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## FROM THE STAFF...

Happy May everyone! It's time to celebrate Older Americans Month! This year's theme is *Aging Unbound*. To acknowledge this special month, we have a few fun things planned for you including raffles and free refreshments offered throughout May. Please see page 5 for more information!

We are excited to have a brand new wall of art work on display in our hallway (see picture above). The picture is great, but you HAVE to see these pieces in person. WOW! The talent is amazing. If you haven't already, stop in to admire the work of your fellow Calendar House members.

As you browse through this issue of Active Lifestyles, we hope you will find a class or activity that interests you! This month's highlight will be The "Jukebox Boys" following the Calendar House Membership Meeting on May 25th! Call us to register, it's going to be a *rocking* good time!

Tickets for the Calendar House Country Western Night to be held at the Aqua Turf on Tuesday, June 13th will go on sale in the office on Tuesday, May 9th. Mark your calendar to purchase your tickets. Our social events are a

great way to enjoy an evening out with friends! See page 8 for more details!

May is for Moms! We would like to wish all the Moms, Grandmas, and Great-Grandmas a very Happy Mother's Day on Sunday, May 14th!

As the month draws to a close and we make plans for picnics and parades, let's also plan to take time to remember those that have made the ultimate sacrifice for our Country and honor them on Memorial Day.

~ The Calendar House Staff



*"Those who have long enjoyed such privileges as we enjoy, forget in time that men have died to win them."*

~Franklin D. Roosevelt

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](http://calendarhouse.org) website. To subscribe, please go to: [www.mycommunityonline.com](http://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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Calendar House - Southington, CT

06-5315



## 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 May 12th, June 9th and July 14th. (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

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

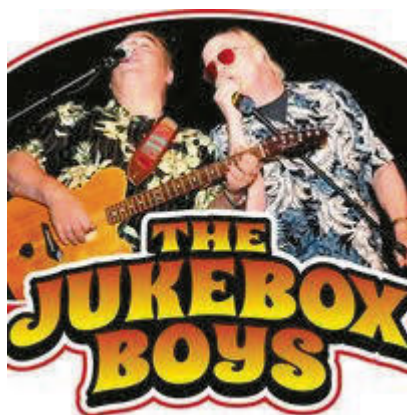
**Special Memorial Day Remembrance**  
Please pause at 3pm on Memorial Day for one minute of silence to remember and honor those who have died in service to our Nation.

## 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 a.m., at Calendar House Senior Center. No registration required.

*Next Coffee Hour Friday, May 19th*

## 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.

Calendar House is now accepting paperwork. 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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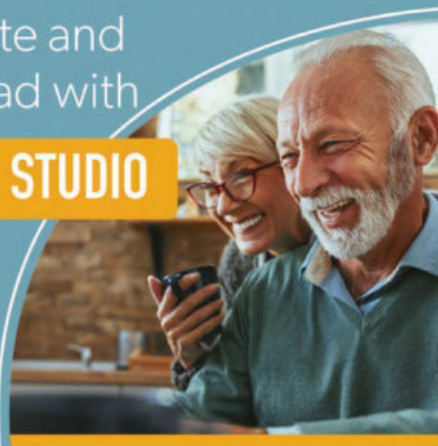
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Calendar House - Southington, CT

06-5315



## 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

## COMPUTER LEARNING CENTER @ CALENDAR HOUSE

Spring 2023 classes are in progress. Free help on any technical topic is available on a first come - first served basis during Computer Lab periods on Mondays between 10:00 and 12:00, and Wednesdays between 1:00 and 3:00.

