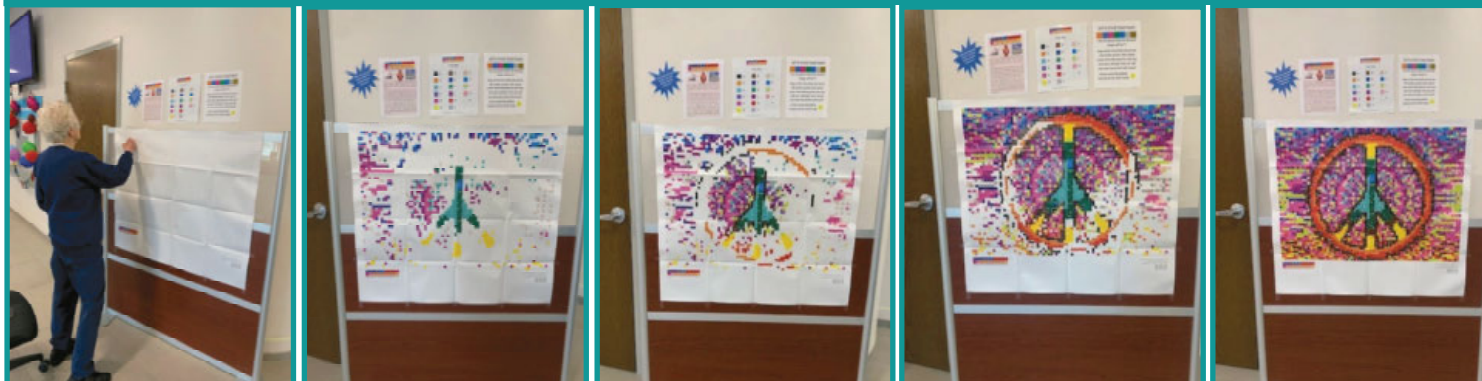


Progression of our “Stick Together” Poster



Irene Konicki places the first of 3,996 stickers on our “Stick Together” poster, then 5 days later the final image was revealed! Thanks to all who participated with this challenge from South Windsor Senior Center. South Windsor won, finishing their poster in just 2 days!

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- Polish Night @ Aqua Turf
- Dial-A-Ride

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This 'n That

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- History for Fun! “Babe Ruth”
- Ukulele Lessons

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Travel

- 2023 Trip Info!
- Contact Info

FROM THE STAFF...

Spring has sprung! The longer days and warmer temps mean it is time to think about gardening! If you are interested in a garden plot at Calendar House this year, please call the office at 860-621-3014 and we will put your name on the list. You will be contacted to stake out your plot once the garden area has been tilled.

April is National Volunteer month. To EVERYONE that volunteers their time and talents at Calendar House, we THANK YOU! Many of our offerings are made possible by our volunteers and we appreciate each and every one of you!

We are excited to offer two, NEW six-week yoga sessions in April and May; Mindfulness & Movement and Restorative Yoga, both with Liz DeCicco. See pg. 7 for details!

Looking to sharpen your tech skills? Register for one of the classes offered by the Computer Learning Center. Registrations will be held Monday, 4/3.

We've noticed more members are stopping in for the monthly blood pressure screenings offered by Beacon Prescriptions. This month you can also register for a special talk “Under Pressure” by Beacon Pharmacist, David

Gardner on Thursday, 4/13. See pg. 10 for more info.

What's on tap for FUN this month? Plenty! For all the baseball fans out there, Joe the “History Guy” will be here on Tuesday, 4/18 for a talk on “The Babe” (we'll be serving popcorn!), The Music Shop will be offering Ukulele lessons starting Monday, 4/17 (hey, it's never too late to learn!) and we end the month with a “Spring Vase Acrylic Paint Pour Workshop” with Sunny Swarsky on Monday, 4/24! Don't forget to check out the “Taste of Korea” and “Polish Night” events on pg. 8 too!

Thank you for taking time to read our newsletter. To our members who celebrate, we wish you a happy and joyous Easter and Passover!

~ The Calendar House Staff

Please note: Active Lifestyles is available at Calendar House, Town Hall, the Municipal Center, Library and Senior Housing Sites. It is also available at the calendarhouse.org website. To subscribe, please go to: www.mycommunityonline.com and 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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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.



