

Join Us at the  
Apple Harvest Festival!



# Active Lifestyles

## Calendar House of Southington

Volume 5, Issue 4

860-621-3014

OCTOBER, 2017

### FROM THE DIRECTOR

Summer "falls" into autumn and brings cool, crisp days with the crunch of fallen leaves under your feet! This colorful season of the year brings excitement and change! And change is in the air at Calendar House! The construction of our brand new Senior Center is right on schedule – with the roof, windows and door frames in place – it is really shaping up. The Building Committee, the construction crew and everyone involved have been hard at work and it shows!

Our new center will open the door to exciting opportunities for programming, activities, fitness and exercise options, with improved accessibility as all areas will be fully handicap accessible, in a fresh, brand-new facility that we will enjoy for many years to come.

The Membership Association is preparing a mailing in conjunction with their annual "No-Bake Bake Sale" enclosing a survey giving you an opportunity to voice your suggestions for various activities and classes. Extra forms will be available in the office. Your opinion is important!

In the meantime, enjoy this "apple fritter – cinnamon spice – pumpkin pie – amazingly colorful – uniquely New England" season!!!

**Robert Verderame, Executive Director**



It's really taking shape!

### "NO BAKE" BAKE SALE

It's that time...for your Membership Association's ANNUAL "NO BAKE" BAKE SALE, giving you the 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!

### MEMBERSHIP MEETINGS

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 & suggestions. Following the meeting, enjoy light refreshments.

### FLU SHOT CLINIC

Plainville-Southington Regional Health District will offer influenza (flu) vaccinations at the Calendar House on Thursday, October 26th between 9 am and 11 am for any Plainville or Southington resident (4 years of age and older) or any Plainville or Southington Municipal Employee. Please bring your Insurance or Medicare Part B card. If you do not have insurance, a \$20. fee will be charged for the shot. Proof of residency or Municipal employment may be requested. Consent Forms will be available at the clinic.

### THURSDAY STRENGTH TRAINING

Please remember that THURSDAY STRENGTH TRAINING is CANCELLED on MEMBERSHIP MEETING DAYS. Membership Meetings are scheduled on Thursday, Oct. 26, Nov. 30 and Dec. 7.

### SCHEDULE CHANGES

Please note the 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 p.m.; **Fridays:** Aerobics 9-10 a.m.; Dancercise 10:15 a.m.

### CALENDAR HOUSE CLOSING

The Calendar House will be closed on Monday, October 9 in observance of Columbus Day.

## WE WILL MAKE YOUR SMILE BOO-TI-FUL!

Call us today to schedule your all-inclusive welcome examination!

- ✓ 1 Hour Crowns
- ✓ Family Dentist
- ✓ Digital X-Rays
- ✓ Comprehensive Cleanings
- ✓ Teeth Whitening



**Stephanie A. Urillo, D.D.S., P.C.**

Gentle, Caring Family Dentistry

360-15 North Main St. • Southington, CT 06489  
saurilodds@contemporaryfamilydentistryct.com  
Office Hours by Appointment | New Patients Welcome

**860.276.0027**

Ask about our Senior Citizen Discount!

## BULKY WASTE TRANSFER STATION

617 Old Turnpike Road - Open Saturdays from 8 am-3 p.m, weather permitting. For more info regarding the rules and regulations and obtaining permits, please contact the Town Clerk's office 860.276.2611 or at [www.southington.org](http://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 R.S.V.P. IS IMPORTANT

It is important that you R.S.V.P. 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! Thanks!