## ENRICHMENT CLASSES (classes currently in session)

MONDAY: Quilting w/ Karen @ 10  
TUESDAY: Poetry w/ Pat @ 10  
Acrylic Painting w/ Pat @ 12  
WEDNESDAY: Watercolor w/ Penny @ 1  
THURSDAY: Pen & Ink 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  
(NOW—7/3, no class 5/29;  
\$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  
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  
(5/11 & 5/25)  
Adult Coloring: 1-3  
Party Bridge: 1-3:15  
Pickleball: 1-3  
Restorative Yoga: 1-2  
(NOW—6/22; \$10 drop-in)

### FRIDAY

Gentle Yoga: 9:30  
(\$8 drop-in fee)  
Sit 'n Be Fit: 11:15  
Bingo: 1  
\*Birthday Bingo 5/26\*



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



**MAY IS OLDER AMERICANS MONTH!** This year's theme is *Aging Unbound*. How can YOU *Age Unbound* at Calendar House?

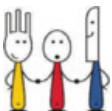
- Embrace the opportunity to change. Find a new passion, go on an adventure! Maybe take up crocheting with the Granny Squares, or visit the Trip Desk and plan a fun outing!
- Explore the rewards of growing older. With age comes knowledge. Continue to grow that knowledge by taking a class or attending an educational talk at Calendar House.
- Stay engaged in your community. Everyone benefits when you are connected and involved. Consider joining the Go-Getters (our awesome group of volunteers) or offer to assist with the lunch program.

• Form relationships. Relationships are an essential ingredient of well-being and can enhance your quality of life. Relationships are formed daily at Calendar House. You may meet a new friend at an exercise class, playing pool, or even just having a cup of coffee in the lobby!

We have a few special things planned to celebrate Older Americans Month! On 5/1, everyone that visits will be entered into a raffle for a \$25 Stop & Shop gift card. On 5/12, free popcorn and lemonade will be served in the lobby from 11am—1pm. On 5/16, free coffee and cookies will be served in the lobby from 8:30am—12 noon. On 5/25, everyone attending the Membership Meeting will receive a raffle ticket for a chance to win a gift basket. Special thanks to the *Osterman Foundation*, the *Calendar House Membership Association* and *Southington Community Services* for their donations to these special activities.

## NUTRITION

### CALENDAR HOUSE CAFÉ






Grab 'n Go lunch is no longer available. To order for dine-in, call 860-621-6738, or see Janet Turner in the dining hall between 10 am and 1 pm following the ordering schedule to the right. The nutrition program is limited to age 60+ and suggested donation is \$2.50/meal. Menus are available in the dining hall, the Calendar House office, or on-line by visiting [www.calendarhouse.org](http://www.calendarhouse.org). 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.

| Order by<br>10:30 a.m.<br>on: | For lunch<br>on:   |
|-------------------------------|--------------------|
| Monday                        | Wednesday          |
| Tuesday                       | Thursday           |
| Wednesday                     | Friday             |
| Thursday                      | Monday/<br>Tuesday |

