



Pool Tournament 2/20/19

Southington (14) vs. Middletown (4)

WHAT'S INSIDE

Page 3

Event Highlights

- Membership Meetings
- Coffee 'n Desserts
- Renters' Rebate

Page 5

Weekly Activities

- Class Schedule

Page 6

Event Calendar

Page 7

Exercise/Transportation

- Exercise Class Descriptions
- Dial-a-Ride

Page 8

This 'n That

- Health & Wellness Info

Page 10

This 'n That

- Country Western Night

Page 12

Travel Talk

- Contact Info

FROM THE DIRECTOR

Here is what you do! After you wake up and your feet touch the floor, you yawn and stretch your arms and legs and say to yourself, "it's such a nice day, I think I will go to Calendar House and take in a few laps around the walking track, then stop in for a cup of coffee!" Sounds like a good plan —5 times around equals one mile!

The National Council on Aging has proclaimed May to be "Older Americans Month" with the theme of "Connect, Create, Contribute." There are many opportunities at Calendar House, as well as throughout our community to do just that! Did you know that we have a co-ed golf league at Hawk's Landing that includes picnics, an annual tournament and all around good fun (and exercise!)? We have a bowling league at Brunswick in Plantsville that will resume in the Fall. Stop in to enjoy pool (billiards), ping-pong

or pickleball! Check out the cardio room and the many exercise classes offered in the fitness studio. Is travel your thing? Check out the trip desk with offerings for every interest! With lunch served daily (by reservation), bingo on Fridays and a comfortable fireplace lounge there are numerous opportunities here at Calendar House to socialize, chat with a friend and enjoy our beautiful facility!

~**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.

**Hartford
HealthCare**
HealthCenter



462 Queen St., Southington

We're bringing outstanding healthcare services right to Southington with our new Hartford HealthCare HealthCenter.

We offer:

- Primary care
- Endocrinology
- Neuroscience services
- Bariatrics
- Medical weight loss
- Nephrology
- Dermatology
- Rehabilitation services including physical therapy, sports medicine and more
- A full range of senior care and services

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

Hartford HealthCare Medical Group

PRIMARY CARE	860.621.6704
BARIATRICS	860.224.5161
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

860.628.3895

Hartford HealthCare Ayer Neuroscience Institute

860.621.1896

Hartford HealthCare Heart & Vascular Institute

833.444.0014



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT

careers@4LPi.com • www.4LPi.com/careers

➤ Reach the Senior Market ADVERTISE HERE

CONTACT

Contact Mark Carofano to place an ad today!
mcarofano@lpiseniors.com or (800) 477-4574 x6347

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lp.com

Calendar House - Southington, CT

06-5315

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

Keeping Memory Strong

Wednesday, May 8, 1:30pm

This program will offer tips to keep your brain sharp and activities to challenge the mind. Presented by Patty O'Brian, CDP, dementia specialist. Sponsor: HHC Ctr. 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. Presented by:

Dr. Kateryna Kurako, Neurologist.

Sponsor: Bristol Hospital Multi-Specialty Group

Medicare 101

Wednesday, May 22, 1:30pm

Learn more about Medicare options; Medicare Advantage Plans, Medicare Supplement Plans and Prescription Drug Plans. Presented by: Marissa Hiebel, Medicare Educator.

Sponsor: Integrated Care Partners

Cooking for One

Wednesday, June 5, 1:30PM

We will share easy, healthy recipes for one, sure to tempt your taste buds! Presented by Peter Fescue, Director of Dining Services. Sponsor: Mulberry Gardens of Southington

Estate Planning:

Don't Make these Mistakes!

Wednesday, June 12, 1:30PM

Attorney Jeff Rivard will discuss Estate Planning; Wills, Trusts, Powers of Attorney, and Healthcare Directives. Sponsor: Czepiga, Daley, Pope & Perri

Fall Prevention

Wednesday, June 19, 1:30PM

Falls are the leading cause of injury in adults over 65. Learn the key factors that contribute to increased fall risk as we age and what you can do to take action against those risks.

Sponsor: Enliven Home Health Care

Join us!

RSVP at 860.621.3014



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

May 10 OR June 14;

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.