AARP SMART DRIVER

Learn ways to adjust for aging and health-related driving issues. CT. specific information. \$20 for AARP Members \$25 for Non AARP Members. Cash or check payable to AARP collected by instructor prior to start of class. Class is held from 9 am to 1 pm. (Please arrive by 8:45) Classes will be held April 14th, May 12th and June 9th. (More dates to be announced). Class sizes are limited. Please call 860-621-3014 for availability and to register. An on-line course is also available. Visit <https://www.aarpdriversafety.org/> to register.

In Memoriam



Edna Savage

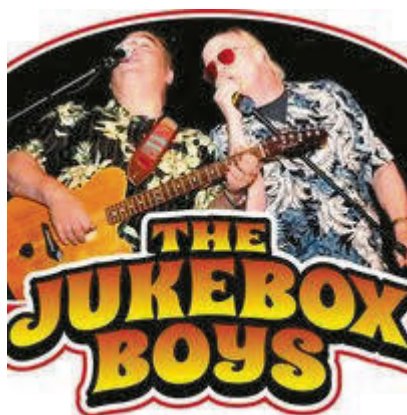
Donations in memory or in honor of a friend or relative may be made to the Calendar House Memorial Fund and are gratefully accepted.

CALENDAR HOUSE MEMBERSHIP MEETING!

MAY 25TH ~ 1PM

Featuring...

The Jukebox Boys
Dan LaRosa & Company



Join us at Calendar House for a brief business meeting followed by The Jukebox Boys! Comedy Rocks! When was the last time you saw or heard a rock trio that made you laugh? When was the last time you saw a comedian and got to sing along? This trio is like no other. People are saying "I haven't laughed this much in years!" You will hear side-splitting parodies of popular songs and you will be on your feet laughing, cheering and dancing! Light refreshments will be served. Please RSVP by Monday, 5/22 at the Calendar House front desk or call us at 860-621-3014 to reserve your spot!

THE JOHN E. DEMELLO SR. VETERANS COFFEE HOUR

Co-sponsored by the Southington Public Library and the Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 10 to 11 am. at Calendar House Senior Center. No registration required.

Next Coffee Hour Friday, April 21st

STATE OF CT

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 (2022 info).

Applicants must have resided in CT for one year or more.

- You must have reached age 65 by December 31, 2022. (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: \$40,300 Single Individual; \$49,100 Married Couple.
- You must provide documentation of all 2022 income; utility payments; rent receipts. (please do not send originals)
- **NEW APPLICANTS:** If you have not previously applied, please provide your phone number, and a copy of your drivers license OR proof of residency and date of birth.

You can bring your information in after April 1st. To apply, please bring copies of your required 2022 income, utility and rent documentation to Calendar House, 388 Pleasant Street, Southington, CT. 06489, or simply drop your paperwork in a sealed envelope in the secure drop box located at the entrance of the Calendar House building Attn: Rent Rebate. Please make sure to include your phone number so that we can reach you if we have any questions. For more information please call 860-621-3014.



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APRIL 2023 WEEKLY ACTIVITIES

5

ALL DAY, EVERY DAY @ CALENDAR HOUSE

Pool Players
Ping Pong
Cardio Room
Active Walkers (Walking Track)
Library/Puzzle Makers
Coffee 'n Conversation in the Lounge

CLC COMPUTER CLASSES

Spring 2023 Computer/Phone/Tablet
Registration Monday, April 3rd 10–12
Please see below for class information!
For class descriptions visit:
www.calendarhouse.org
and click on the "Tech Classes" tab, or
pick up a flyer at Calendar House!

SPRING ENRICHMENT CLASSES

(classes currently in session)

MONDAY: Quilting w/ Karen @ 10
TUESDAY: Poetry w/ Pat @ 10
Acrylic Painting w/ Pat @ 12
WEDNESDAY: Drawing w/ Sue @ 10
Watercolor w/ Penny @ 1
THURSDAY: Drawing w/ Sue @ 10

MONDAY

Line Dance: 9:30
Computer Lab : 10-12
Sit 'n Be Fit: 11:15
Mahjong: 12:30
Mindfulness &
Movement: 1-2
(6 weeks from: 4/3-5/8
\$10 drop-in)
Pickleball: 1-3



