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Summer's Final Blooms at Calendar House, time to register for Fall Classes...See Page 10!

FROM THE DIRECTOR

Welcome to September!

It's **National Senior Center Month** with the theme, "*The Key to Aging Well.*" The National Center on Aging recommends thinking of your participation at your senior center as a "virtual key." Use that key to unlock the components that will give you the opportunity to age well! During this month take a chance, get involved and try something new at Calendar House! Never played pickleball? Give it a shot! Always had an interest in the arts? Check out our class offerings! Looking to get in shape before the holidays? Give the cardio room a try! Feeling lucky? Join us for bingo on Fridays! Browse through this issue and see all we have to offer...turn that key! As September moves along we look forward to the Apple Harvest Festival and are reminded why the Anglo Saxons referred to this month as "*Haefest Monath*" or Harvest

Month. In Southington we continue to celebrate the harvest with a festival, parade, fireworks and the crowning of the Apple Harvest King or Queen. School is back in full swing, football is beginning, baseball is going into play-off season and the farmers and gardeners are preparing their harvest for canning for the winter months. Please take some time to make Calendar House a part of your Fall season. We hope to see you here!

~**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!!

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

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

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NEPHROLOGY	860.621.6704

Hartford HealthCare Center for Healthy Aging

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Calendar House - Southington, CT

06-5315

SEPTEMBER 2019 EVENT HIGHLIGHTS

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WELCOME TO CALENDAR HOUSE!!

Calendar House Mission Statement:

Calendar House, the Town of Southington's Senior Center is a multipurpose facility which provides a focal point in the community for residents 55 and older, and residents aged 18 and older, who are disabled, as defined by Social Security standards.

The Center's purpose is to serve as a resource center, providing a broad range of services and activities to meet the diverse social, physical and intellectual needs of older adults and disabled individuals.

This facility is unique in that our members and staff are encouraged to help implement various activities to reinforce positive attitudes and preserve individual dignity.

In pursuing its mission, this Center shall enhance an atmosphere of compassion, equality and mutual concern for all older adults and disabled individuals.

MEMBERSHIP MEETING



Thursday, Sept. 26th, 1:00pm

Following a brief business meeting join us as **Jose' Paulo** mesmerizes you with his entertaining and interactive musical show. Jose', a native of Rio De Janeiro,

Brazil began his singing career at the young age of 12 singing "Ave Maria" at local weddings. He now resides in CT.

and continues to amaze audiences of all ages with his versatile, multilingual music. Don't miss this fantastic event! RSVP to 860-621-3014.



COFFEE 'N DESSERTS

You must RSVP to 860-621-3014 to attend a Coffee 'N Dessert.

Space is limited to 18 participants unless otherwise noted*, as this is how the programs are designed. If programs fill, they will be repeated at a later date so everyone can participate!

Address the Myths of CBD

Wednesday, September 11, 1:30PM

The topic of cannabidiol (CBD) has recently exploded in the media with claims to alleviate pain, curb anxiety, reduce inflammation, help with insomnia, and even treat cancer. The list goes on and on! During the presentation, you will learn what exactly CBD is and how it is related to marijuana. We will evaluate these health claims, discuss drug interactions with CBD, and explore which makers of CBD are most reputable.

Sponsor: Beacon Prescriptions.

How to Fall Safely

Wednesday, September 18, 1:30PM

Sometimes, there's no way to avoid a fall. If you are aware of the inevitability of a fall, you can at least prepare properly to fall. Learn how to fall down the correct way forwards or backwards, all the details on how to do it safely to reduce the risk or lessen the severity of injury. Presented by Lisa Mrawski, exercise physiologist, Sponsor: GoodLife Fitness.

New Strategies for Controlling Your Health Expenses

Wednesday, September 25, 1:30PM

Everyone is faced with increasing health insurance and declining benefits. Presentation focuses on new strategies to help reduce costs and improve benefits regardless of your age or health insurance coverage. Topics include: reducing prescription costs, identifying lower cost health insurance options (including Medicare) for people of all ages, and how to change your insurance plan outside of Open Enrollment. Sponsor: Steve Ardussi, "Personal Benefits Advisor"

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.