*A Unique, Family-Like Residence
for Women Over 60*

SCHEDULE A TOUR TODAY! (203) 754-0360



Private Rooms Start at \$1,800/mo. ~ Short-Term Respite Care \$75/day

Southmayd
Home INC.

250 Columbia Boulevard
Waterbury, CT 06710

In the Historic Overlook Neighborhood

www.southmayd.com

Health Insurance Medicare Plans

**Confused about
Medicare Plans?**

Turning 65?
Some plans at 0 cost!

Steve Ardussi

860-309-4137

"Your Personal Benefits Advisor"
"Trusted and Local"

Clean It Out!®

A-1 CLEANING LLC

Fully Insured • Family Operated • Free Estimates
At Your Service For Over 25 Years!

**REMOVAL OF
ALMOST
ANYTHING!**

- Move Outs
- Clean Outs

**20%
Senior
discount**



860-628-1013

Moving? TWO BRANDS YOU KNOW AND TRUST...

Working together to give you peace of mind during times of transition, change or loss. When it's time for you or a family member to relocate, downsize, liquidate belongings, or buy or sell a home, we offer a complete solution. Moving is stressful enough for everyone. Save the hours spent trying to coordinate a balancing act of multiple companies and focus on your family instead. Simplify the process and let our professional team take the stress out of your move. We'll coordinate every step of the way: planning, downsizing, packing, cleaning, and selling your home. We work with buyers as well to find your next home and help you transition. As advocates for your family, our team will ensure you are informed and supports every step of the way with no surprises.

We are more than an estate sale or real estate company.

WE ARE YOUR MOVE MANAGEMENT COMPANY.



CARING TRANSITIONS OF CENTRAL CT

tel: 860-681-9630

email: rcampbell@caringtransitions.com

www.caringtransitionscentralct.com



RE/MAX PROFESSIONALS

tel: 860-378-9222

email: davealfano@remax.net

www.davealfano.com

640 MAIN STREET PLANTSVILLE CT 06479

*The Bradley Home
and Pavilion*

Our Mission: To provide essential services in a home-like atmosphere to the elders who reside in The Bradley Home Community for health, independence and emotional well-being.

For more information, or to arrange a tour, please call The Bradley Home today.

320 Colony Street, Meriden, CT 06451

203-235-5716 • TheBradleyHome.com

**FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE.
— 800-477-4574 —**



Enhancing Quality of Life for Seniors and their Families

Hartford HealthCare Center for Healthy Aging

A resource and assessment center for seniors and their families

The Orchards at Southington

Independent and assisted living

Mulberry Gardens of Southington /

Marian Heights Adult Day Center

Assisted living, adult day center and memory care services

Southington Care Center

Skilled nursing and rehabilitation

Jerome Home / Arbor Rose

Assisted living, rehabilitation and health center,
skilled nursing care

1.877.424.4641
hhcseniorservices.org

Hartford HealthCare
Senior Services
Connect to healthier.™



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 (*SUMMER BREAK...CLASSES RESUME IN SEPTEMBER*)



FINE ARTS & CRAFTS EXHIBIT

Please join us on Sunday June 2, 2019 from 2 to 4 PM at our annual Fine Arts & Crafts Exhibit! Enjoy the creations made by Southington's talented seniors! The exhibit features paintings, drawings, stained glass objects, watercolors, quilts, crocheted & knitted items, and the poetry of our talented Calendar House students! Light refreshments will be served and the public is welcome. Please join us!

SUMMER COMPUTER CLASSES CURRENTLY IN PROGRESS

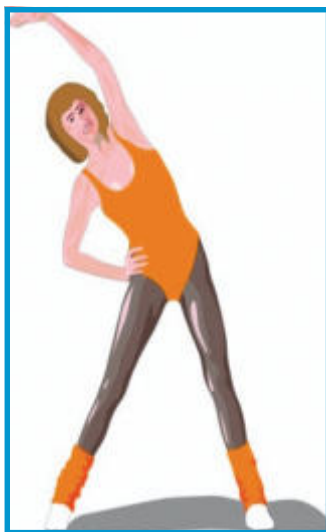
- WINDOWS 10 (TUES @1PM 4/16-5/21, \$25)
- LIBRE OFFICE (MON @1PM 4/15-5/6, \$25)
- IPAD/IPHONE BASICS (MON @10AM 4/8-5/13, \$25)
- ANDROID PHONE BASICS (WED @10AM 4/10-5/15, \$25)
- ONE-ON-ONE TRAINING (BY APPOINTMENT \$10/SESSION)