TUESDAY

Group Exercise: 9 & 10
Open Art Studio: 10-12
(\$10 drop-in)
Cribbage: 10-12
Sit 'n Be Fit: 11:15
Set Back: 1-3
Pickleball: 1-3



WEDNESDAY

Gentle Seated Yoga: 9:15
(\$8 drop-in fee)
Line Dance: 9:30
Granny Squares: 10 -12
Sit 'n Be Fit: 11:15
Computer Lab: 1-3
Pickleball: 1-3



THURSDAY

T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Canasta: 12:30
(4/13 & 4/27)
Adult Coloring: 1-3
Party Bridge: 1-3:15
Pickleball: 1-3
Restorative Yoga: 1-2
(6 weeks from 4/6-5/11
\$10 drop-in)

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1
Birthday Bingo 4/28



For class descriptions,
pick up a flyer at
Calendar House!



Spring 2023 Computer/Tablet/Phone Classes

Registration Date:

10:00 AM Monday 3rd April 2023

Manage your Computer—Tuesdays at 1 PM from 11 Apr 2023
to 16 May 2023 - \$30

Using YouTube—Mondays at 1 PM from 1 May 2023 to 15 May
2023 - \$15

Starting Your Genealogy— Tuesdays at 10 AM from 11 Apr 2023
to 25 Apr 2023 - \$15

Cut the TV cord and start streaming.—Thursdays at 1 PM from
13 Apr 2023 to 20 Apr 2023 - \$15

iPad and iPhone Basics—Thursdays at 10 AM from 13 Apr 2023
to 18 May 2023 - \$30

Cleaning up your Phone—Mondays at 1 PM from 10 Apr 2023
to 24 Apr 2023 - \$20

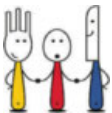
Android Phone Basics—Wednesdays at 10 AM from 12 Apr
2023 to 17 May 2023 - \$30

One-on-One Training—At an agreed time and date - \$10 per
2 hour 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 10:00 and 12:00, and Wednesdays
between 1:00 and 3:00.

NUTRITION

CALENDAR HOUSE CAFÉ








In-person or Grab 'n Go is available. To order call 860-621-6738, or see Janet Turner in the dining hall between 10 am and 1 pm following the NEW ordering schedule to the right. Program is limited to age 60+ and suggested donation is \$2.50/meal. Menus available in the dining hall, the Calendar House office, or on-line by visiting www.calendarhouse.org. Grab 'n Go lunches come cold, ready to re-heat at home. Pick up at Calendar House between 11-11:30 a.m. according to this schedule: Monday (2 meals for Mon/Tues), Wednesday (2 meals for Wed/Thurs) and Friday (1 meal for Fri). Bring a bag to carry your meals. In-person meals are served promptly at 12 noon, Monday-Friday. Late arrivals cannot be accommodated, as the dining hall closes at 12:30 p.m. The Café is seeking volunteers to serve one to two days a week. Volunteer applications are available in the Calendar House office, from Janet in the Main Hall, or call 860-621-6738.

Ordering Schedule

Order by 10:30 a.m. on:	For lunch on:
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Monday/ Tuesday

