

Active Lifestyles

Calendar House of Southington

Volume 5, Issue 9

860-621-3014

March, 2018

FROM THE DIRECTOR

We're in! And it looks fantastic! From the kitchen to the dining hall to the café with the beautiful fireplace, and all the shiny and bright rooms - classrooms, exercise rooms, computer lab, health room, pool and ping pong rooms!

Now here is the drawback - because the old building is being demolished, fencing has been installed that has significantly reduced the number of available parking spaces to 33. Your patience and cooperation have been much appreciated. We're asking you to bear with this situation a bit longer and we promise it will be worth it! The parking area at Pleasant View Stables will continue to be available. Grace Methodist Church has graciously allowed us to continue to use their parking lot. Please call for a ride, same day, as the buses pass by frequently.

The building project, including the demolition of the old building and the parking lot installation is projected to be completed in August. We anticipate and are planning to begin a full schedule of classes, programs and activities in September.

We would like to thank the Calendar House Building Committee for their hard work and commitment throughout this process. Their expertise and oversight has been invaluable. We also appreciate the dedication and diligence of KBE Building Corporation, BL Companies and Tabacco & Son Builders Inc. who have all worked together resulting in our being ahead of schedule and under budget. Special thanks to KBE's Ricardo Anderson and Michael Newton whose oversight and communi-



We are in our new building!

tion have been amazing.

I would like to personally thank my staff, Harry, Cindy, Dawn, Paula, Chris, Ed, Len and George, as well as every one of the many volunteers who have helped pack, move, organize, encourage and done much

to facilitate this entire process! Patience is a virtue and "good things come to those who wait!" Enjoy our beautiful new Senior Center, today and for many years to come!

Robert Verderame,
Executive Director

*May the road rise up to meet you, May the wind be always at your back,
May your days be filled with sunshine, and your teeth be free of plaque!*

Happy
St. Patrick's
Day!

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Ask about our Senior Citizen Discount!

CLOSING

Calendar House is closed on Good Friday, Friday, March 30.

BULKY WASTE TRANSFER STATION

617 Old Turnpike Road - Open Saturdays from 8 a.m. to 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 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! Thanks!

PARKING AT CALENDAR HOUSE

With parking space at a premium and considerably reduced during construction, parking is available across the street on the former Pleasant View Farm site. Please use extreme caution when crossing the street! When possible, consider car pooling and/or parking at Grace Methodist Church. Dial-A-Ride buses are available for transportation from Grace Methodist to Calendar House, but you MUST CALL 860-621-3014, 72 hours/3 business days AHEAD to arrange for transportation.

STORM & WEATHER CLOSINGS/DELAY

In the event of Storm or Weather closings, or delayed opening, announcements will be made on WTIC AM (1080); WTIC FM (96.5) and WFSB Channel 3 (position 2 on Cox Cable) if Calendar House is closed or opening late. When the Center is closed, both the nutrition program and classes will be cancelled, and the buses will not be on the road. If the Center has a delayed opening, activities and transportation before the opening time, will not take place.

SCHEDULE UPDATES

As we acclimate and settle in to our beautiful new facility, we will continue to evaluate, adjust and schedule programs and activities. Parking continues to be a major consideration. Please consider parking across the street and at Grace Methodist Church. We encourage you to check in with us regarding specific activities as our schedule continues to change and evolve almost daily! Thank you for your patience and consideration. The information in our once-a-month newsletter does not always contain the very "latest"! Join us in appreciating and enjoying our brand new Calendar House Senior Center!

SENIOR CITIZEN ADVISORY COMMISSION

The next Senior Citizen Commission/Advisory Board Meeting will be on Tuesday, March 13, 2018 at 4:30 pm at the new Calendar House in classroom 2. Calendar House members and the public are encouraged to attend.

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.

SPECIAL NEEDS REGISTRY

The Town of Southington in conjunction with the Commission on DisAbilities has established a Special Needs Registry at the Southington Police Department Dispatch Center to assist residents with special needs in the event of emergency or evacuation. This includes but is not limited to events such as floods, fire, severe winter storms, etc. Some examples of needs are residents with wheelchair or mobility issues and/or residents that require oxygen on a daily basis. Detailed info is contained on the registration form, available at <http://www.southingtonpolice.com/specialneedsregistry.html>. Mail completed form to Southington Commission on DisAbilities, PO Box 439, Marion CT 06444 or deliver to SPD, 69 Lazy Lane, Southington. Registration forms are also available at the Calendar House Senior Center. The Southington Commission on DisAbilities follows the HIPAA privacy laws.