For detailed class descriptions go to www.calendarhouse.org and click the computer class tab. Registrations after April 1st accepted (if space is available) 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 1:30 & 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

MAY 2019 EVENT CALENDAR

6

<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>1</u> 10AM-NOON TRIP DESK	<u>WED</u>	<u>2</u> 11AM—12 NOON BLOOD PRESSURE CHECK (HHC)	<u>THURS</u>	<u>3</u>	<u>FRI</u>	<u>4</u> <u>SAT</u>
<u>5</u> <u>SUN</u>	<u>6</u> 12-2PM TRIP DESK	<u>7</u> FOOT CLINIC (BY APP'T) ===== GOLF LEAGUE BEGINS	<u>8</u> 10AM-NOON TRIP DESK ===== 1PM AARP BOARD MTG ===== 1:30PM COFFEE 'N DESSERT	<u>9</u> 11AM—12 NOON BLOOD PRESSURE CHECK (BRISTOL HOSPITAL)	<u>10</u> 8:45AM AARP SAFE DRIVER CLASS	<u>11</u> <u>SAT</u>			
<u>12</u> <u>SUN</u> HAPPY MOTHERS DAY!	<u>13</u> 12-2PM TRIP DESK	<u>14</u> 4:30PM SENIOR CITIZEN'S ADVISORY BOARD MEETING	<u>15</u> 10AM-NOON TRIP DESK ===== 1:30PM COFFEE 'N DESSERT	<u>16</u> 10-11AM BLOOD PRESSURE CHECK (BRISTOL HOSPITAL)	<u>17</u>	<u>18</u> <u>SAT</u> 9-1 OVGC PLANT SALE			
<u>19</u> <u>SUN</u>	<u>20</u> 12-2PM TRIP DESK	<u>21</u> FOOT CLINIC (BY APP'T)	<u>22</u> 10AM-NOON TRIP DESK ===== 1:30PM COFFEE 'N DESSERT	<u>23</u> 1PM MEMBERSHIP MEETING W/ "FIESTA DEL NORTE"	<u>24</u> 1PM BINGO W/ HOT DOG SPECIAL	<u>25</u> <u>SAT</u>			
<u>26</u> <u>SUN</u>	<u>27</u> CENTER CLOSED MEMORIAL DAY	<u>28</u> 10-11AM BLOOD PRESSURE CHECK (HHC)	<u>29</u> 10AM-NOON TRIP DESK	<u>30</u>	<u>31</u>	<u>SAT</u>			



CARING TRANSITIONS OF CENTRAL CT
tel: 860-681-9630
email: rcampbell@caringtransitions.com
www.caringtransitionscentralct.com

Moving? **TWO BRANDS YOU
KNOW AND TRUST...**

We are *more* than an estate sale or real estate company.
WE ARE YOUR MOVE MANAGEMENT COMPANY.
640 MAIN STREET PLANTSVILLE CT 06479



RE/MAX PROFESSIONALS
tel: 860-378-9222
email: davealfano@remax.net
www.davealfano.com

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 @ 1:30pm and 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 Deveskis. 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.



Calendar House will be closed on Monday, May 27th in observance of **Memorial Day.**

"Our flag does not fly because the wind moves it. It flies with the last breath of each soldier who died protecting it."
~UNKNOWN

CROSSWORD FOUND ON PAGE 10

R	I	D	D		R	O	C		R	A	S	E
I	D	E	E		A	C	H		E	D	A	M
F	E	E	T		D	A	O		G	A	B	I
T	A	P	E	T		P	A	L	M	E	R	
			S	A	C		A	W	E			
I	N	I	T	I	A	L		E	T	A	A	C
C	A	B			L	I	V			D	A	N
A	B	O	M	A		L	E	C	T	E	R	N
			A	B	D		H	A	E			
L	A	N	N	E	R		I	D	A	L	I	A
E	T	A	T		A	B	C		B	A	B	E
A	M	O	I		K	A	L		O	M	A	R
L	A	S	S		E	S	E		X	E	N	O