APRIL 2023 MONTHLY CALENDAR

6

<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
<div>  <div> <p>DAILY! 8:30 am— 4:30 pm drop in for Pool * Ping Pong * Cardio Room * Stained Glass Active Walkers * Library/Puzzle Makers Coffee 'n Conversation * Sit 'n Be Fit! Lunch, both In-Person and Grab 'n Go, are available daily. See page 5 for ordering info!</p> </div> </div>						
2 <u>SUN</u> UNICO Big Breakfast Palm Sunday	3 10-12 <i>Computer Class Registration</i>	4 8:30 <i>"Matilda" @ JFK</i> <i>Foot Clinic by App't Only</i>	5 Passover Begins at Sundown	6 10-12 <i>Reiki Healing By App't Only</i> 1-3 <i>Probate Talk Losing Capacity w/ Judge Jalowiec</i>	7 Center Closed Good Friday	8 <u>SAT</u>
9 <u>SUN</u> Easter Sunday 	10 9:30-11:30 <i>Wheeler Clinic Outreach</i>	11 10-12 <i>Reiki Healing By App't Only</i>	12 11-1 <i>Taste of Korea Luncheon</i> 1:00 <i>AARP Board Mtg.</i> <i>*no line dance, in-person lunch or pickleball today*</i>	13 10-11 <i>Blood Pressure Talk</i> 11-12 <i>Blood Pressure Screenings</i> 2-3 <i>Golf League Mtg.</i> <i>*no pickleball today*</i>	14 9-1 <i>AARP Safe Driver</i> 10-2 <i>Hearing Screening By App't Only</i>	15 <u>SAT</u>
16 <u>SUN</u> K of C Pancake Breakfast	17 	18 9-11 <i>Vendor Table Steve Ardussi</i> 10-11 <i>History For Fun "Babe Ruth" Foot Clinic By App't Only</i>	19 1:30 <i>Coffee & Dessert SMP Fraud Bingo</i> 5-9 <i>Polish Night Aqua Turf Dinner served at 6 pm</i>	20 10-12 <i>Reiki Healing By App't Only</i>	21 10-11 <i>John E Demello Sr Veterans Coffee Hour</i> 	22 <u>SAT</u> Earth Day 
23 <u>SUN</u> 30 <u>SUN</u>	24 9:30-11:30 <i>Wheeler Clinic Outreach</i> 10-12 <i>Spring Vase Paint Pour Workshop</i>	25 9-11 <i>Vendor Table Steve Ardussi</i> 12:00 <i>Book Club w/Cynthia Manchak</i>	26 1:30 <i>Coffee & Dessert Strategies to Control Health Expenses w/ Steve Ardussi</i>	27 8:30-9:45 <i>T.O.P.S. Open House</i>	28 10-11 <i>Probate Forum</i> 1:00 <i>April Birthday Bingo</i> 	29 <u>SAT</u>

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NEW! MINDFULNESS & MOVEMENT w/ LIZ

Breathwork, movement, and mindfulness will weave together to create a relaxing and grounding effect for all. The focus will be on different types of breathing techniques that either bring about a deep state of relaxation, or uplift your energy levels, blended with gentle movements to enliven all the areas of the body, and various mindful activities leaving you with a sense of being in the present moment. Loose comfy clothing recommended, non-slip socks optional. **Drop-in** Mondays (6 weeks) from 4/3-5/8. **\$10/ 1-hour class fee is payable to Liz DeCicco.** (19 students max)

NEW! RESTORATIVE YOGA w/ LIZ

Restorative Yoga is a relaxing and calming practice consisting of reclined postures using props like blocks, bolsters, and blankets to allow participants to settle in deep and rest. Postures are held for longer periods of time (2-5 minutes) to soothe the nervous system and create a feeling of peace and contentment. This class is designed for all levels and is guaranteed to have you feeling renewed, restored, and rejuvenated in a way that is different than you have felt before. Loose comfy clothing recommended, non-slip socks optional. **Drop-in** Thursdays (6 weeks) from 4/6-5/11. **\$10/ 1-hour class fee is payable to Liz DeCicco.** (19 students max)

SIT 'n BE FIT

A gentle, slow moving DVD workout by Mary Ann Wilson, RN. Ideal for anyone managing arthritis pain! This **drop-in** class is offered Monday through Friday at 11:15 am. (20 students max)

TUESDAY/THURSDAY GROUP EXERCISE

These exercise classes include cardio, strength, and balance. Please bring hand weights to class. Classes are held on Tuesdays at 9 & 10 am with Kim and on Thursdays at 9 & 10 am with Marcia. **Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register.** (12 students max)

SEATED & GENTLE YOGA w/ CLEMENTINE

Each class offers poses modified and tailored to meet the needs of the student. The benefits of yoga are endless! Increase your strength and mobility while enhancing your flexibility and balance. Your mind becomes calm and more focused and your breathing is deeper. You will feel refreshed and regenerated! **Drop-in** Wednesday at 9:15 am for **seated yoga** and Friday at 9:30 am for **gentle yoga**. Class runs one hour. Please wear non-slip shoes and comfortable clothes! Your first class is always FREE, then pay **\$8 per class to instructor, Clementine Delaney.** (19 students max)

FREE BLOOD PRESSURE CLINIC



By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (4/13) from 11 am to 12 Noon. No registration is necessary, just drop in! See page 10 to register for a special talk, "Under Pressure, Navigating the Ups and Downs of Blood Pressure" w/ Pharmacist David Gardner of Beacon Prescriptions prior to the April monthly BP screening on 4/13!