ENERGY ASSISTANCE PROGRAM

We will begin taking applications for the Energy Assistance Program on Thursday October 17th for households that heat with deliverable fuel (Oil or Propane) Applications for households that heat with utilities (Eversource Electric or Gas) will not be scheduled until after Monday November 18th. Call 860.621.3014 to make an appointment. Current Income Guidelines: not available yet; Last year's Income guidelines for this program were \$35,116 for single individual and \$45,920 for a couple. Liquid Asset limits are \$12,000. per household for renters and \$15,000. per household for homeowners. All assets over these amounts will be counted as total income.

TWO (2) COPIES OF FOLLOWING DOCUMENTATION FOR THIS YEAR (2019) REQUIRED:

1. All pages of most recent 2019 financial/income statements prior to application date (all sides showing transactions and balances, even if page is blank!).

FINANCIAL STATEMENTS INCLUDE: current bank statements, passbooks, and any other financial statements pertaining to income; including year-to-date interest and assets (stocks, bonds, annuities, CD's, IRA's and all other accounts that can be liquidated).

INCOME INCLUDES: Social Security (if receiving SS Disability, must provide up-to-date documentation); Pensions; Income from family/friends; Employment (4 most recent pay stubs if paid weekly/2 most recent if paid monthly); Unemployment (proof of weekly benefits received from Dept. of Labor); ALL other forms of income including self-employment (special form provided).

2. Utility Bills: most recent bill for primary source of heat - Eversource Electric/Gas, Oil or Propane Company. Be sure your deliverable fuel company participates in the Energy Assistance Program.
3. Rent or Mortgage Receipts
4. Proper form of identification/Proof of residency.

IF YOU DON'T PROVIDE ALL PAGES OF DOCUMENTATION, YOUR APPLICATION WILL BE DENIED.

AARP SMART DRIVER

Sept. 13 OR Oct. 11th, (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.

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Calendar House - Southington, CT

06-5315

SEPTEMBER 2019 WEEKLY ACTIVITIES

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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
10:00 Open Studio Art (\$10 Drop-in/Class)
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
1:00 Pickleball
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 START THE WEEK OF SEPTEMBER 23RD



See Page 10 for information on classes and registration

- ADVANCED/INTERMEDIATE POERTY (TUES 10AM)
- ADVANCED INTERMEDIATE PAINTING (TUES 12:30PM)
- INTERMEDIATE DRAWING (TUES 2:30PM)
- WATERCOLOR PAINTING (WED 1PM)
- QUILTING (THURS 10AM)
- BEGINNER-ADVANCED DRAWING (THURS 10AM)

FALL COMPUTER CLASSES IN SESSION NOW!

- iPAD/iPHONE BASICS (MON @10AM, 9/9-10/28 *NO CLASS 9/16)
- WINDOWS 10 COMPUTING (TUES @1PM , 9/10-10/15)
- ANDROID PHONE BASICS (WED @10AM, 9/11-10/16)
- DIGITAL PHOTOGRAPHY BASICS (THURS @9AM, 9/12-10/10)
- ONE-ON-ONE TRAINING (BY APPOINTMENT \$10/SESSION)

For detailed class descriptions go to www.calendarhouse.org
and click the computer class tab.



EXERCISE CLASSES

PLEASE SEE PAGE 7 FOR EXERCISE CLASS DESCRIPTIONS & REGISTRATION INFO



- LINE DANCING (MON 9:30AM)
- SIT 'N BE FIT (MON & WED 11AM)
- GENTLE FLOW YOGA (TUES 10:30AM)
- STRENGTH TRAINING (TUES 1:30 & 2:30PM)
- GENTLE SEATED YOGA (WED 9AM)
- DANCERCISE (WED 9:30AM)
- ACE AEROBICS (WED 3PM)
- STRENGTH TRAINING (THURS 9 & 10AM)
- **NEW!** TAP DANCING (THURS 10:30AM)
- SIT 'N BE FIT (THURS & FRI 11:15AM)
- GENTLE SEATED YOGA (FRI 9AM)
- 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

