

Active Lifestyles



Calendar House of Southington

Volume 5, Issue 2

860-621-3014

SEPTEMBER, 2017

FROM THE DIRECTOR

SEPTEMBER is National Senior Center Month -- "Senior Centers: Masters in Aging" is the National Council on Aging's theme for this year! Aging masterfully is a core ideal of what many older adults wish to achieve at senior centers and whether through fitness classes, social activities or a vast variety of other programs, senior centers continue to be the experts in their communities on aging.

Speaking of senior centers...while the summer has literally flown by, the weather has been very good for construction, and we are right on schedule! With the steel framing in place, once the roof is completed, inside work will begin -- framing the rooms and working on the site plan. So we need to continue filtering through things to decide what to pack, what we'll need and what we'll take to the new facility. Busy and exciting times!

Exercise classes, computer classes and other classes will continue, along with some activities, programs and educational coffee 'n desserts. Please continue to be mindful of the limited parking situation. Your continued cooperation will be rewarded when the work is completed! Your ideas and comments are always appreciated so give us call or stop in and talk. Watch out for the school buses as the kids go "back to school" and have a great month!

Robert Verderame, Executive Director

"NO BAKE" BAKE SALE

This is your opportunity to support your association without baking or bringing goodies in or even sacrificing your diets by purchasing and eating extra baked goods! Your donations will provide the source to subsidize special programs, events and entertainment for the coming year. This is the ELEVENTH YEAR and every year YOU have made it successful! Watch your mailbox for the special mailing that will be going out soon, but PLEASE if you do not receive it (potential problems with data base) be sure to pick up an envelope in the office - checks should be made payable to: Calendar House Membership Association. And THANKS ever so much!



Moving right along... right on schedule!

CLASS REGISTRATION

SPECIAL NOTE: Please fill out a registration form IF you want to participate in the Folk Art, Watercolor OR Quilting Classes. You do NOT need to register, IF you are currently on the roster AND attending one of the Exercise Classes, (Physical Fitness, ACE Aerobics or Strength Training). If you have questions, or need more information, please stop in or call the office. 860.621.3014.

GROWING PAINS

During the construction process, with the parking situation, some of our activities and classes will be limited. Looking forward to the completion of our new facility, we anticipate an updated class listing, and expanded offerings in September 2018!

SENIOR CITIZEN ADVISORY COMMISSION

The next Senior Citizen Advisory/Commission meetings are scheduled for Tuesday, September 12, 2017 and Tuesday, November 14, 2017 at 4:30 p.m. at the Calendar House. Calendar House members and the public are encouraged to attend.

MEMBERSHIP MEETING

Sept 28 • Oct 26 • Nov 30 • Dec 7

Meetings begin at 1 p.m. All are welcome! You are encouraged to come for a brief update on the "business" and offer your thoughts, comments and suggestions. Following the meeting, enjoy light refreshments.

CALENDAR HOUSE CLOSING

The Calendar House will be closed on Monday, September 4 in observance of Labor Day.

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SCHEDULE CHANGES

Wednesdays:

Aerobics 3:30-4:15 p.m.;
Dancercise 9 a.m.; no Badminton

Thursdays: T.O.P.S. 8:15 a.m.;
Strength Training 2:30 a.m.;

Fridays: Aerobics 9-10 a.m.;
Dancercise 10:15 a.m.

COMPUTER, TABLET & PHONE CLASSES

Late registration will be accepted in the Computer Lab on Monday mornings and Wednesday afternoon until classes start or are filled.