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.

AARP SMART DRIVER COURSE

April 13th OR May 11th; 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.

ST PATRICK'S DAY CELEBRATION

Join us at Hawk's Landing on Wednesday, March 14th at 12 noon for a spe-

cial St. Patrick's Day Celebration!!! On the menu: Corn Beef & Cabbage; Boiled Carrots; Boiled Potatoes; Rye Bread; Chicken & Rice Stew; Crackers; Coffee, Tea, Soda, Water; Ice Cream w/ crème de menthe; Cash Bar. DJ Entertainment to be announced to provide the "foot stomping, hand clapping, sing along, line-dancing, pub music." Tickets: \$16. on sale beginning February 1st until March 12th. Dial-A-Ride Transportation available upon request.

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.

SENIOR COMMUNITY CAFE

PHONE: 860.621.6738 HOURS: 10:30 - 12:00 Signup sheets are provided daily in the Main Hall. You may sign up on a daily or weekly basis, but you must sign up at least 24 hours in advance. You must also call to cancel meals. Suggested donation: \$2.50. The program is limited to individuals 60 and older.

ENERGY ASSISTANCE PROGRAM

Applications are now being scheduled for the Energy Assistance Program. Please call 860.621.3014 to

make an appointment. 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.

INCOME TAX ASSISTANCE

Income Tax Assistance for low and moderate income senior citizens will be available at Calendar House beginning mid-February through April 13th by appointment ONLY Tuesday & Friday mornings from 9am until 11am. We are unable to accommodate walk-ins. Call 860.621.3014 to schedule an appointment. Trained, certified AARP-TCE Volunteer Tax Counselors will assist senior citizens in preparing personal Federal and State Income Tax Returns. Complex and/or business returns are out-of-scope. Please bring: Social Security CARD required (not medicare card) and Personal Identification (photo ID); Copy of last year's (2016) income tax return (VERY IMPORTANT); and all 2017 income reports that you have received such as: SSA-1099 forms (Social Security benefits paid), All 1099 forms (1099-INT; 1099-DIV; 1099-R; 1099-B; 1099-Misc, etc), W-2 forms from each employer; All forms showing Federal and/or State income taxes paid in 2017, and Original cost of assets sold during 2017. VERY IMPORTANT: If you purchased health insurance from the marketplace exchange, you should have received a Form 1095-A that you must bring with you.

TRIPS! TRIPS! TRIPS!

PLEASE NOTE: Trips will depart from the GRACE METHODIST CHURCH parking lot, down Pleasant Street at 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.

- Tue/Mar 20: "ST PATRICK'S DAY CELEBRATION" @ Aqua Turf \$42.pp
- Wed/Mar 28: "WESTCHESTER THEATRE - A CHORUS LINE" Enjoy this long running Broadway show, full scale musical with the music of Marvin Hamlisch as 17 dancers try out for a spot in the chorus line. Reserved seating; select from an excellent menu for pre-show lunch. \$104.pp
- Tues/Apr 17: "TRIBUTE TO THE DIVINE MISS M" Bette Midler hits @ Aqua Turf \$43.pp
- Sun/Apr 29: "CHERRY BLOSSOM FESTIVAL" at the 52 acre Brooklyn Botanic Gardens. Admission to Sakura Matsuri Festival of Japanese culture, arts & performances in tribute to the over 200 dazzling cherry trees in the Japanese Garden. Food vendors, sword fighting, tea ceremonies, more. \$77.pp
- May 9-16, 2018: "IRELAND UNCOVERED" Explore Ireland like never before on this eight day adventure. Featuring Bunratty Castle, Muckross House, Waterford Crystal, Guinness Storehouse, St Patrick's Cathedral, Trinity College & much more. Includes roundtrip air, 6 nights hotel, 6 full Irish breakfasts, 4 dinners, Merry Ploughboys Show, Bunratty Banquet dinner. Tour director, local guides, airport transfers and gratuities included. \$2899.pp/dble
- Mon/May 21: "THE EDWARDS TWINS" @ Aqua Turf. World famous impersonation act. \$78.pp
- Tue/May 22: "LUNCH AT CULINARY INSTITUTE" Founded in 1943, CIA specializates in culinary, baking & pastry art education! Enjoy a student guided tour followed by a three course lunch at Caterina de Medici that includes salad, roasted chicken, gnocchi, glazed carrots & dessert. Then off to the Millbrook Winery for a five-star wine experience w/educational tour & tasting. \$120.pp
- May 24-27: "WASHINGTON DC" Day 1: visit the Smithsonian, then on to your stay at the Holiday Inn Rosslyn Key Bridge. Day 2: Guided tour of Washington including WWII, Lincoln, FDR, MLK Memorials, Vietnam Wall & so much more plus guided tour of the U.S. Capital. Day 3: Arlington National Cemetery, George Washington's Mount Vernon