Safeguarding Tips

Provided by:
Christine Buck
CT Office of the
Attorney General

In case you become ill or have an accident, you should have the following information posted on your refrigerator and in your wallet/purse for emergency personnel:

- ◇ Name and phone number of person to call and their relationship to you
- ◇ Name of the hospital you want to go to for treatment
- ◇ Name and phone number of your primary care provider
- ◇ Name of your health insurance carrier and policy number
- ◇ A copy of your Health Care Directive, explaining your wishes

Do you have a document listing the following, and who knows the location of this document and who has a copy of it:?

- ◇ The name and phone number of your POA/Conservator/Executor and their relationship to you. (A POA is executed in advance of incapacity; a Conservatorship happens upon petition of the court after an individual is no longer able to competently make important financial decisions)
- ◇ The name and phone number of your attorney, financial advisor and accountant
- ◇ Your bank name/account numbers
- ◇ Safety deposit box and key location and what documents are in the box
- ◇ The location of your Will, Health Care Directive, Birth Certificate and Social Security Card
- ◇ A listing and locations of your Health, Life and Home/Car insurance policy carriers and policy numbers
- ◇ Information on your mortgage—name of company, account number, phone number — and any other loans or accounts

Have a contact person listed in your phone under ICE (In Case of Emergency) and their phone number.

If you are a widow, is there a secondary person (conservator) listed on your bank and financial accounts so your funds can be accessed if you are incapacitated?

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.



Compassionate Counsel, Proven Results

860-259-1500

Services we provide: Medicaid | Asset Protection | Trusts | Probate
Real Estate Closings | Care Coordination | VA Aid and Attendance

For more information visit www.allaireelderlaw.com | 271 Farmington Ave, Bristol, CT 06010



Southington Polish Falcons Nest 307

Serving Southington Since 1911
Hall Rental Available for All Occasions
Call for information and availability:

860-329-7430

33 KNOWLES AVENUE, PLANTSVILLE, CT 06479

WE ARE A NON-PROFIT FRATERNAL ORGANIZATION

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

Doctor of Audiology

Clock Tower Square | 710 Main Street, Suite 8 | Plantsville

860.426.9181 | hearinghealthct.com

Edu4Retirement, Inc.

**THE NATION'S MOST COMPREHENSIVE
EDUCATION PROGRAM AT RETIREMENT**

Are you nearing or at retirement?

Are you ready?

Preparing for retirement is extraordinarily complex! Edu4Retirement, Inc. Learning Center provides comprehensive classroom sessions to teach you about retirement. The classes include:

- | | |
|--|-------------------------------|
| ■ Selection of Social Security & Medicare | ■ Elder law, wills and trusts |
| ■ Planning for incapacity | ■ Budgets |
| ■ Where to live in retirement | ■ Beginning financial plan |
| ■ Your readiness and enthusiasm for retirement | ■ Portfolio risk analysis |
| | ■ Investment education |

Taking applications now for those who want to take the fear out of retirement and begin feeling empowered about their retirement. Contact us at:

860-863-4155 • mc@edu4retirement.com

72 Queen Street, Southington, CT 06489



203-630-2881

www.franciscanetc.org

Your Solution to In-Home Non-Medical Care.

We Provide: Personal Care Assistance • Homemakers
Companions • 24-Hour Live-In Aides
Emergency Response Services • Respite for Family Caregivers





Country Western Night

We'll be 'gitting' down country on Tuesday, June 11th at 5:30pm 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, Italian Style Pasta Salad, Tuna Macaroni Salad, Cornbread,

Coffee, Tea, Soda & Water with Chef's Choice Dessert. Cash Bar available. The \$16 tickets are on sale beginning Wednesday, May 1st through Friday June 7th or until sold out. You won't want to miss this event — *'fer sure!!'* Dial-A-Ride transportation service is available upon request.



Mark Your Calendar

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
 June 2: Fine Arts Exhibit
 June 5: Coffee 'n Dessert w/Mulberry Gardens
 June 11: Country Western @ Hawk's Landing
 June 12: Coffee 'n Dessert w/ Atty. Rivard
 June 19: Coffee 'n Dessert w/ Enliven Home Care

Calendar House Trip Fun!



