

Active Lifestyles

Calendar House of Southington

Volume 6, Issue 2

860-621-3014

SEPTEMBER, 2018

FROM THE DIRECTOR

It's September already! Where did the summer go? If you missed it not to worry, we have plenty of programs, activities, trips and classes to fill up your time this fall. September is National Senior Center Month! This year's theme is: "Building Momentum! Growing/Learning/Giving/Connecting"! Our brand-new, state-of-the-art facility is an amazing example of "Building Momentum" and as we transition into autumn, opportunities to grow, learn, give and connect are here! Instructional, innovative and interesting classes, clubs, trips and presentations are on the calendar.

Please stop in and check it out! The completion of the parking lot, construction and landscaping marks a new beginning celebrated with an Open House/Ribbon-cutting on Thursday, September 13th at 5 p.m. Special thanks to each and every one who contributed time, talent, ability and services to the timely and successful completion of this project! I'd like to thank former Town Manager Garry Brumback and current Town Manager Mark Sciota, the Calendar House Building Committee, KBE Building Corporation, BL Companies, Tobacco & Son Builders, Inc. and many other trades and sub-contractors. Multiple town departments provided help and expertise in various ways. A note of appreciation to Rep. Joe Aresimowicz, the late Rep. Betty Boukus and Dave Zoni. I would also like to give special thanks to my staff, the Membership and Advisory Boards, and the countless volunteers who rolled up their sleeves and did whatever needed to be done!

As we celebrate this accomplishment, we look forward to "being the future of what aging can be, changing the perception of aging and providing an important community resource."

Robert Verderame, Executive Director

CLOSING

Calendar House will be closed on Monday, September 3, 2018 in observance of Labor Day.



We celebrated Hawaiian night recently.

ACTIVE LIFESTYLES

For the past six years, ACTIVE LIFESTYLES in its current format has brought you the latest news, events and information each month. Behind the scenes, Susan Urillo Larson, Perfect Type, LLC, has contributed an enormous amount of creativity, time, energy and resources to provide this newsletter for us. It is with heartfelt and sincere gratitude that we acknowledge all that Sue has done for Calendar House. THANK YOU! This a season of change for Calendar House, and ACTIVE LIFESTYLES

will be changing. This is the last issue in this format. Watch for a new ACTIVE LIFESTYLES in October.

BACK TO SCHOOL

Just a reminder, with school back in session, especially across the street at DePaolo Middle School, there will be many excited, distracted students crossing the street, not always looking both ways, and more traffic. Please be extra cautious, alert and aware. especially before and after school! Let's keep everyone safe!

HAPPY FALL! BRUSH THEM ALL!

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

- ✔ 1 Hour Crowns
- ✔ Family Dentist
- ✔ Digital X-Rays
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Stephanie A. Urillo, D.D.S., P.C.

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Office Hours by Appointment | New Patients Welcome

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Ask about our Senior Citizen Discount!

IT'S ALMOST THAT TIME!

It's just about 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 12TH 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 database) 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!

LIFE WITH COMPANION PARROTS

Membership Meetings return beginning on Thursday, September 27 at 1 pm featuring "Sharing Your Life With Companion Parrots" presented by Bob & Barb Cosgrove, parrot enthusiasts who currently share their home with 13 birds. Accompanied by some of their parrots, they'll be sharing stories on the various antics and vocal expressions of parrots! The Cosgroves co-founded the CT Parrot Society, Inc. We're sure you will find this interesting and funny even if you are not a bird lover! All are welcome! You are encouraged to come for a brief update on membership "business" just prior to the presentation, with your opportunity to offer your thoughts, comments & suggestions! Light refreshments will be served.