SEPTEMBER 2019 EVENT CALENDAR

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<u>1</u> SUN	<u>MON</u> 2 CENTER CLOSED LABOR DAY	<u>TUES</u> 3 FOOT CLINIC (BY APP'T)	<u>WED</u> 4 10AM-NOON TRIP DESK	<u>THURS</u> 5 11-12 NOON BLOOD PRESSURE CHECK (HHC)	<u>FRI</u> 6 CENTER CLOSING AT 11:30AM	<u>SAT</u> 7
<u>8</u> SUN	<u>MON</u> 9 CLASS REGISTRATION BEGINS ===== 12-2PM TRIP DESK	<u>TUES</u> 10 4:30PM SENIOR CITIZEN ADVISORY BOARD MEETING	<u>WED</u> 11 10AM-NOON TRIP DESK ===== 1PM AARP BOARD MTG ===== 1:30PM COFFEE 'N DESSERT	<u>THURS</u> 12 10AM-NOON BLOOD PRESSURE CHECK (BRISTOL HOSPITAL)	<u>FRI</u> 13 CLASS REGISTRATION ENDS ===== 8:45-1PM AARP SAFE DRIVING COURSE	<u>SAT</u> 14
<u>15</u> SUN	<u>MON</u> 16 12-2PM TRIP DESK	<u>TUES</u> 17 FOOT CLINIC (BY APP'T)	<u>WED</u> 18 10AM-NOON TRIP DESK ===== 1:30PM COFFEE 'N DESSERT	<u>THURS</u> 19 10AM-NOON BLOOD PRESSURE CHECK (BRISTOL HOSPITAL)	<u>FRI</u> 20	<u>SAT</u> 21
<u>22</u> SUN	<u>MON</u> 23 FALL ART/ ENRICHMENT CLASSES BEGIN ===== 12-2PM TRIP DESK	<u>TUES</u> 24 10-11AM BLOOD PRESSURE CHECK (HHC)	<u>WED</u> 25 10AM-NOON TRIP DESK ===== 1:30PM COFFEE 'N DESSERT	<u>THURS</u> 26 1PM MEMBERSHIP MEETING W/JOSE' PAULO ===== PICKLEBALL CANCELED	<u>FRI</u> 27	<u>SAT</u> 28
<u>29</u> SUN	<u>MON</u> 30 12-2PM TRIP DESK	<u>TUES</u> /	<u>WED</u> /	<u>THURS</u> /	<u>FRI</u> /	<u>SAT</u> /



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SEPTEMBER 2019 EXERCISE / TRANSPORTATION

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Calendar House Exercise Offerings: All participants must have a signed liability waiver on file. Classes are *free* unless noted.

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. July's most active walker was **Carl Jacobs!**

Line Dance. Terry leads a Line Dance class for those with prior experience. New to Line Dancing? Consider the Wednesday Dancercise class! The last 25 minutes of Dancercise class is dedicated to Beginner Line Dance. Once you've gained experience you can advance to Monday Line Dance. **Drop in Mondays @9:30am-Multi Function Room.**

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.**

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

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 info available at the Calendar House office.

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.**

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 info available at the Calendar House office.

Dancercise. Terry leads a fun dancercise exercise routine set to music. The last 25 minutes of class is dedicated to Beginner Line Dancing. **Drop in Wednesdays @9:30am-Multi Function Room.**

ACE Aerobics: Join LeAnn 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 **@ 3:00pm-Fitness Studio**

Tap Dancing: NEW!! Do you love to watch tap dancing? Come learn the basic steps and routines of tapping. If you've tap danced before, join us and brush up on your skills! It will be FUN—no experience necessary! **Drop in on Thursdays @ 10:30am-Multi Function Room**

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.





THE SENIOR LUNCHEON



The Senior Luncheon, an annual favorite, will be held on Tuesday, October 15th from 12 Noon to 2PM. This event is sponsored by the United Way of Southington and Calendar House. Sandwiches, salads and dessert will be served. Musical Entertainment will be provided by Marcy Conway—"the girl with the guitar and angelic voice." Tickets are \$5 each and available in the Calendar House office beginning Tuesday, September 3rd or until sold out. Please note: all activities, classes and the lunch program are cancelled for Tuesday, October 15th.