HEARING SCREENINGS



Myranda LaPira, HIS, of Bristol Hearing Aides L.L.C. provides free ear exams and hearing tests at Calendar House. Please call 860-621-3014, or stop at the front desk to schedule for Friday, May 19th or Friday, June 16th between 10 am and 1 pm. Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is **NOT** available.

MONTHLY FOOT CLINIC



Sue Zdeblick, RN with 30+ years of experience including *Foot Care Nurse Certification* holds a foot care clinic at the Calendar House, by appointment only, on the 1st & 3rd Tuesday of each month. To schedule your appointment, please **call Sue directly at 860-538-1481 for an appointment.** Nominal fee applies.

T.O.P.S. CLUB—OPEN HOUSE APRIL 27TH!

T.O.P.S. (Taking Off Pounds Sensibly) meets at Calendar House on Thursday mornings at 8:30 am for weigh-in and a weekly meeting. **Drop in on Thursday, April 27th for an Open House!** Thinking about losing weight, but don't know where to start? Join this friendly and

encouraging group and they will be happy to help get you started! Attend the Open House to learn ALL about what T.O.P.S. has to offer!

WHEELER CLINIC HEALTH OUTREACH

People impacted in any way by mental health problems and/or substance use disorders can drop in to visit Holly, *Sr. Community Health Outreach Coordinator*, to discuss treatment options, and receive education and resources at Calendar House on the 2nd and 4th Mondays of the month from 9:30 - 11:30 am. (4/10 and 4/24) For more info, contact Holly at hrhansen@wheelerclinic.org or call 860-604-7448.

REIKI HEALING...When one is relaxed and calm, their health and healing are enhanced.



Reiki Healing sessions with Jennifer Michnowicz will be held on Thursday, 4/6, Tuesday, 4/11 and Thursday, 4/20. First session is FREE and additional sessions are \$20 payable directly to Jennifer Michnowicz. Call us at 860-621-3014 to schedule your 45 minute time slot starting at 10 a.m.

Jennifer explains how a private Reiki session looks: "We will meet in the Health Suite. Wear something comfortable. You will be given the option to remove your shoes, glasses and hearing aides. As you settle into the reclining chair, I will put on some relaxing music and wash my hands. I can perform the Reiki Healing with or without actually touching. That is up to you! I generally start at your head and finish at your feet. My hands will hover over, not touch, your torso. Since the energy is different every time, I may be in one spot the whole time or scanning the body."

TASTE OF KOREA COOKING DEMO Wednesday, April 12th, 11 a.m.—1 p.m.



Join the **Korean Spirit & Culture Promotion Project** at Calendar House for a "Taste of Korea!" Enjoy a cooking demonstration, a short documentary film and a delicious Korean luncheon. Ticket price is only \$10 per person.

Tickets are on sale now at the Calendar House front desk through Thursday, April 6th, or until sold out (Maximum capacity 40).

On the Menu
(w/traditional table setting of **Bangjja** Bronze Ware)

Kimchi Salad, Rice with Mixed Vegetables (Bibimbap)

Soy Sauce and Honey Marinated Beef (Bulgogi)

Braised Soybean Curd (Dubu Jorim)

Sweet Potato Noodles with Mixed Vegetables (Japchae)

Honey Glazed Walnut, Ginger Cookie

Rice Cake and Sweet Rice Punch (Sikhye)

Complimentary books on Korean culture and history will also be available. We look forward to you joining us for this lovely event!

Please note: Line Dancing, Dine-In Calendar House Café Lunch and Pickleball are all canceled on Wednesday, April 12th to accommodate this program

POLISH NIGHT CELEBRATION AQUA TURF CLUB ~ GLASS ROOM



Join Calendar House on Wednesday, April 19th from 5—9 pm (Dinner served at 6 pm) in the Aqua Turf Glass Room. Tickets are \$33 per person (subsidized by the Calendar House Membership Association) and are on sale **NOW through Wednesday, April 12th**.

If requesting to be seated at a specific table, please decide the designated table name **before** purchasing tickets and be sure to specify that name as the group you wish to be seated with when purchasing. Even if you do not have enough for a full table, and wish to be seated with one or several other individuals, PLEASE indicate that when purchasing tickets.