and cruise on the Potomac River. Day 4: Visit the new African American History Museum. 3 Breakfasts/3 Dinners included. \$785.pp/dble.

- Thurs/June 14: "BEST OF BOSTON" New England Aquarium with more than 2,000 aquatic animals in the brand new Giant Ocean Tank; plus over 70 exhibits including penguins. Lunch on your own at Quincy Market, enjoy narrated tour of Boston aboard the "Duck"(everyone loves the "Duck") & splash down into the Charles River for a breathtaking water-side view of Boston. \$104.pp
- 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
- Thurs/June 28: "WESTCHESTER THEATER-SISTER ACT" tells the story of Deloris Van Cartier, a disco diva whose life has taken a turn after witnessing a murder. Hidden in a convent, she helps the sisters find their voice and rediscovers her own. Music by Tony award winning Alan Menkin (Disney's Aladdin, Beauty & the Beast & more). Elegant fine dining - select from an excellent menu. \$103.pp
- Tues/July 10: "ALL YOU CAN EAT LOBSTER" Delauney House - Lobster, Lobster - with cheese & vegetable platter, shrimp cocktail, salad & bread basket served at your table then to the buffet for Lobsters, Pork Maren-gu, Grilled Haddock, Chicken Marsala, Baked Ziti, salads, fruit & dessert. High energy entertainment with Jimmy Mazz. \$98.pp
- 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
- Tues/July 17: "CELEBRATE ITALY" @ Aqua Turf w/Dominic DePasquale & orchestra. \$42.pp
- July 23-27: "THE REAL QUEBECOIS" Five day-4 nights. Guided tour of Quebec City; Two nights at the 4-star Palace Royal; Two nights at 5-star Fairmont Le Manoir Richelieu at La Malbaie & Casino de Charlevoix; 3 hour whale watch from Baie-Sainte Catherine; and Dinner cruise on the Spirit of Ethan Allen, Burlington VT. \$1079.pp/dble
- Sat, Aug 4: "LOCKS AND LUNCH" Board

Captain J.P.II the largest & most lavish cruise vessel in the Capital Region of up-state NY. Enjoy a 3 hour cruise along the Hudson River to the locks of Troy and watch as the captain maneuvers the boat into the locks where it is raised 17 feet and lowered on the return journey. Enjoy buffet with 3 hot entrees & cold buffet with on board entertainment. Following we will stroll Main Street, Stockbridge. \$95.pp

- Thurs/Sept 6: "BOSTON CANAL STREET ANTIQUES" this Mall, with over 100 unique antique & vintage goods dealers, is the king of treasure chests! After a fun day shopping, end the afternoon with a buffet style lunch at Salvatore's Restaurant perched on the serene Merrimack River in a beautifully restored historic mill. \$80.pp
- Sept 17-19: "CAPE MAY" Three days, two nights at the Grand Hotel, oceanfront on scenic Beach Drive, Dinner at the Washington Inn. Visit Emien Physick Estate w/view of Cape May Light-house. Learn about famous Cape May diamonds found on the beach and admire Cape May's unique architecture. Visit Washington Street Mall and enjoy a trolley ride. Dinner at Union Park Restaurant. \$451.pp/dble
- Sept 24-26: "SIGHT N SOUND" 'JESUS' (Brand New Show) Three days, 2 nights at the Comfort Inn Suites, Lancaster with welcome smorgasbord dinner at Bird-in-Hand family restaurant. Visit Landis Valley Village Museum's demonstration of early German life. Dinner at Hershey Farm Restaurant after show. Spend day three enjoying Longwood Gardens. \$451.pp/dble
- Wed/Oct 3: "SHAKER FOR A DAY" at Utopian Village in Pittsfield, MA. Founded in 1783 and active until 1960 members enjoyed simple, peaceful, hardworking lives. Upon arrival, enjoy buffet lunch and Shaker Music Program. Glimpse the Shaker daily life on 90 minute guided tour, followed by cider & cheese reception. \$123.pp
- Thurs/Oct 23: "OCTOBERFEST AT KRUCKER'S" Enjoy a full day of food,