"NO BAKE" BAKE SALE!

It is once again time for the Calendar House Membership Associations ANNUAL "NO BAKE" BAKE SALE! This vital fundraiser, in it's 13th year, gives you the opportunity to support your Membership Association without baking or bringing in goodies or even sacrificing your diet by purchasing and eating extra baked goods! Watch for a special mailing this month, or please look for the donation envelopes located at the front desk. Checks should be made payable to "Calendar House Membership Association," and THANKS ever so much for your generosity!



PARTY BRIDGE!

Thursday, 1-3:15pm. Bridge Lessons will also be offered. Whether you are a beginner & would like to learn how to play, or have not played in many years & need a "refresher"- All are welcome—come join us! Sign up at front desk or call Kathie 860.621.4663. For Lessons: call Leslie 860.621.4215 or Elaine at 860.621.3310.



MAHJONG!

The Mahjong group is looking for players! Mahjong is held on Mondays 12:30—2:30PM in the Multi-Function Card Room. Please stop in and see Gloria if you would like to join in!

HEALTH AND WELLNESS



BLOOD PRESSURE SCREENINGS

Free Screenings offered by:

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

1st Thursday of month: 11am-Noon

4th Tuesday of month: 10-11am

Bristol Hospital on:

2nd & 3rd Thursday of month: 10-Noon
(Referrals and resources available)

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, including but not limited to events such as floods, fire, winter storms, etc. Residents with wheelchair or mobility issues and/or requiring oxygen on a daily basis are encouraged to register. For registration form go to:

[http://www.southingtonpolice.com/
specialneedsregistry.html](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.



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.



CARDIO & STRENGTH EQUIPMENT TRAINING

On Wednesday, September 18th Calendar House exercise instructor, LeAnn

Kroll will be providing free half-hour training sessions on the equipment in the Calendar House Cardio Room. Training will be held in small group sessions of three individuals. LeAnn will provide instruction on how to safely and effectively use the strength training and cardio equipment available to you. The half-hour sessions will be held in the afternoon. Please sign up at the Calendar House office front desk or call 860-621-3014 to reserve your time slot. Please do not sign up if you previously took class.



BOWLING LEAGUE!

Calendar House Fall Bowling Leagues will begin the first week of September at Apple

Valley Bowl, 1304 S. Main Street in Plantsville. Bowled in the past? Never bowled before? Currently bowl? — come join us! Men & Women welcome, the more the merrier! Leagues play Tuesdays at 1pm; Thursdays at 1pm; or Wednesdays at 9:30am. No need to register, just come to the Bowling Alley!
Hope to see you there!

EARLY CLOSING

Calendar House will be closing at 11:30AM on Friday, September 6th so that the staff may attend the annual Town Employee Picnic. All afternoon activities, including the nutrition program and bingo are canceled.



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Calendar House - Southington, CT

06-5315



Italian Night

Our very popular, always much anticipated ITALIAN NIGHT will be held Tuesday, October 22nd, at 5:30pm at Hawk's Landing. On the menu: Cheese & Crackers, Bruschetta Platter, Salad, Sausage & Peppers, Meatballs, Chicken Parmesan, Vegetable Medley, Ziti Marinara, Garlic Bread, Coffee, Tea and Soda. CASH BAR available. Ice Cream with melba sauce for Dessert! Entertainment provided by DJ Bryon Daley. Tickets are \$19.pp and on sale Monday, September 16th through Thursday, October 17th, or until sold out. (Limited to 150 tickets).

Dial-A-Ride Transportation available on request

Mark Your Calendar



- Sept. 2: CENTER CLOSED Labor Day
- Sept. 6: CENTER CLOSING at 11:30AM
- Sept. 11: Coffee 'N Dessert (CBD)
- Sept. 18: Coffee 'N Dessert (Fall Safely)
- Sept. 23: Fall Art Classes Begin
- Sept. 25: Coffee 'N Dessert (Health Expenses)
- Oct. 6: Lions Club Breakfast
- Oct. 9: Coffee 'N Dessert (Memory Strong)
- Oct. 15: Senior Luncheon
- Oct. 16: Coffee 'N Dessert (Coins)
- Oct. 22: Italian Night @ Hawk's Landing
- Oct. 27: Knights of Columbus Breakfast

Calendar House Art and Enrichment Classes—Fall/Spring 2019/20

Art and Enrichment class registration is September 9th—13th. Forms can be found online at www.calendarhouse.org or pick up in the office. Classes listed as **registered** you must sign up for and run for two 10 week sessions; one in the Fall and one in the Spring. Classes listed as **on-going** are “*drop in*” classes that run weekly throughout the entire year, no registration is required for the **on-going** classes — all members are welcome! Classes are FREE*, unless otherwise noted.