On the Menu—Served Family Style
House Garden Salad, Penne Bolognese

Roasted Pork Loin, Pierogis

Kielbasa and Sauerkraut

Potato and Vegetable

Ice Cream w/ Caramel Topping, Cash Bar Available

Music provided by DJ **Butch Gray** for your listening and dancing pleasure. Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior.



DIAL-A-RIDE TRANSPORTATION



The Calendar House 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 to be followed. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

•Restrictions on the number of passengers on the Dial-A-Ride bus have been lifted, but cloth face masks **MUST** still be worn while riding on the bus. We ask that riders do not remove face masks while riding on the bus for any reason. Although there is much improvement with the **COVID-19 Pandemic** we still ask if you are feeling unwell, have a cough or a fever to **please stay home**. These measures are in place for rider safety as well as the safety of our drivers. Thank you for your cooperation and understanding.

•**Medical Appointments:** Calendar House provides rides for dialysis, medical and dental transportation. Please provide one week advanced notification for all

appointments, especially for out-of-town appointments. You may schedule up to a month in advance. Under normal circumstances, last minute requests cannot be accommodated. Please schedule any **in-town medical appointments** between the hours of 8:30am—2:30pm.

• **Out-of-town medical transportation** will be provided as follows, please plan accordingly: Mondays & Wednesdays: Plainville, New Britain & Meriden; Midstate; Tuesdays & Thursdays: Plainville, Bristol & Farmington; Friday: Hartford HealthCare, Cheshire; Please schedule **out of town appointments** between 9:30 am — 1 pm.

• **Shopping, Personal and Hair Appointments:** Please contact the office at 860-621-3014 before 12 noon on Thursday to schedule for the following week. Shopping days will be determined by our schedule of medical appointments.

• **Monday through Friday:** Rides are provided to & from Calendar House for activities, programs, appointments and lunch with advance scheduling.

• Please call **860.621.3014** to make your appointments or have any questions. Thank you!



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Calendar House - Southington, CT

06-5315

APRIL COFFEE 'N DESSERTS



"Medicare Fraud Bingo" Wed., April 19th @1:30

Presented by: Senior Medicare Patrol

Sponsored by: North Central Area Agency on Aging

Join your local Senior Medicare Patrol for a group presentation and Bingo! Learn how SMP works with you to identify potential Medicare fraud, errors, and abuse. Learn how to avoid becoming the victim of a scam or elder abuse. Learn how YOU can become a volunteer! Bingo prizes will be awarded.

"New Strategies for Controlling Your Health Expenses"

Wed., April 26th @1:30

Presented and Sponsored by: Steve Ardussi, "Your Personal Benefits Advisor"

We are re-running this program for those that missed it earlier; lots of good info! Everyone is faced with increasing health insurance costs and declining benefits. This presentation focuses on new strategies to help reduce costs and improve benefits regardless of 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. Steve will also be in the Calendar House lobby on Tuesday, April 18th and Tuesday, April 25th from 9—11 a.m. for anyone that wants to drop by with a question. Stop by!

To register for one or both of the above programs, please call us at 860-621-3014 or sign up at the front desk. Refreshments served!

PROBATE PROGRAMS

"Losing Capacity" Thursday, April 6th @ 1 p.m.

Join Cheshire/Southington Probate Judge Matt Jalowiec and "travel through the legal process in the State of Connecticut which results from the loss of capacity." Whether the loss of capacity, ie: the ability to make informed decisions regarding finances and/or personal health decisions is due to injury or natural decline, the impact on life is profound. Find out how legal decisions are made in the absence of capacity. Attendees will travel through the process with Judge Jalowiec and learn what constitutional safeguards exist, what due process requires and how individuals needs are not only protected, but cared for in the absence of capacity. This is a seminar dedicated to the legal process on the transference of constitutional rights to a third party, known also as "conservatorship." Topics will include Powers of Attorney, Conservator of the Person and Estate, both voluntary and involuntary.

"Monthly Probate Forum" Friday, April 28th, 10—11 a.m.

Do you have general probate questions? Then the **Monthly Probate Forum** is for you! Join Cheshire/Southington Probate Judge Matt Jalowiec on the last Friday of each month from 10-11 a.m. at Calendar House. This program is provided in partnership with the Southington Public Library.