# MAY 2023 MONTHLY CALENDAR

6

|  |   |            |  |             |  |            |  |              |  |            |   |
|--|---|------------|--|-------------|--|------------|--|--------------|--|------------|---|
| <u>SUN</u>   | <b>1</b><br>10-12 <i>Skin Cancer Awareness Info Table</i><br><br>Stop in today for a raffle ticket to win a \$25 Stop & Shop Gift Card! | <u>MON</u> | <b>2</b>   | <u>TUES</u> | <b>3</b><br>10-12 <i>Foot Clinic by App't Only</i><br><br>1:30 <i>Coffee &amp; Dessert Long Term Planning</i>    | <u>WED</u> | <b>4</b><br>10-12 <i>Reiki Healing By App't Only</i>   | <u>THURS</u> | <b>5</b><br>10-12 <i>Reiki Healing By App't Only</i>   | <u>FRI</u> | <b>6</b><br><u>SAT</u>  |
| <b>7</b><br><u>SUN</u>   | <b>8</b><br>9:30-11:30 <i>Wheeler Clinic Outreach</i>   | <u>MON</u> | <b>9</b><br>4:30 <i>Senior Citizen Advisory Board Mtg.</i>   | <u>TUES</u> | <b>10</b><br>10-12 <i>Reiki Healing By App't Only</i><br>1:00 <i>AARP Board Mtg.</i>                             | <u>WED</u> | <b>11</b><br>11-12 <i>Blood Pressure Screenings</i><br>1-2 <i>Style Realization with Bridget</i>   | <u>THURS</u> | <b>12</b><br>9-1 <i>AARP Safe Driver</i><br>10-2 <i>Hearing Screening By App't Only</i><br><br>Popcorn and Lemonade in the lobby 11 am—1 pm!   | <u>FRI</u> | <b>13</b><br><u>SAT</u>   |
| <b>14</b><br><u>SUN</u><br>Mother's Day<br> | <b>15</b>   | <u>MON</u> | <b>16</b><br>Coffee and Cookies in the lobby 8:30 am—12 Noon!<br>10-11 <i>Bee Talk</i><br><br><i>Foot Clinic by App't Only</i> | <u>TUES</u> | <b>17</b><br>10-12 <i>Reiki Healing By App't Only</i><br>1:30 <i>Coffee &amp; Dessert Reemerging After COVID</i> | <u>WED</u> | <b>18</b><br>10-12 <i>Reiki Healing By App't Only</i><br>1-3 <i>Hats &amp; High Tea</i><br><i>*Tap Dance and Pickleball canceled today*</i>  | <u>THURS</u> | <b>19</b><br>9-1 <i>Quilts of Valor</i><br>10-11 <i>John E Demello Sr Veterans Coffee Hour</i><br>  | <u>FRI</u> | <b>20</b><br><u>SAT</u><br>Orchard Valley Garden Club Plant Sale 8:30-12 Noon |
| <b>21</b><br><u>SUN</u>  | <b>22</b><br>9:30-11:30 <i>Wheeler Clinic Outreach</i>  | <u>MON</u> | <b>23</b>  | <u>TUES</u> | <b>24</b>  | <u>WED</u> | <b>25</b><br>1:00 <i>Membership Mtg. "The Jukebox Boys"</i><br><i>Attend the meeting and receive a raffle ticket to win a gift basket!</i><br><i>*Pickleball canceled today*</i>   | <u>THURS</u> | <b>26</b><br>9-10:30 <i>Shell, Driftwood, &amp; Seaglass Workshop</i><br>10-11 <i>Probate Forum</i><br>1:00 <i>May Birthday Bingo</i><br> | <u>FRI</u> | <b>27</b><br><u>SAT</u>   |
| <b>28</b><br><u>SUN</u>  | <b>29</b><br>CENTER CLOSED<br>MEMORIAL DAY  | <u>MON</u> | <b>30</b><br>12:00 <i>Book Club w/Cynthia Manchak</i>  | <u>TUES</u> | <b>31</b><br>1:30 <i>Coffee &amp; Dessert Kidney Diet</i>  | <u>WED</u> | / <u>THURS</u> / <u>FRI</u> / <u>SAT</u><br>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—see page 5 for ordering info! |              |  |            |   |

## SUPPORT OUR ADVERTISERS!

**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 from 1-2 pm for 6 weeks, 4/3-5/15. Next session will run 5/22-7/3 (no class on 5/29). *\$10/1-hour class fee is payable to Liz DeCicco.*

**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 from 1-2 pm for 6 weeks from 4/6-5/11. Next session will run 5/18-6/22. *\$10/1-hour class fee is payable to Liz DeCicco.*

**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.*

**FREE BLOOD PRESSURE CLINIC**

By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (5/11) from 11 am to 12 Noon. No registration is necessary, just drop in!

**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**

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. Thinking about losing weight, but don't know where to start? Join this encouraging group and they will be happy to help get you started!

**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. (5/8 and 5/22) For more info, contact Holly at [hrhansen@wheelerclinic.org](mailto:hrhansen@wheelerclinic.org) or call 860-604-7448.

**REIKI HEALING**

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

All of our May Reiki Healing sessions with Jennifer Michnowicz have been filled. Jennifer will resume appointments in the fall. Stay posted for more information!

**COVID VACCINE CLINIC**

A free walk-in COVID Vaccination Clinic provided by Griffin Health will be held at the Calendar House Senior Center on Saturday, June 3rd from 9 am—12 noon. This clinic is for ages 12 and up and no appointment is needed. Please bring your health insurance card and photo ID if you have them, but it's not necessary to have health insurance or ID to receive the vaccine. No one will be turned away for lack of insurance or ID.