COMPUTING FUNDAMENTALS

Tuesdays at 1 PM from 12 Sep 2017 to 24 Oct 2017

Become comfortable with all you need to know to use a computer to use search the internet, communicate by E-Mail and manage photos, files and folders. This class will start with the basics of computer use with mice and keyboards, show you how computer files and folders can connect to your tablets and phones, and open up the world of the big wide web. Instructor - Mark White - Class Cost: \$25

IPAD BASICS

Thursdays at 1 PM from 14 Sep 2017 to 19 Oct 2017

This workshop will cover the basics of using your iPad, keeping the system up to date, purchasing 'Apps', using the camera, emailing to friends, using calendar functions, surfing the internet, and fiddling with all the features that this truly magical machine brings to your computing world. You must own or borrow an iPad and bring it to class. Instructor - Elbe D'Olivira - Class Cost: \$25

KINDLE FIRE REFRESHER

Thursdays at 9 AM from 14 Sep 2017 to 19 Oct 2017

This six week workshop is for Kindle users as well as other Android Tablet users. After reviewing the basics, this course will cover the following topics more in depth: use of the web, email & contacts, calendar, music, videos & books, games, downloading & setting up apps, camera & photos, etc. Come share the fun, and discover all the special features that will make your tablet an indispensable part of your world! Former Kindle & Android Tablet students welcome! You must own or borrow a kindle fire or other android tablet for class. Please also bring it with you when you register. Instructor - Linda Tourtellotte - Class Cost: \$25

ANDROID PHONE BASICS

Wednesdays at 1 PM from 13 Sep 2017 to 18 Oct 2017

Find out what your Android Smartphone is capable of doing. Learn how to use email, text people, browse the internet, take pictures & videos, download applications, play music, manage your appointments, use GPS for verbal driving instructions, and more. You must bring an android phone, the charger and cables to class AND to Registration. Please note that this class does NOT cover the Apple iPhone. Instructor - Linda Tourtellotte - Class Cost: \$25

ADVANCED TABLET AND PHONE

Mondays at 1 PM from 11 Sep 2017 to 23 Oct 2017

Explore advanced features of your Apple or Android tablet or phone device. This will be a workshop where attendees will collaborate as a group to address their questions about functions and applications relating to their device. Additionally coverage will include tips and tricks; maintenance and troubleshooting; customizing and configuring; security; and more. You must bring the device, charger and cables to class. Prerequisites: iPad Basics or Android Basics class. Instructor - Elbe D'Oliveira - Class Cost: \$25

FREE BLOOD PRESSURE SCREENINGS

Hartford HealthCare Senior Services and the CT Center for Healthy Aging provide Free Blood Pressure Screenings at Calendar House on the first Thursday of each month 11am-12noon; and the fourth Tuesday of each month 10:00-11:00am. Referrals and resources available.

AARP SMART DRIVER COURSE

September 8th OR October 13th; 8:45 a.m. - 1 p.m. Only 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: \$15 for AARP Members (must provide membership #) \$20 for Non AARP Members. Payable to AARP. Register at 860.621.3014. **Special note: Due to limited parking during construction, you must park at Grace Methodist Church. Shuttle service will be available - picking up at 8:15am and returning at end of class.**

COFFEE 'N DESSERT LAUGHTER WITH LEA ANN

Did you know how beneficial laughter can be to your health? Did you know there is a difference between real and simulated laughter? Would you like to learn how to do laughter exercises? On Thursday, September 21, 1:00 pm join us at Calendar House as LeaAnn Blanchard, Social Services Director for the Orchards at Southington gives us an in-depth look at laughter! Sponsored by the Orchards at Southington. It is important that you RSVP at 860.621.3014. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups!

ENERGY ASSISTANCE

PLEASE DO NOT CALL TO MAKE AN APPOINTMENT UNTIL AFTER OCTOBER 1ST. We will begin taking applications for the Energy Assistance mid October. Income guidelines for this program are \$33,132. for Single Individual and \$43,327. 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 toward total income. TWO (2) COPIES OF THE FOLLOWING DOCUMENTATION FOR THIS YEAR (2017) ARE REQUIRED: 1. All pages of most recent 2017 financial statements

prior to application date (both sides even if blank!). They must include all 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. Make sure your deliverable fuel company participates in the Energy Assistance Program. 3. Rent or Mortgage Receipts 4. Proper form of identification - Proof of residency. Call Calendar House at 860-621-3014 for an appointment. IF YOU DON'T PROVIDE ALL PAGES OF DOCUMENTATION, YOUR APPLICATION WILL BE DENIED.