fun, entertainment, music & dancing at Krucker's in Pomona NY. Reception: coffee, tea, buttermilk scones, pancakes w/maple syrup & apple cider. Lunch: Barley soup, applesauce, choose sauerbraten w/red cabbage or sliced pork loin w/sauerkraut, mashed potatoes, vegetables, apple strudel & vanilla ice cream. Beer, wine & soft drinks. Bratwurst sandwich & cucumber salad served at 4 pm. \$93.pp.

- **To book seats at Nelson Hall events, call Karen Simonetta at 203.272.3547
- Sun/Jan 28: "GALVANIZED JAZZ BAND" traditional New Orleans Jazz @ Nelson Hall \$32.pp **
- Fri/Mar 9: "AMERICAN LONGBOARDS" Roy Orbison music @ Nelson Hall \$37.pp **
- Fri/Apr 6: "GILBERT & SULLIVAN" with a twist! @ Nelson Hall \$35.pp **
- Fri/Apr 20: "BUDDY & BEYOND" Buddy Holly tribute @ Nelson Hall \$37.pp **
- Thurs/Jun 1: "GLEN CAMPBELL XPERIENCE" w/Jimmy Mazz @ Nelson Hall, \$37.pp **
- Wed/Jun 21: "SIMPLY DIAMOND" Authentic Neil Diamond tribute band @ Nelson Hall. \$39.pp **

FOR MORE INFO on any of these trips, and to see what's coming up, log-on www.calendarhouse.org & click "trips" tab! Or pick up a fl

SUPER DUPER ALL-DAY TRIP SALE & PRESENTATION

Don't miss this!! On Wednesday, April 11, 2018 the TRIP DESK will be open All-Day 10am-4pm to take your reservations and deposits and to answer any questions you may have. At 2pm, enjoy an informative Tours of Distinction Presentation with Tyler featuring 2018 Trips & Tours. Check out our brand new Calendar House Senior Center. Please call 860.621.3014 to reserve your seat! Light refreshments will be available.

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MARCH 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5 9AM Pool Players 9AM Ping Pong 12PM Lunch 12:30PM Mah Jong 10AM-Noon Trip Desk	6 9AM Pool Players 9AM Ping Pong 10AM Poetry 12PM Lunch 1PM Setback 2:30PM Strength Training	7 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 10AM-Noon Trip Desk	8 8:30AM TOPS 9AM Pool Players 9AM Ping Pong 9AM Strength Training 10AM Strength Training 12PM Lunch	9 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	10
11	12 9AM Pool Players 9AM Ping Pong 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	13 9AM Ping Pong 9AM Pool Players 10AM Poetry 12PM Lunch 1PM Setback 2:30PM Strength Training 4:30PM Advisory Board	14 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 1PM AARP Board Mtg. 10AM-Noon Trip Desk 12PM St. Patrick's Day at Hawk's Landing	15 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch	16 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	17
18	19 9AM Pool Players 9AM Ping Pong 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	20 9 AM Ping Pong 9AM Pool Players 10AM Poetry 12PM Lunch 1PM Setback 2:30PM Strength Training Foot Clinic by Appointment	21 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 10AM-Noon Trip Desk	22 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch	23 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	24
25	26 9AM Pool Players 9AM Ping Pong 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	27 9 AM Ping Pong 9AM Pool Players 10AM Poetry 12PM Lunch 1PM Setback 2:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging	28 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 10AM-Noon Trip Desk	29 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch	30 Center Closed in Observance of Good Friday	31
APRIL 1	2 9AM Pool Players 9AM Ping Pong 10:30AM Stained Glass 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	3 9 AM Ping Pong 9AM Pool Players 10AM Poetry 12PM Lunch 1PM Setback 2:30PM Strength Training	4 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 10AM Granny Squares 12PM Lunch 10AM-Noon Trip Desk	5 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 12PM Lunch 11AM-12PM Blood Pressure with CT Center for Healthy Aging	6 9AM Ping Pong 9AM Pool Players 9AM Gentle Yoga 12PM Lunch 1PM Bingo	7

Calendar House Senior Center
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