## SCAM ALERTS

..seems that as long as people exist, there will be scams. Methods change, but at the heart, scams will always be about preying on your fears. Here are some of the most prevalent scams making the rounds today. Be on alert. "CAN YOU HEAR ME?" SCAM: it's a robocall with a recording that asks if you can hear the caller - It's designed to elicit a "YES" from whoever answers the phone. This recording of you saying "yes" can be used to initiate calls to financial institutions/creditors in hopes of accessing your accounts. JUST HANG UP! If able, avoid calls from numbers you don't recognize. "FBI CALLING SCAM": With different shades and hues - police, FBI, IRS, etc demanding payment for a debt. Never make a payment of give out sensitive info on a phone call you did not initiate. Follow with your creditor directly. don't use the phone number the caller provides! "UNSOLICITED CHECK SCAMS": You receive a check in the mail along with instructions for a 'mystery shopper' program (most often at Walmart) and directed to cash the check and purchase/send a MoneyGram and completed survey. The check bounces, you're on the hook & you sent a MoneyGram. Never cash a check from a stranger, especially if that check comes on the condition that you 'repay' some amount or wire funds to a third party. "CHARITY SCAMS": Scammers aren't ones for ethics. Safest way to support a charity is to contact them directly, either through their website or a publicly available phone number. Whenever you encounter a scam, don't hesitate to report it. You can use the Better Business Bureau Scam Tracker: <https://www.bbb.org/scamtracker/us>

## FOOT CLINIC

Sue Zdeblick, RN with 30+ years experience including Foot Care Nurse Certification provides a monthly foot clinic by appointment only. There is a nominal fee. Please call 860.621.3014 for more info or to make an appointment.

## 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 10-11 a.m. Referrals and resources available.

## BELTONE NEW ENGLAND

Jamie Havens, BC-HIS from Belton New England will be at Calendar House on 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! Thanks!

## COFFEE 'N DESSERT - "BREAST HEALTH BASICS"

October is Breast Cancer Awareness Month. On Thursday, October 12th at 1:00pm, Tina Rodriguez will discuss "Breast Health Basics", including the importance of self-breast exams, what it means to be consistent with your breast health maintenance, steps you can take to stay healthy and the significance of early detection and prevention of breast cancer. Tina has been a Community Outreach Educator for breast health for seven years with Mid-State Medical Center and Hartford Healthcare Cancer Institute. 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!

## COFFEE 'N DESSERT - "KEEPING MEMORY STRONG"

Join us on Thursday, November 2, 2017 at 1:00 pm for tips on keeping your memory strong! Learn ac-

tivities that will challenge your brain while having fun. Presented by Patty O'Brian, Dementia Specialist with the Hartford HealthCare Centers for Healthy Aging. 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!

## MEMBERSHIP MEETING

Thursday, October 26, 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 "It Happened to Jane" on our large screen! After a shipment of fresh lobsters isn't delivered on time to Jane Osgood (Doris Day), a widowed mother of two running a failing restaurant supply business in Maine, she hires her lawyer friend George Denham (Jack Lemmon) to sue the railroad company she believes is responsible for the damages. The court case generates lots of publicity and Osgood is famous. A charismatic news reporter (Steve Forrest) takes to Osgood, but that doesn't sit well with Denham, who also has eyes for her. (Beautiful Technicolor location photography in picturesque Connecticut including Southington!) 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!

## DANKE! TAKK! GRAZIE! MERCI! GRACIAS! THANKS!

"Oh the places you'll go" - (Dr. Seuss) because of the efforts and enthusiasm of the very helpful volunteers who greet you at the Trip Desk every Wednesday morning! (and deal with the never-ending details behind the scenes!) Special thanks to Lana White, Yvonne Burgar, Diane DiCaprio, Jeff Driscoll, Janet Ferracci-Carter, Jean Grzeszyk, Sheryl Jakubiak, Arlene Mubarak, Maureen Murphy,

Gerri Naples, and Mary Robarge. "Volunteers do not necessarily have the time; they just have the heart!" Thank you for having the heart and making the time to open doors of opportunity and adventure for us all!

## GRANNY SQUARES

At Granny Squares knitting & crochet needles click & conversation is lively as the "grannies" get together on Wednesdays at 10 am 'till 12 noon to compare & share! New members welcome! Any skill level from beginner to advanced - bring your own project or come find one! With plenty of experienced ladies on hand, you're sure to find encouragement and assistance. The group also knits or crochets lap blankets, hats, scarves and mittens that are donated to worthy causes. NOTE: If you have any GOOD YARN - clean, acrylic, colorful, smoke-free yarn that you could donate, it will be put to good use! Got any large buttons you don't need - we could use them too! 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.) on sale 'til Fri, Oct 20 or sold out (Limit 150). Transportation provided from Calendar House upon request.