BELTONE NEW ENGLAND

Jamie Havens, BC-HIS from Belton New England will be at Calendar House on Monday, September 18 and Monday, November 13 from 1:30-3:30 pm to provide complimentary cleaning and checking of any make or model hearing instruments. Jamie will also be available to answer questions about hearing health and hearing aids and if you are interested, he can schedule an appointment for a complimentary hearing evaluation. (If you would prefer to schedule an evaluation directly with Belton in their office, their number is 860.314.1871) Jamie will also have hearing aid batteries available for purchase. It is important that you RSVP at 860.621.3014. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups!

DIAL-A-RIDE BUS

DIAL-A-RIDE BUS provides transportation at no charge for Southington residents aged 55 & over and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, some specific guidelines are being put into place. 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 (app'ts between 9:30-1:00pm); Tuesdays & Thursdays: Plainville, Bristol & Farmington (app'ts 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. (Requests made after 12 noon on Thursdays may not be accommodated.)

- 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.

SIMPLY SWING

Free and open to the public, The Farmington Bank Community Concert Series features "Simply Swing", an amazing 10-piece swing orchestra performing Big Band and Swing Dance favorites at the Calendar House on Monday, September 18 at 7:00 pm. (Doors open at 6:30 pm)

RENTERS RELIEF PROGRAM

Applications for the State of CT Renters Relief Program are being taken at Calendar House by appointment only. The program ends on September 15th. Applications can not be accepted after that date. For more info or to make an appointment, please call 860.621.3014.

MEMBERSHIP MEETING

Thursday, September 28, 1:00 pm -- Calendar House Membership Association Meeting - All are welcome! You are encouraged to come for a brief update on the "business" and offer your thoughts, comments and suggestions! Then, sit back and enjoy "Going In Style" on our large screen! Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. (PG-13) Light refreshments. It is important that you RSVP at 860.621.3014. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups! Thanks!

ITALIAN NIGHT

Our very popular, much anticipated annual ITALIAN NIGHT--Tuesday, October 24th, at 5:30 pm will be held at Hawk's Landing. On the menu: Appetizers, 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, (\$19.) go on sale Thurs, Sept 14 'til Fri, Oct 20th or sold out (Limit 150). Transportation provided from Calendar House upon request.

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from 8 am-3:00 pm, weather permitting. For more info regarding the rules & regulations and obtaining permits, please contact the Town Clerk's office 860.276.2611 or at www.southington.org PLEASE NOTE: Permits ARE required. Permits are issued for a one year period; expiring at the end of March and MUST BE RENEWED each year. Stickers are available NOW at the Town Clerk's office.

YOUR RSVP IS IMPORTANT

It is important that you RSVP at 860.621.3014 or by stopping in the office for all programs and activities such as Coffee 'n Desserts, Membership Meetings, Etc. Programs may be cancelled unless there is sufficient interest indicated by the number of sign-ups!

TRIPS! TRIPS! TRIPS!

PLEASE NOTE: Trips will depart from the GRACE METHODIST CHURCH parking lot, just down Pleasant Street at the corner of Spring Lake Road, accessed from Spring Lake Road. The church is in front of Hatton School and you may park in the back of the church parking lot. TRIP DESK (located in mini lounge by fireplace) open every Wednesday, 10am-12 noon. BOOK EARLY - Trips are selling fast! Payment is required at trip desk to reserve your seat.