To register for one or both of the above Probate programs, please call us at 860-621-3014 or sign up at the front desk. Space is limited!

"UNDER PRESSURE" NAVIGATING THE UPS AND DOWNS OF BLOOD PRESSURE

Thursday, April 13th at 10 a.m., David Gardner, a pharmacist at Beacon Prescriptions, will talk about what blood pressure is and how high blood pressure can be harmful to our health. He will discuss simple changes that we can make in our daily lives, along with the common medications used to lower blood pressure. After the talk, stop in at the Health Suite for a free blood pressure screening! Call Calendar House at 860-621-3014 or stop by the front desk to register!

CALLING ALL GOLFERS



Thursday April 13th at 2 p.m. The Calendar House Golf League (CHGL) will hold a meeting for anyone interested in playing 9 holes of golf on Tuesday mornings starting May 9th.

This is a pay-as-you-play league and at the meeting we will discuss pricing, rules and format of play. CHGL plays at Hawks Landing and the league is open to all members of The Calendar House and residents of Southington age 55+ looking to play golf and have fun. If interested, see Dawn Sargis at the Calendar House office to sign up prior to the April 13th meeting. Provide your name, phone number, email, and \$50 dues by cash or check payable to The Calendar House. Additional sign-ups will take place on April 13th. If you have a partner, please supply their name and phone number as well. We can assign a partner if needed. Not interested in playing every week? We do have a need for substitutes to fill in during the season. Questions? Send an email to chgold388@gmail.com. **Looking forward to a great season of golf and friends!** ~The Calendar House Golf League Committee

HISTORY FOR FUN! "BABE RUTH"



Tuesday, April 18th at 10 a.m. Baseball season is here! Join Joseph Ouellette, the History Guy, for a fun talk on **"The Babe!"** **George Herman "Babe" Ruth**. "The Babe" swung the heaviest bat, earned the most money, and incurred the biggest fines. He lived in a surreal world, surrounded by fans with enormous admiration, spurred on by his crucial partnership with Christy Walsh his business manager, spin doctor, damage control magician, and surrogate father. Ruth drafted the blueprint for modern athletic stardom. All this, while hitting 60 home runs in 1927, a record that would hold until 1961. What are you waiting for? We can smell the popcorn from here and we will serve some to you during the program, too! Call Calendar House at 860-621-3014, or stop by the front desk to register!

"UKE CAN PLAY IT" PROGRAM



Mondays beginning April 17th to May 22nd from 1-2 p.m.

Join The Music Shop at Calendar House for a 6 week program of group ukulele lessons! This fun class will cover all the basics and get you strumming tunes in no time. You can bring your own uke if you have one, purchase one from a vendor of your choice, or rent one from The Music Shop. The cost of this program is \$169.00 (payable to The Music Shop) and does not include the rental fee. Register and pay for the lessons at the Calendar House front desk. To rent a ukulele, visit The Music Shop. The current fee to rent for the 6 week course is less than \$40, or they can be purchased fairly inexpensively. Our goal is to form a group of ukulele players that can meet at Calendar House to practice and play once the program ends!

SPRING VASE ACRYLIC PAINT POUR WORKSHOP



Monday, April 24th, 10-11 a.m. Acrylic pouring is a wonderful abstract art technique in which acrylic paints are poured onto a canvas or other painting surface. The paint is made fluid by adding a medium. The paint is then poured, creating a beautiful and unique design; no two designs are the same! Join Sunny at Calendar House for a one hour workshop, as she walks you step by step to create a colorful work of art on a 6" glass cylindrical vase. There is no experience required! Please note, your piece will require 36 hours of dry time at Calendar House before you can take it home. The cost of this workshop is \$20 per person. Register and pay at the Calendar House front desk.

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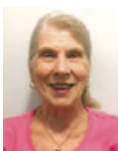
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Calendar House - Southington, CT

06-5315

Trip Desk is held in the Calendar House lounge from 1—3 pm on Mondays and 10 am—12 noon on Wednesdays. Updates can be found at www.calendarhouse.org under the trips tab! Flyers are available for pick-up in the “rounder” in the lounge area during regular business hours. Questions? Call Lana White at 860-621-3779, Jeff Driscoll at 860-276-3826 or Tours of Distinction at 1-800-426-4324. The Calendar House Trip Desk is comprised of all **VOLUNTEERS** dedicated to bringing new and exciting trip opportunities to our Center. All Calendar House trips are **NOT FOR PROFIT**, and volunteers do not receive any compensation/perks for their time.