# Hats and High Tea

*This is not your mother's tea!*

**Thursday, May 18th from 1:00-3:00**  
at the Calendar House, 388 Pleasant Street, Southington

This event has **SOLD OUT**. We are taking a waiting list for a possible second event. If interested in being on the waiting list call us at 860-621-3014!

Savories-Sweets-Games  
Coffee-Tea-Fun

**Wear your favorite Spring Hat!**  
**\$5.00 per person**

To benefit Southington Community Services

## COUNTRY WESTERN NIGHT AQUA TURF CLUB ~ GLASS ROOM

Join Calendar House on Tuesday, June 13th 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 **Tuesday, May 9th through Tuesday, June 6th**.

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**

**BBQ Chicken Thighs**

**Roasted New Bliss Potatoes / Carrots / Rolls**

**Ice Cream w/ Strawberries**

**Cash Bar Available**

Music provided by **DJ Bryon Daley** for your listening and dancing pleasure. Dial-A-Ride bus service is available. Please request transportation when purchasing your ticket or at least one week prior to event.



## 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

## HOW TO REGISTER FOR PROGRAMS

Most programs at Calendar House require pre-registration. If a program says:

- **Call To Register:** Simply call us at 860-621-3014, or stop by the front desk to register.
- **Pay to Register:** You must stop at the front desk to register and make your payment at that time. Registrations will not be taken without payment.
- **Drop-in:** There is no need to pre-register. Just *drop-in*!

## MAY COFFEE 'N DESSERTS

**"Long Term Care Planning"** Wed., May 3rd @1:30

Presented by: Attorney Coleen Masse

Sponsored by: Czepiga Daly Pope & Perri

**Don't Lose Your House: "Protecting Assets from the Costs of Long-Term Care"** Connecticut's long-term care costs are the 2nd highest in the nation. You've likely heard horror stories of people losing their homes to pay for care. Attend this session with Attorney Colleen Masse to learn how you can protect your assets with a carefully-orchestrated plan. You'll walk away understanding how you can properly protect your life savings as well as strategies to protect your money if an unforeseen crisis arises. You'll also learn about Medicaid and how it can help you pay for long-term care costs, Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed.

**"Re-emerging After COVID"** Wed., May 17th @1:30

Presented by: Heather Hitchcock, Community Educator

Sponsored by: Bristol Behavioral Health

Even before COVID-19, about one-quarter of Americans over age 65 were socially isolated, and more than 40 percent of people over age 60 reported feeling lonely. The pandemic's arrival left seniors who lived alone even more isolated than before. Please join us on May 17th @ 1:30 as we welcome Heather Hitchcock, CDP, Community Educator with Bristol Behavioral Health as she discusses the pandemic's impact on seniors and steps we can take to transition back into our communities. Refreshments provided by The Pines of Bristol!

**"Kidney Diet"** Wed., May 31st @1:30

Presented by: Marisa McCoy, RD

Sponsored by: ShopRite of Southington

Join Marisa, your very own dietitian from the ShopRite of Southington for a presentation on the kidney diet. Learn which foods to eat and which foods to limit for kidney disease. Also learn how to prevent yourself from developing kidney disease by encouraging proper diet and healthy lifestyle. As always, samples are included!



**Call to register** for one or all three of the above Coffee 'n Dessert programs. They are free and refreshments are served!

## MORE MAY PROGRAMS!

## HHC SKIN CANCER AWARENESS INFO TABLE

**Monday, May 1st, 10 a.m.—12 p.m.** Our skin is our largest organ! It performs many valuable functions for us in the approximately 20 square feet it covers on us. It is something to pay attention to and protect! Join Linda Ivey, Outreach Educator of the Hartford HealthCare Cancer Institute in the Calendar House lobby as she provides information to our members on skin cancer awareness and early detection. **Drop-in**, no registration required!