- Tues, Sept 19: "ELVIS AT OAKVILLE" Award winning impersonator performs with live band. Lunch served family style: salad, pasta, chicken piccata, roast beef, potatoes, veg & dessert plus carafes of red & white wine at every table. \$84.pp
- Wed, Sept 20: "CONNECTICUT DAY AT THE BIG E" Transportation & admission to New England's Great State Fair. Enjoy food for all tastes, entertainment, agriculture & livestock events and a consumer's paradise of shopping and browsing. \$53.pp
- Mon, Oct 2-Fri, Oct 6, 2017: "ROCKING HORSE RANCH" 5 days/4 nights; 3 meals; Daytime: Hay rides, shuffleboard, bocce, sauna, paddleboats, trivia & more; Free coffee & cake all day; Contests, games, bingo, prizes; Indoor pool; "Happy Hour";

Horseback rides in the country. Evening: Deluxe accommodations; Live entertainment & dancing; Games & prizes. Includes: Round Trip Transportation; Hotel & Meal Gratuities; Tax; Baggage Handling. Cost: \$649.pp/dble

- Sat, Oct 7, 2017: "STORMVILLE AIRPORT ANTIQUE SHOW & FLEA MARKET" Great shopping. Great food. Great fun! Over 600 vendors from eight states including Antiques, Collectibles, Arts & Crafts, New Merchandise plus variety of food vendors. Cost: \$49.pp
- Tues, Oct 17: "POLKA" @ Aqua Turf \$41.
- Wed, Nov 8: "ANNIE GET YOUR GUN" Westchester Broadway Dinner Theatre, featuring fine dining & full scale musical productions. Enjoy matinee performance. Set in Wild West, where Frank Butler is sharpest sharpshooter who'll take on any challenge and win. Until he meets his match in rough and tumble tomboy sharpshooter Annie Oakley! Reserved seating, select from an excellent menu for pre-show lunch. \$101.pp
- WAIT LIST: *Tues, Nov 14: "CHER & ELVIS" @ Aqua Turf \$41.pp
- Fri, Nov 17: "RADIO CITY CHRISTMAS SPECTACULAR" Lunch at Carmine's, family style with platters of Rigatoni & Broccoli and Chicken Marsala. Depart for Radio City Christmas Spectacular with world-famous Rockettes! Exciting new segments & special effects, while retaining favorite classical Christmas sights and songs. Holiday Getaway that can't be missed! \$198.pp
- Mon, Nov 20: Friendship Tours 40th Anniversary Celebration @ Aqua Turf \$36.pp
- Mon, Dec 4: "CHRISTMAS MEMORIES" @ Aqua Turf \$64.pp
- Thurs, Dec 7: "DASHING THROUGH THE SNOW" Newport Playhouse: Enjoy a great buffet with wide variety of salads, hot & cold entrees, desserts, beverage, then take your reserved seats in the theater. After the play, return to the dining room for the Cabaret Show! \$89.pp
- Tues, Dec 12: "HOLIDAY WINTER WISHES" featuring the Steppin' Out Band @ Aqua Turf \$41.pp

- Sunday, January 28-Friday, February 9: "GET AWAY TO THE SUN WITHOUT FLYING!" Escorted Southern Caribbean Cruise - Your next great adventure! Roundtrip transportation to NJ pier to board the Royal Caribbean Anthem of the Seas for a 13 day, 12 night cruise with stops in San Juan, St. Maarten, Antigua, St. Lucia, Barbados, St. Kitts/Nevis, then back to NJ. Includes: all meals on-board, daily activities, nightly entertainment & exclusive ShipShop Cocktail Party and events plus professional ShipShop Tour Director and so much more. Starting at \$1,640.pp Call Lana White 860.621.3779 for more info.

SPECIAL NOTE: Tours of Distinction has offered us a few seats for a couple unique trips next year. Everything is included even airfare. Call Lana at 860.621.3779 for more information.