## SAVE THE DATE

Our Annual Christmas Party at the Aqua Turf, Kay's Pier South will be held on Thursday, December 14th beginning at noon. Menu: Tossed Salad; Penne Bolognese; Baked Scrod; Roast Beef; Maple Glazed Carrots; Garlic Whipped Potatoes; Rolls & Butter; Coffee & Soda; Cookies & Biscottis. Entertainment provided by Billy Jones, a local DJ and Aqua Turf favorite! Cash Bar Available. Ticket price to be determined.

## LOOKING TO MARKET YOUR BUSINESS?

**WE CAN HELP!**  
Give us a Call to start your Advertising Campaign in the Observer Today! (860) 628-9645

Call to Get the paper mailed to your home for FREE!

The Observer



213 Spring St. Southington, CT 06489  
(860)628-9645 Fax: (860)-621-1841  
[advertising@stepsaver.com](mailto:advertising@stepsaver.com)  
[www.stepsaver.com](http://www.stepsaver.com)

## 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 Mid-state (app'ts between 9:30-1 p.m.); Tuesdays and Thursdays: Plainville, Bristol and Farmington (app'ts between 9:30 a.m.-1 p.m.); Friday: Please call for out-of-town schedule.
- Shopping: Tuesdays and Thursdays with pick up times starting at 9 a.m. 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.

## ENERGY ASSISTANCE PROGRAM

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 \$33,880.60 for Single Individual and \$44,305.40. 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.

## 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, 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

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 pkge 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](http://www.calendarhouse.org) & click "trips" tab! Or pick up a flyer on the "rounder" in Calendar House lobby!

BE SURE TO CHECK OUT the NOVEMBER edition of Active Lifestyles for many more 2018 trips!

# In Memoriam

**Josephine Roberson  
John J. Wynne**

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

*"A great place for humans and pets! Fast and friendly service!"  
- Paige A.*

- ◆ Hometown Community Pharmacy
- ◆ Free Delivery
- ◆ All Major Insurances Accepted
- ◆ Drive-thru Service

*Present or mention this ad for a free consult with one of our pharmacists to review your medications.*

**BEACON**  
PRESCRIPTIONS  
COMPOUNDING PHARMACY

609 North Main Street · Southington, CT 06489  
Monday-Friday 9 a.m.-6 p.m.  
Saturday 9 a.m.-3 p.m. | Sunday Closed  
PH: 860-628-3972 | FX: 860-621-7862

**Franciscan**  
*Ever There Care*

Your solution to in-home non-medical care.

We provide:

- Personal Care Assistants
- Homemakers
- Companions
- 24-Hour Live-In Aides
- Emergency Response Services
- Respite for Family Caregivers

(203) 630-2881  
[www.EverThereCare.org](http://www.EverThereCare.org)



**Falcon Nest 307**  
33 Knowles Avenue  
Plantville, Ct 06479  
Serving Southington Since 1911

**Hall Rental Available for All Occasions.**  
Call for information and availability.

**860-329-7430**

**Heating, Air Conditioning Sales and Service**

**Ductworks**  
HVAC Services



860-621-6295  
Serving the local community for over 20 years.

**\$50 OFF**  
a service call of \$250 or more\*

Service Plans Available  
100% Satisfaction Guaranteed  
Call and ask about our DUCT CLEANING

[www.ductworkshvac.com](http://www.ductworkshvac.com)  
\*Expires 10-31-17 · Must mention code: CALENDAR  
FREE ESTIMATES · FULLY INSURED