NEW YOGA CLASS

It's never too late to take care of our own body and chose our own age! Find that active senior in you, and chart a new course for your life through the practice of Yoga and Meditation. Please join Clementene Delaney in a Gentle Flow Yoga class where we learn to breathe properly and stretch our bodies deeply, honoring the healing power of our own body in a soft, compassionate way. Classes will be held on Tuesdays from 10:30-11:30 beginning September 4th. The cost is \$50.(payable to Clementene Delaney) for the eight week session. The Calendar House has graciously agreed to supply the mats, blankets, blocks, straps and bolsters for the class. Feel free to bring your own if you prefer. Class is limited to 15 participants so please call and register. You may call the day of the class to inquire if space is available for walk-ins for a fee of \$7.

CLASS REGISTRATION

SPECIAL NOTE: Please fill out a registration form IF you want to participate in the Watercolor, Painting, Drawing, Poetry OR Quilting Classes. For the Strength Training and ACE Aerobics classes, you must sign-up the morning you wish to participate in person or by phone. Sit and Be Fit; Dancercise and Pickleball are drop in activities (as space permits). The Yoga Classes (Gentle Seated Yoga w/Pat Develskis; and Gentle Flow Yoga w/Clementene Delaney) are self-pay. Contact the office for more details. If you have questions, or need more information, please stop in or call the office. (860.621.3014)

EARLY CLOSINGS

Calendar House will be closing early on Thursday, September 13, 2018 at 12:30 pm to prepare and set-up for the Open House. All activities after lunch are cancelled. Please plan to leave the building by that time. Calendar House will be closing early on Friday, September 14, 2018 at 11:30 am. Afternoon activities, classes, Bingo and the lunch program are cancelled so that the staff may participate in the annual Town Employees Picnic. Please plan to leave the building by that time.

BETTER BALANCE CLASS

BETTER BALANCE, a one-time special class is being offered on October 11 at 1pm and at 1:45pm During the 30 minute class, we will work on balance: Reaction time, pivotal movements; Center of gravity, weight shifting; Ankle strengthening and mobility; and Multi-sensory training, walking with upper body movements. Instructor: LeAnn Kroll. Class size limited. Sign up in the office, or call 860.621.3014

SENIOR CITIZEN ADVISORY COMMISSION

The next Senior Citizen Advisory/Commission Meet-

ing is scheduled for Tuesday, October 16, 2018 at 4:30 pm at the Calendar House. Calendar House members and the public are encouraged to attend.

FOOT CLINIC

Sue Zdebllick, 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 11a.m.-12 noon; and the fourth Tuesday of each month 10-11 a.m. Referrals and resources available.

AARP SMART DRIVER COURSE

Oct 12; Nov 9; 8:45 a.m. - 1 p.m. (NO September class) 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

INFORMAL COLORING GROUP

This is a very informal group (no instructor) that meets on Thursdays 1:30pm at Calendar House, just to get together to socialize, relax and have fun while coloring! Even if you have never colored before, or if it's been awhile, join us! You can come and go as you please, no fee, no requirement to stay for the entire session. You supply your own coloring materials and books - you can find a great, inexpensive selection at the Dollar Store, Wal-Mart, Michaels and even Staples! You don't need much to start. Colored pencils, crayola crayons or sharpies - you chose. If you already have supplies you're all set. Any questions? Call Joe LaPorte 860.628.2227. Hope to see you!

FALL 2018 COMPUTER/ TABLET/PHONE CLASS REGISTRATION

10 a.m. Monday, September 17, 2018
After the main registration date, registration for any remaining class seats will also be accepted in the Computer Lab between 9 and 11 on Monday mornings or between 1 and 3 on Wednesday afternoons until the start date of the applicable class.

WINDOWS 10 COMPUTING FUNDAMENTALS

Tuesdays at 1 PM from Oct 16, 2018 to Nov 20, 2018

Become comfortable with all you need to know to use a Windows 10 computer to search the internet, communicate by E-Mail and manage photos, files and folders. This class will start with the basics of Windows 10 computer use, show you how computer files and folders can connect to your tablets and phones, and open up the world of the big wide web.