- June 26-July 4: "FRANCE HIDDEN CANAL CRUISE & TOUR" Discover the Loire Canal in the heart of France, charming cities reveal their secrets. Includes: Transfers, airfare, private guided tour of Paris. 7 night cruise w/CroiseEurope on the canal barge Deborah. 7 guided excursions, 8 breakfasts, 7 lunches, 7 dinners, unlimited beverages, Port charges & taxes. \$3,859.pp/dble
- July 16-July 22: "CRUISING ADRIATIC'S EASTERN COAST" Start in Venice with stops in Dubrovnik, Croatia, Kotor, Montenegro, Corfu, Greece, Ravenna Italy and back to Venice this 8 day pkg includes: airfares w/deluxe motor coach transfers, 7 day Adriatic cruise on NCL's Star, port charges & taxes. Meals, nightly entertainment on-board, prepaid on-board gratuities, on-board cocktail party & full time director. Cost: Starting at \$2,699.

FOR MORE INFO on any of these trips, and to see what's coming up, please log-on www.calendarhouse.org & click "trips" tab! Or pick up a flyer on the "rounder" in Calendar House lobby!

TOURS OF DISTINCTION PRESENTS

On Thursday, September 14 at 1:30 pm, Tours of Distinction will start off with doc-

ument presentation for travelers already booked on the October 19-26 ICELAND INSPIRED trip, and THEN... Tyler will be highlighting TWO exciting cruise offerings for 2018! **FRANCE'S HIDDEN CANALS** - June 26-July 4, 2018, a seven night cruise and tour that begins with a private tour of Paris and continues on board the M/S Deborah exploring the Loire Canal, and includes seven shore excursions. Cost: starts at \$3,859.

CRUISING ADRIATIC'S EASTERN SHORE - July 15-22, 2018, an eight day cruise on board the Norwegian Star departs from Venice cruising the beautiful blue Adriatic Sea, the northernmost arm of the Mediterranean Sea, and stopping in Dubrovnik, Croatia; Kotor, Montenegro; Corfu, Greece; and Ravenna, Italy; returning to Venice. Cost: starts at \$2,699. BONUS: Book before November 30th and receive \$200.pp discount on the French Cruise and/or \$100.pp discount on the Italian cruise - so book early. Interested? Curious? Armchair Traveler? Or ready to explore? All are welcome!! Questions? Stop at the Trip Desk - Wednesdays 10am to noon or call Lana White at 860.621.3779.

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from \$2,699 pp dbl

Join us at the Calendar House on September 14 at 1:30 p.m. for a presentation. CONTACT LANA WHITE AT 860-621-3779 FOR DETAILS.

France's Hidden Canal Cruise Tour
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SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 Labor Day Center Closed	5 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training Foot Clinic by Appointment	6 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	7 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 11AM-12PM Blood Pressure with CT Center for Healthy	8 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo 8:45AM AARP Smart Driver Course (formerly 55 Alive)	9
10	11 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	12 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 4:30PM Advisory Board	13 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk Class Registration	14 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 1:30PM Tours of Distinction Presentation	15 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo Foot Clinic by Appointment	16
17	18 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton 1:30PM Beltone Hearing Aid Cleaning & Information 7-8:30PM Simply Swing	19 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training Foot Clinic by Appointment	20 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	21 8:15AM TOPS 9AM Pool Players 12PM Lunch 2:30PM Strength Training 1PM Coffee 'n Dessert "Laughter with LeaAnn"	22 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	23
24	25 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Folk Art 10:30AM Stained Glass 11AM Physical Fitness 12PM Lunch 12:30PM Mah Jong 2:30PM Badminton	26 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging	27 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Watercolor (Beg/Int) 1PM Ping Pong 3:30PM Ace Aerobics 10AM-Noon Trip Desk	28 8:15AM TOPS 9AM Pool Players 10AM Quilting (All Levels) 12PM Lunch 2:30PM Strength Training 1PM Membership Meeting and Movie Matinee "Going in Style"	29 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	30