On March 21st approximately 60 Calendar House trip goers boarded a double decker Dattco Bus to "join the sisterhood" of *Menopause the Musical* at the Westchester Theatre. A fabulous time was had by all, as many from our group actually got up

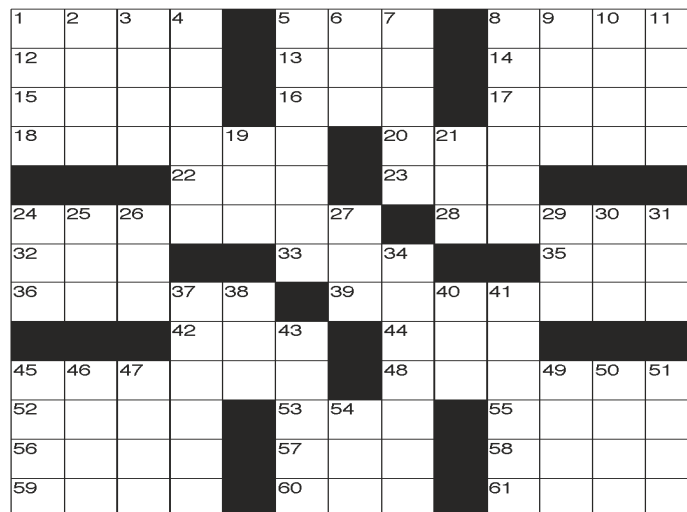


ON STAGE! If this looks like a good time to you...please see page 12 for information on more exciting upcoming trip opportunities. Don't forget, our Trip Desk is open on Mondays from 12 Noon to 2PM and Wednesdays from 10AM to 12 Noon. Stop in during these hours for all things trip related, including questions and ticket purchases.

Happy travels!

CROSSWORD PUZZLE

- ACROSS**
- 1 "Lorna Doone" character
 - 5 Sinbad's bird
 - 8 Demolish: Brit.
 - 12 Idea (Fr.)
 - 13 Alas
 - 14 Cheese
 - 15 Leg ends
 - 16 Burmese knife
 - 17 Taro
 - 18 Small S.A. rabbit
 - 20 Pilgrim
 - 22 Skin vesicle
 - 23 Veneration
 - 24 Beginning
 - 28 Blaubok
 - 32 Public vehicle
 - 33 54 (Rom. numeral)
 - 35 Israelite tribe
 - 36 Ringed boa
 - 39 Reading desk
 - 42 Abdominal (abbr.)
 - 44 Have (Scot.)
 - 45 Female falcon
 - 48 Butterfly
 - 52 State (Fr.)
 - 53 Television channel
 - 55 Endearment
 - 56 Mine (Fr. 2 words)
 - 57 Rom. first day of the month
 - 58 Per. poet
 - 59 Maid
 - 60 Compass direction
 - 61 Foreign (pref.)
- DOWN**
- 1 Breach
 - 2 Design
 - 3 Profound
 - 4 Hate
 - 5 Fanatical
 - 6 Wood sorrel
 - 7 Rudderfish
 - 8 Flat molding
 - 9 "Cantique de Noel" composer
 - 10 Kemo _____
 - 11 Turk. title
 - 19 Jap. fish
 - 21 Intimidate
 - 24 Amazon tributary
 - 25 Grab
 - 26 Kwa language
 - 27 "Abner"
 - 29 "Fables in



Slang" author
 30 Rhine tributary
 31 Television channel
 34 Car
 37 Insect
 38 Presidential nickname
 40 Helper
 41 Caddy (2 words)
 43 Male duck
 45 Loyal
 46 Hindu soul
 47 Cella
 49 Crippled
 50 Dayak people
 51 Aeronautical (abbr.)
 54 Low (Fr.)

Answer Key

On Page 8!



COMPOUNDING PHARMACY

Family Owned

Fast, Friendly Service • Free Delivery

Call: 860-628-3972

609 North Main St., Southington, CT 06489

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at
www.ourseniorcenter.com

Take Positive Steps to a Healthy Recovery!

Choose The Summit At Plantsville for your Short Term Rehab!