TUNING UP YOUR COMPUTER

Thursdays at 9 AM from Oct 18-25, 2018

Over time, any computer will appear to run more

slowly and needs a bit of routine TLC to restore its youthful vitality. The two-week Computer Tune-Up Workshop will show you how to revitalize your computer by removing superfluous files, updating the system security and putting things in the most efficient order.

IPAD AND IPHONE BASICS

Mondays at 9 AM from Oct 1, 2018 to Nov 19, 2018

This workshop will cover the basics of using your iPad/iPhone, 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/iPhone and bring the device with the charger and cable to the class.

KINDLE FIRE FUNDAMENTALS

Thursdays at 1 PM from Oct 4, 2018 to Nov 8, 2018

This six-week workshop will help you use your Kindle Fire more effectively. We'll familiarize you with its main features and help you download the apps that you need. Specific topics include browsing the web, checking email, watching videos, playing music and games, reading books, using the camera, etc. Come share the fun, and discover all that Amazon's premiere tablet brings to your technological world! You must own or borrow a kindle fire and bring it with the cables to class AND Registration.

ANDROID PHONE BASICS

Wednesdays at 9 AM from Oct 3, 2018 to Nov 7, 2018

In this 6-week course, you will discover what your Android Smartphone is capable of doing! Learn how to comfortably phone & text people, use your email, browse the internet, take pictures & videos, download & use popular applications, play music, manage your appointments, use GPS for driving instructions, and more. Join us on this adventure, and become more confident using your android smartphone! 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.

ONE-ON-ONE TRAINING

- A series of three One-on-One classes of two hour duration, held at a mutually agreed day and time. Individual, One-on-One training is available for any topic on our list of classes for \$25 for three two hour sessions at times and dates agreed with the appropriate instructor. TUITION FEES: \$25 per class.

CALENDAR HOUSE FALL ACTIVITIES AND CLASSES

REGISTRATION for Fall Session classes begins on Monday, September 10th. Registration forms are available at the front desk and at www.calendar-house.org. NOTE: for the **Strength Training** and **ACE Aerobics** classes, you must sign-up the morning you wish to participate in person or by phone. **Sit and Be Fit**, **Dancercise** and **Pickleball** are drop in activities (as space permits), as are several other activities as indicated. The Yoga classes - **Gentle Seated Yoga** and **Gentle Flow Yoga** are self-pay. Contact the office for more details. **Aerobics for the Chronologically Enriched (ACE)**, (Wednesdays 3:30 p.m. AND/OR Fridays 8:45 a.m.) combines many aerobic elements, from traditional non-impact aerobics to the newest format, **Zumba Gold** set to motivating and exciting music. Uniquely suited to all fitness levels, includes warm up, aerobic session, cool down & stretch. ** **Advanced/Intermediate Painting** (Tuesdays 12:30 p.m.). Explore techniques of using the versatile medium of acrylic paint on canvas. Emphasis on creative color mixings. Students are encouraged to experiment with different subject matter and further develop their own personal style. Limit 18+wait list).

Advanced/Intermediate Poetry (Tuesdays 10 a.m.) "Poetry fills in the empty spaces." In a highly interactive classroom setting, poets with some prior experience will hone their craft by writing and reading poetry, by studying classical and modern poets, and by discovering what's new on the current poetry scene. Limit 14 + wait list.

Coloring Group (Thursdays 1:30 p.m.) Socialize, relax and have fun while coloring in these informal gatherings. If you haven't colored for a while, you don't know what you're missing! This "therapeutic" activity has grown up and become very popular! Bring your own materials and books

(available inexpensively at the Dollar Store, Wal-Mart, etc). (Drop-in)

Dancercise with Terry (Wednesdays 9:30am) Exercise routine set to music. **

Intermediate Drawing (Tuesdays 2:30 p.m.) Explore techniques of drawing using pencil, charcoal, pastel, and pen & ink. You will learn the element of design and composition in a fun and friendly atmosphere where creativity is contagious! Limit 18 + wait list.