2017 CALENDAR HOUSE CLASS SCHEDULE

CLASS & INSTRUCTOR	DAY - BEGINNING	TIME	LOCATION
*Ping Pong	Monday	9-10:30 AM	Room 2 Ongoing
*Line Dance (Terry Fitzgerald)	Monday	9:30-10:30 AM	Room 1 Ongoing
Folk Art (Carla Koch)	Monday - Sept. 25	10 AM-12 PM	Room 5 10 weeks
Stained Glass (informal group)	Monday	10:30 AM-12:30 PM	Woodshop Ongoing
*Physical Fitness (DVD)	Monday	11-11:30 AM	Room 1 Ongoing
*Badminton	Monday	2:30-4:30 PM	Room 1 Ongoing
*Physical Fitness (DVD)	Tuesday	11-11:30 AM	Room 1 Ongoing
Setback	Tuesday	1-2 PM	Room 2 Ongoing
*Strength Training (Ellen DeLong)	Tuesday	2:30-3:30 PM	Room 1 Ongoing
*Gentle Supported Yoga Pat Develeskis (self-pay)	Wednesday	9-10 AM	Room 2
*Dancercise (Terry Fitzgerald)	Wednesday	9-10 AM	Room 1 Ongoing
Granny Squares (informal group)	Wednesday	10 AM-12 PM	Room 5 Ongoing
Intermediate/Beginner Water Color Painting (Carla Koch)	Wednesday - Sept. 27	1-3 PM	Room 5 10 weeks
*Ping Pong	Wednesday	1-2:15 PM	Room 1 Ongoing
*ACE Aerobics (Kim Krampitz)	Wednesday	3:30-4:15 PM	Room 1 Ongoing
T.O.P.S. (Take Off Pounds Sensibly)	Thursday	8:30-10:30 AM	Room 2 Ongoing
Quilting-all levels (Karen Kebinger)	Thursday - Sept. 28	10 AM-12 PM	Room 5 10 weeks
*Physical Fitness (DVD)	Thursday	11:15-11:45 AM	Room 1 Ongoing
*Strength Training (Leann Kroll)	Thursday	2:30-3:30 PM	Room 1 Ongoing
*ACE Aerobics (Patty Davis)	Friday	9-9:45 AM	Room 1 Ongoing
*Gentle Supported Yoga - Pat Develeskis (self-pay)	Friday	9-10 AM	Room 2
*Dancercise (Terry Fitzgerald)	Friday	10:15-11:15 AM	Room 1 Ongoing

** CLASSES RUN TEN (10) WEEKS UNLESS INDICATED BY "ONGOING"

CLASS REGISTRATION FORM

(PLEASE PRINT CLEARLY)

Return completed registration forms on or before Wednesday, September 13, 2017. Forms are dated & timed when received; class rosters are filled accordingly. If you do not receive a phone call, you may assume you are in the class you requested. You will only be notified if you are NOT in the class because it has been filled. Please fill out a separate form for EACH class you are interested in. You MUST register for EVERY class. (See Special Note below regarding on-going exercise classes.) Registration closes on Friday, September 15. No phone registrations, please.

Your Name: _____ Your Phone: _____

Your Address: _____ Town: _____

Class: _____ Day(s): _____ Time: _____

PLEASE INDICATE HERE IF YOU WILL NEED DIAL-A-RIDE TRANSPORTATION TO CLASS: YES NO

Additional forms are available in the office.

SPECIAL NOTE: Please fill out a registration form IF you want to participate in the Folk Art, Watercolor OR Quilting Classes. IF you are currently on the roster AND attending one of the Exercise Classes, (Physical Fitness, ACE Aerobics or Strength Training), you do NOT need to register. If you have questions, or need more information, please stop in or call the office, 860.621.3014. GROWING PAINS: During the construction process, with the parking situation, some of our activities and classes will be limited. Looking forward to the completion of our new facility, we anticipate an updated class listing, and expanded offerings in September, 2018!