Our short term rehab program is great for:

- Orthopedic Patients
- Cardiac Patients
- Pulmonary Patients
- Surgical & Wound Management
- Stroke Rehab

Our knowledgeable and caring staff includes:

- Physical Therapists
- Occupational Therapists
- Speech Therapists
- Skilled Nurses
- Highly Credentialed Medical Staff

For more information please contact our admissions department at extension 233.



**THE
SUMMIT**
AT PLANTSVILLE

A Health Care and Rehabilitation Center

261 Summit Street, Plantsville

860-628-0364

athenanh.com/CT_summit

Managed by Athena Health Care System

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

PLUS
SPECIAL
OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

A New Option for Primary Care in Southington

Just because we have Bristol in our name doesn't mean we're far away — in fact, we're right here in Southington.

Sana M. Idrees, MD is the latest provider to join our Southington office and is accepting new patients. Dr. Idrees practices with a focus on preventative medicine and management of chronic conditions to optimize your quality of life. She is fluent in multiple languages, including English, German, Urdu, Hindi and basic French.

Conveniently Located at 98 Main St, Southington

1.833.4BHDOCS

bristolhospital.org

Sana M. Idrees, MD
Internal Medicine

Multi-Specialty
Group
Southington

BRISTOL
HOSPITAL



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!

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

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 *

Wed/Sept 18: THE BIG E CT DAY, \$55.pp

Wed/Sept 25: TOOTSIE or AIN'T TOO PROUD TO BEG on Broadway, \$249.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: POLKAI, Aqua Turf \$42.pp *

Wed/Oct 16: DELAWARE & ULSTER RAILWAY, Catskills \$109.pp

Oct 23-25: DOVER DOWNS CASINO, Delaware \$321.pp/dble

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 10: A NASHVILLE COUNTRY CHRISTMAS, Chez Josef \$115.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

***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](http://www.WFSB.com).

DIRECTOR

Robert Verderame

verderameb@southington.org

PROGRAM COORDINATOR

David Harrington

harringtond@southington.org

SENIOR CENTER SECRETARY

Dawn Sargis

sargisd@southington.org

CLERK-TYPIST (DIAL-A-RIDE)

John Adams

adamsj@southington.org

BUS DRIVERS

Paula Ofiara Pocock

Christie Boucher

Ed Pocock

Len Martin

George Mongillo

TRIP COORDINATOR

Lana White

lane250@cox.net

FOR MORE TRIP INFO: STOP BY THE TRIP DESK & PICK UP A FLYER or visit www.calendarhouse.org and select the "Trips" tab.

HIGHLIGHTED TRIPS...



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

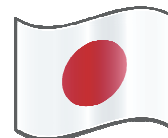
Hornblower Cruise into the falls on this 3-day, 2-night Adventure! Ventosa Vineyards Tour & Wine Tasting, Sightseeing, & more. Passport Required.

TOURNAMENT OF ROSES PARADE & NEW YEAR'S EXTRAVAGANZA

December 30, 2019—January 3, 2020

\$2,799 pp/dble

Experience the 130th Tournament of Roses Parade! Spend four nights at the Renaissance Long Beach. Tour Los Angeles and Hollywood including stops at landmarks such as Grauman's Chinese Theater, J. Paul Getty Museum, & Ronald Regan Presidential Library, attend a New Year's Eve private "gala," and have dinner aboard the Queen Mary! **ONLY A FEW TICKETS LEFT!** Round trip flight from Bradley Int'l Airport included; transportation to airport is "on your own."



THE COLORS OF JAPAN

May 13-22, 2020

\$5,800 pp/dble * \$6,600 single

Trip includes: Airport Transfers, Round-trip International

Airfare, Tour Director, 8 Nights First Class Accommodations, 3 Bullet Train Rides, Luggage Transfer in Japan, 15 Meals, Ikebana & Okonomiyaki Workshops, Tea Ceremony, Mt. Fuji, Guided Tours of Tokyo, Osaka & Kyoto, Lake Ashi Cruise, Historical Hiroshima Tour & Itsukushima Shrine, Taxes, Fees, & Gratuities for Tour Director, Drivers & Local Guides. Small group size of 15-24 Travelers!