunquit Playhouse; York, Ogunquit, Portland & Perkins Cove; Kittery Outlets. Tour Director, Baggage Handling & Gratuities Included.

**The Colors of Japan * May 13-22, 2020**
**$5,800 pp/dble * $6,600 single**
**Trip includes: Airport Transfers, Roundtrip International Airfare, Tour Director, 8 Nights First Class Accommodations, 3 Bullet Train Rides, Luggage Transfer in Japan, 15 Meals, Ikebana & Okonomiyaki Workshops, Tea Ceremony, Guided Tours of Tokyo, Osaka & Kyoto, Lake Ashi Cruise, Historical Hiroshima Tour & Itsukushima Shrine, Taxes, Fees, & Gratuities for Tour Director, Drivers & Local Guides.**



**CANADA'S NIAGARA FALLS**
**August 26-28**
**$675. pp/dble**
Journey north to see the majesty and power of Canada's Niagara Falls, & enjoy the Hornblower Cruise into the falls on this 3-day/2-night Adventure! Ventosa Vineyards Tour & Wine Tasting, Sightseeing, & more. Passport Required.