Registered Art/Enrichment Classes:

Advanced/Intermediate Poetry w/ Pat Mottola: (Tuesdays 10AM) “Poetry fills the empty spaces.” In a highly interactive classroom setting, poets with some prior experience will hone their craft by writing and reading poetry, by studying classical and modern poets and by discovering what’s new on the current poetry scene.

Advanced/Intermediate Painting w/Pat Mottola: (Tuesdays 12:30) Explore techniques of using the versatile medium of acrylic paint on canvas. Emphasis on creative color mixings. Students are encouraged to experiment with different subject matter and further develop their own personal style.

Intermediate Drawing w/Pat Mottola: (Tuesdays 2:30PM) Explore techniques of drawing using pencil, charcoal, pastel, and pen & ink. You will learn the element of design and composition in a fun and friendly atmosphere where creativity is contagious!

Watercolor Painting w/ Carla Koch: (Wednesdays 1PM) A course designed for beginner and intermediate artists wishing to explore and improve watercolor painting techniques. Ask for supply list when registering.

Beginning/Advanced Drawing w/Sue Riley: (Thursdays 10AM) With the right techniques, you can learn to bring pencil drawing to life. Participants learn the basics of composition, value, contour lines, negative and positive space and perspective, all while practice a wide variety of pencil techniques working from photos and subject matters interesting to the student.

Quilting w/Karen Kebinger: (Thursdays 10AM) Are you a quilter? Would you like to learn? Quilters of all levels are welcome to this unstructured class. Start a new project or finish one that you've set aside. Work on your own project under the guide of an experienced quilting instructor and have fun while expanding your knowledge and skills!

Ongoing/Drop-In Art/Enrichment Classes:

Stained Glass: (**On-going** Mondays 10AM) **Drop-In** to this informal group creating beautiful stained glass art using the copper foil method us by Louis Comfort Tiffany. Beginners welcome—this group has a great deal of combined experience and willing to share it!

Open Studio w/Sue Riley: (**On-going** Tuesdays 10AM starting 9/24) **Drop-In fee of \$10/class payable to instructor, Sue Riley.** In this class Sue will be teaching beginner to advanced drawing, pastel pencils and oil paint in an open studio setting. You will be working from photos or still life set-ups. Subject matter will be your choice. Join us!

Granny Squares: (**On-going** Wednesdays 10AM) **Drop-In** as knitting & crochet needles click & conversation is lively as the “grannies” get together to compare and share!

Adult Coloring: (**On-going** Thursdays 1:30PM) **Drop-In** to socialize, relax and have fun while coloring during these informal gatherings. If you haven't colored for a while, you don't know what you're missing! This “therapeutic” activity has grown up and become very popular! Bring your own materials and books (available at Dollar Store, Wal-Mart, etc.)

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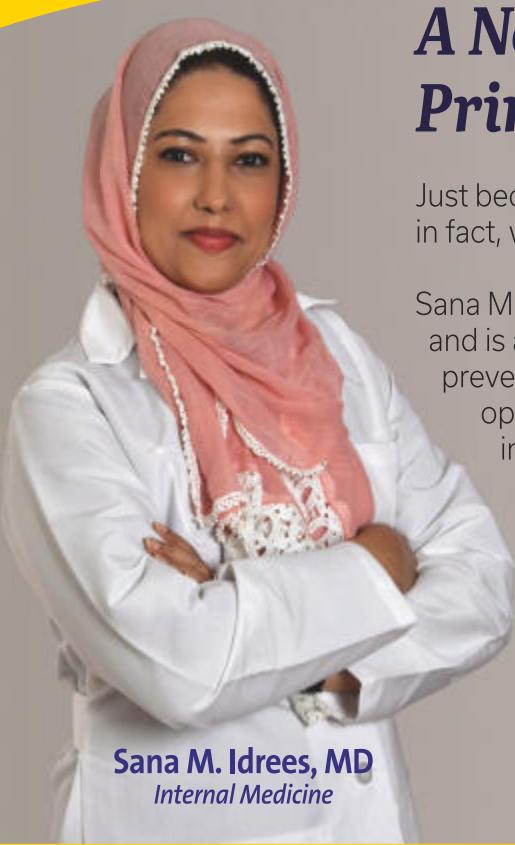
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SEPTEMBER 2019 TRAVEL TALK