## STYLE REALIZATION WITH BRIDGET

**Thursday, May 11th, 1-2 p.m.**

Attain the wardrobe that reflects your best self! Please join Bridget for a one-hour introductory class. She will use her collection of designer silk scarves to teach women how to look for harmonious color combinations in order to coordinate their wardrobe in new ways. Fun and free! **Call to register.** Space is limited!

## BEE TALK



**Tuesday, May 16th, 10-11 a.m.** Buzz! Buzz! Join Bill

Hesbach, a certified master beekeeper from the CT Beekeepers Association for an informative talk on the origin of bees in America, a little about their biology, and how they pollinate crops. Interested in learning about how to help our bees? Then this talk is for you! This program is free and sponsored by the Calendar House Membership Association! **Call to register.**

## QUILTS OF VALOR SEW DAY

**Friday, May 19th, 9 a.m.—1 p.m.** The Veteran's Committee is calling all sewers/seamstresses! Please join us at the Calendar House for a "Sew Day" event where we will be making quilts for veterans, approximately 60 x 80 inches. Please bring a sewing machine, sewing supplies, and any patriotic fabric you may have. Some kits will be provided. All abilities are welcome; no registration is needed! **For more information, please contact Judy Cutler at 860-877-0466 or Dot Novak at 860-621-7041.**

## ORCHARD VALLEY GARDEN CLUB-GARDENERS MARKET

**Saturday, May 20th, 8:30 a.m.—12 Noon.** Sale to be held at Calendar House under the bus port. Selection of plants, garden crafts, perennials, plants for pollinators, houseplants, and vegetables. Fundraising raffle for our scholarship. Cash, check or credit accepted. Please join us!

## SHELL, DRIFTWOOD AND SEAGLASS HANGING PANEL



**Friday, May 26th, 9-10:30 a.m.** Join Victoria Woolard from **Still Waters USA** to create a beautiful hanging wood panel from real shells, driftwood, and sea glass! The cost of the workshop is \$50 per person. All supplies are included to make a beautiful piece of art and no experience is necessary! This is a great opportunity to make something beautiful for yourself or give it away as a gift to a special someone. **Pay to register** beginning Monday, May 1st. The \$50 fee will be collected at the time of registration (cash or checks made payable to Still Waters USA).

## MONTHLY PROBATE FORUM

**Friday, May 26th, 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. **Call to register.**

## NOTICE TO GARDENERS



We understand that everyone that has signed up for a garden plot is anxious to get started! We are currently waiting for the garden area to be roto-tilled. As soon as that work is complete, everyone that signed up for a garden will be contacted so that you can come and stake out your plot. It's almost time to get your hands in the dirt!



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Calendar House - Southington, CT

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**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](http://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.”**

**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/Jun 24, (NEW DATE!) NEWPORT FLOWER SHOW**. This year's theme “The Grand Tour.” Vendors, live music, sweeping views and amazing flower displays. Lunch at Johnny's, The Atlantic Resort, followed by free time. **\$150.pp** (7 am departure).

**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).

**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 am 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 am 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).

**Tues/Sept 12, BRASS ATTACK BAND & DONNA SUMMER TRIBUTE**, with Rainere Martin, \*Aqua Turf. Roast beef and chicken Francaise. Complimentary beer or wine. **\$52.pp** (11:00 am arrival).

**Tues/Oct 10, POLKA, POLKA**, with The Polka Family Band, \*Aqua Turf. Lemon chicken and pork schnitzel. Complimentary beer or wine. **\$52.pp** (11:00 arrival).

**Thurs/Oct 19, OKTOBERFEST AT KRUCKERS**. Full day of entertainment, food, fun, music & dancing at a lovely resort in Pomona NY. Includes welcome breakfast reception, full lunch (sauerbraten or pork loin), dessert, beer and wine. **\$129.pp** (8:00 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**

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## 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](http://www.wfsb.com) website.

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### P/T BUS DRIVER

Ed Pocock

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[jdriscoll@frontier.com](mailto:jdriscoll@frontier.com)

### CALENDAR HOUSE CLOSED

The Calendar House is closed on Monday, May 29th in observance of Memorial Day.



Calendar House is now on Facebook!

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