**Enhancing Quality of Life for Seniors and their Families**

**860-276-5293**  
[hhcseniorservices.org](http://hhcseniorservices.org)

**Hartford HealthCare Senior Services**  
Connect to healthier.

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Lion's Club Breakfast	<b>2</b> 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	<b>3</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training Foot Clinic by Appointment	<b>4</b> 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 1PM Watercolor (Beg/Int) 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>5</b> 8:30AM TOPS 9AM Pool Players 10AM Quilting (All Levels) 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training 11AM-12PM Blood Pressure with CT Center for Healthy	<b>6</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo Foot Clinic by Appointment	<b>7</b>
<b>8</b>	<b>9</b> Columbus Day Center Closed	<b>10</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	<b>11</b> 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	<b>12</b> 8:30AM TOPS 9AM Pool Players 10AM Quilting (All Levels) 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training 1PM Coffee 'n Dessert "Breast Health"	<b>13</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo 8:45AM AARP Smart Driver Course	<b>14</b>
<b>15</b>	<b>16</b> 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	<b>17</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	<b>18</b> 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 1PM Watercolor (Beg/Int) 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>19</b> 8:30AM TOPS 9AM Pool Players 10AM Quilting (All Levels) 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training	<b>20</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>21</b>
<b>22</b> Knights of Columbus Breakfast	<b>23</b> 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	<b>24</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging 5:30PM Italian Night at Hawk's Landing	<b>25</b> 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 1PM Watercolor (Beg/Int) 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>26</b> 8:30AM TOPS 9AM Pool Players 10AM Quilting (All Levels) 11AM Physical Fitness 12PM Lunch NO Strength Training 9-11AM Flu Shot Clinic 1PM Membership Meeting & Movie Matinee "It Happened to Jane"	<b>27</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo	<b>28</b>
<b>29</b>	<b>30</b> 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	<b>31</b> 9AM Pool Players 11AM Physical Fitness 12PM Lunch 1PM Setback 2:30PM Strength Training	<b>1</b> 9AM Dancercise 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM Ping Pong 1PM Watercolor (Beg/Int) 3:30PM Ace Aerobics 10AM-Noon Trip Desk	<b>2</b> 8:30AM TOPS 9AM Pool Players 10AM Quilting (All Levels) 11AM Physical Fitness 12PM Lunch 2:30PM Strength Training 1PM Coffee 'n Dessert "Keeping Memory Strong"	<b>3</b> 9AM Aerobics 9AM Pool Players 9AM Gentle Yoga 10:15AM Dancercise 12PM Lunch 1PM Bingo 8:45AM AARP Smart Driver Course	<b>4</b>

Calendar House Senior Center | 388 Pleasant St., Southington, CT 06489

860-621-3014 | [www.calendarhouse.org](http://www.calendarhouse.org)

For advertising information please call 860-621-6167

## Take Positive Steps to a Healthy Recovery!

Choose The Summit At Plantsville for Your Short Term Rehab!

Our short term rehab program is great for:

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

Our knowledgeable and caring staff includes:

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

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



**THE SUMMIT AT PLANTSVILLE**

A Health Care and Rehabilitation Center  
261 Summit Street • Plantsville, CT 06479 • 860.628.0364  
[athenahc.com/summit](http://athenahc.com/summit)  
Managed by Athena Health Care Systems

**FYZICAL**  
Therapy & Balance Centers

IN PAIN?

FIGHT BACK WITH FYZICAL<sup>®</sup> 123!

FYZICAL<sup>®</sup>123 is our FDA Reviewed and unique topical pain relief cream developed to help YOU take control of your health outcomes outside of Physical Therapy.

Join celebrities like Olivia Newton-John and Professional Athletes and Teams like the Golden State Warriors in our pain relief revolution today!

Our Cream Was Designed To:

- Decrease Pain
- Break Up Scar-Tissue
- Promote Healthy Tissue Formation
- Promote Lymphatic Flow and Drainage
- Increase YOUR Mobility, Range of Motion, Function, Flexibility and Strength

WHY LIVE IN PAIN WHEN YOU DON'T HAVE TO?

For more information or to speak with one of our clinicians:

203-272-8490

1090 Meriden-Waterbury Turnpike, Southington, CT 06479  
860-585-5800 72 Pine Street, Bristol, CT 06010

[www.fyzicalct.com](http://www.fyzicalct.com)

**FYZICAL**