12

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!



Tues/Sept 3: BLOSSOMS & BUTTERFLIES—Yankee Candle & Bridge of Flowers \$110.pp

Sat/Sept 14: RHINEBECK AIR SHOW—Museum Tour & Dinner \$105.pp

Tues/Sept 17: COME FLY WITH ME, Aqua Turf \$43.pp *

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

Tues/Oct 1: VINE to WINE—Vermont \$101.pp

Tues/Oct 15: POLKA!, 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 *

Thurs/Nov 21: RADIO CITY CHRISTMAS SPECTACULAR—NYC, \$210.pp

Tues/Dec 3: LIVE FROM NASHVILLE—Westchester Theatre, \$110.pp

Tues/Dec 10: HOLIDAY WINTER WISHES, Aqua Turf \$42.pp *

Tues/Dec 12: GLEN MILLER, Aqua Turf \$78.pp *

Dec 30-Jan 3: TOURNAMENT OF ROSES PARADE—Southern CA, \$2,799.pp/dble

Thurs/April 16, 2020: THE ORCHARD SHOW—NY Botanical Garden \$75.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

Tues/July 14, 2020: THIMBLE ISLAND CRUISE—Stony Creek, CT, \$85.pp

Sept, 2020: BAVARIA & AUSTRIA "Featuring Oberammergau" — \$3,339.pp/dble

**Aqua Turf events: 'Drive on your own'*

Save the date! In appreciation of our wonderful "Trip Desk" travelers, we will be hosting a **Pizza Party** on Thursday, December 5th at 2:30 PM. A free raffle will be held at the party for those who have traveled with us this year.

More details to follow!

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...

BAVARIA & AUSTRIA

September 2020 (DATE TO BE ANNOUNCED)

\$3,339. pp/dble * \$3,885. pp/single

Delve beneath the surface of two incredible countries—Germany and Austria. Enjoy Bavarian hospitality in Munich. Be mesmerized by the Passion Play in Oberammergau. Experience it ALL from 4-star accommodations, grand palaces, great German cuisine and beautiful scenery!



LIVE FROM NASHVILLE
A MERRY COUNTRY CHRISTMAS
Westchester Broadway Theatre

Tuesday, December 3, 2019 — \$110.pp

Head to the Westchester Theatre and enjoy a full lunch, including dessert at your table, from an extensive menu. After lunch, remain at your table and spend the afternoon watching "A Merry Country Christmas." Enjoy all of your favorite Christmas songs presented in authentic Nashville country style! Songs of fun, faith and hope are presented by the finest musicians and singers, steeped in the traditions of America's genre...Country! Don't miss this toe-tapping show!

LOCATION & STAFF

388 Pleasant St.
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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 Sargs
sargsd@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
Dawn Sousa

TRIP COORDINATOR

Lana White
lana250@cox.net



LANCASTER—QUEEN ESTHER

June 16-18, 2020

\$565. pp/dble * \$715. pp/single

Travel to Pennsylvania Dutch Country spending two nights in the Historic Cork Factory Hotel, with stops at Appalachian Brewing Co., Kitchen Kettle Village, Mount Hope Estate and Winery and the trip highlight...Sight and Sound Theatre, for their brand new production of "Queen Esther!" Experience this riveting Bible story with magnificent sets, special effects and live animals! A private wine/cheese & painting party, hands on whoopee pie making experience and 6 meals are also included. We expect a sell-out, don't wait!