***Aqua Turf Events are “drive on your own.”**

Tues/Apr 11, SHAKE RATTLE ‘n ROLL DUELING PIANOS, *Aqua Turf. Chicken Kathryn/baked ham. Complimentary beer and wine. **\$52.pp** (11 am arrival).

Mon/May 22, STAYING ALIVE, *Aqua Turf. Worlds #1 tribute band to the Bee Gees. Family style meal with pork loin/salmon w/maple glaze. **\$89.pp** (11 am arrival).

Tues/June 20, ST. CLEMENTS CASTLE w/ Singing Impressionist, Eric Kearns. Hits from the 50’s to the 80’s! Choice of chicken marsala or baked scrod w/ crumb topping. **\$114.pp** (10:30 am departure).

Sat/June 24, (NEW DATE!) NEWPORT FLOWER SHOW. This year’s theme “The Grand Tour.” Vendors, live music, sweeping views and amazing flower displays. Grilled chicken or local white fish lunch at The Mooring, followed by free time. **\$150.pp** (7 am departure).

Sat/June 24, LOCKS & LUNCH ON THE HUDSON. A 3-hour cruise on the Hudson River to the Locks of Troy while enjoying a buffet lunch & entertainment. **\$133.pp**

Tues/July 11, CELEBRATE ITALIA w/McLEAN AVE BAND, *Aqua Turf. Featuring Joseph Bianca Rossa & Lacey Angerosa. Meatballs & sausage and chicken parmigiana. Complimentary beer or wine. **\$52.pp** (11 am arrival).

Wed/July 12, LONG ISLAND LIGHTHOUSE CRUISE. Narrated lighthouse cruise on the Long Island Sound aboard the Sea Jet Catamaran. Lunch at Steak Loft in Mystic with choice of chicken teriyaki, baked New England cod or baked salmon. Free time in Olde Mystic Village. **\$119.pp** (8:45 am departure).

Thurs/Aug 10, SHADES OF BUBLE, *Aqua Turf. A three-man, high energy tribute to Michael Buble with family style lunch of chicken marsala and broiled scrod. **\$89.pp** (11:30 arrival).

Tues/Aug 15, RICHIE MITNICK COME FLY WITH ME, *Aqua Turf. A journey through decades with baked scrod and chicken marsala. Complimentary beer or wine. **\$52.pp** (11:00 arrival).

Wed/Sept 6, SONGS OF SUMMER W/ THE ELDERLY BROTHERS, Amarantes Sea Cliff, New Haven. Choice of chicken piccata or salmon w/ dill sauce followed by oldies and rock ‘n’ roll with the Elderly Brothers! **\$99.pp** (10 am departure)

HIGHLIGHTED TRIPS...



OGUNQUIT, MAINE

July 25-26
639.pp dbl

Two-day tour including lunch in Kittery, ME, a narrated Isle of Shoals cruise from Portsmouth, NH, then on to Ogunquit for dinner at Jonathan’s Restaurant with lobster and a night at the Meadowmere Resort! After breakfast enjoy “On Your Feet! The Story of Emilio & Gloria Estefan” at the Ogunquit Playhouse before departing for home!



MACKINAC ISLAND

Aug 13-20

\$2,005.pp dbl

Passport Required!

Magical Mackinac! Step back in time and enjoy eight days, seven nights on Mackinac Island. Highlights include Henry Ford Museum, Greenfield Village, Ford Rouge Factory, The Grand Hotel, Carriage Tour of Mackinac Island, Frankenmuth Bavarian Village, Rock ‘n Roll Hall of Fame, Niagara Falls, Canada. Tour Director, 13 meals, baggage handling and gratuities included!

LOCATION & STAFF

388 Pleasant St.

Southington, CT 06489

Phone: 860-621-3014

HOURS: 8:30 a.m.—4:30 p.m.

Monday—Friday

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

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CALENDAR HOUSE CLOSED

The Calendar House is closed on Friday, April 7th in observance of Good Friday.

Happy Easter!



Calendar House is now on Facebook!

[@SouthingtonCalendarHouse](https://www.facebook.com/SouthingtonCalendarHouse)