Beginner - Advanced Drawing (Thursdays 10 a.m.) With the right techniques, you can learn to bring pencil drawings to life. In this introduction to drawing, participants will learn the basics of composition, value, contour lines, negative and positive space, and perspective, all while practicing a wide variety of pencil techniques. We will primarily work from photos and subject matters that you are interested in.

Gentle Flow Yoga (Tuesdays 10:30am) It's never too late to take care of our own body and chose our own age! Find that active senior in you, and chart a new course for your life through the practice of Yoga and Meditation. Learn to breathe properly and stretch your body deeply, honoring the healing power of your own body in soft, compassionate way. Fee is payable to: Clementene Delaney. Space is limited.

Gentle Supported Yoga (Wednesdays 9 a.m. AND/OR Fridays 10 a.m.) Concentrates on modifying and tailoring each pose to meet the needs of each student All stretches and poses can be done while seated in a chair. Works the joints and muscles to increase strength & flexibility, allowing for quiet reflection, proper breathing and body alignment. Fee is payable to: Pat Develskis. Non-slip shoes or slippers and loose comfortable clothing are recommended. Space limited.

Granny Squares (Wednesdays 10 a.m.) Knitting & crochet needles click & conversation is lively as the "grannies" get together to compare & share! Join 'em! (Drop in)

Party Bridge (2nd, 3rd & 5th Wednesdays 1 p.m.) Whether you are a beginner or a player who fears being "rusty" after many years, come join us! Contact Kathie Connolly @ 860.621.4663

Pickleball (Tuesdays, Thursdays 1 p.m.) Informal group. Individuals at all levels of playing ability are welcome to participate. ** (Drop in)

Sit and Be Fit (Mondays, Wednesdays 11 a.m. and Thursdays, Fridays 11:15 a.m.) This video workout with Mary Ann Wilson, RN features exercises designed to improve core strength, flexibility, balance, coordination, circulation and reaction time. Lighthearted music combined with fun rehabilitative movements make this a good middle-of-the-road full body workout for anyone and will lift your spirits and put a smile on your face. (DVD) ** (Drop in)

Quilting with Karen (Thursdays 10 a.m.) Are you a "quilter"? Would you like to learn? Whether you would like to learn or have experience in quilting, all are welcome to this unstructured class for Quilters at all levels. Start a new project or finish one that you've set aside (or someone else didn't finish!). Work on your own project under the guidance of an experienced quilting instructor. Have fun while expanding your knowledge and skills. Join us for these fun and creative classes!

Stained Glass (Mondays 10 a.m.) Create beautiful stained glass art using the copper foil method used by Louis Comfort Tiffany. This is an informal group, with a great deal of combined experience, willing to share!!! Beginners welcome.

Strength Training (Tuesdays 2:30 p.m. and 3:30 p.m. AND/OR Thursdays 9 a.m. & 10 a.m.) Uses weights to improve balance, flexibility and conditioning. Participants should purchase two (2 or 3 lb.) hand weights. Space is limited. **

T.O.P.S. (Take off Pounds Sensibly) (Thursdays 8:30 a.m.) A weekly group meeting offering support in weight management. A membership fee will be charged.

Water Color Painting (Wednesdays 1 p.m.) Beginner/intermediate level of students. A list of supplies will be available in the office prior to the first day of class. Limit 15 + wait list.

Unless otherwise noted, classes are free of charge.

SENIOR COMMUNITY CAFE

PHONE: 860.621.6738 HOURS: 10:30 - 12:00 Sign-up 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.

COFFEE 'N DESSERTS BALANCE SCREENING

Wednesday, September 19, 1:30 p.m.

Hartford HealthCare Center for Healthy Aging will offer free Balance Screenings provided by Ken Kirk, PT, ND licensed physical therapist at Southington Care Center. Balance screening can play an important role in preventing falls. Information will be available reducing risks and preventing falls.

COOKING FOR ONE

Wednesday, October 17, 1:30 p.m.

In the kitchen, cooking for one can seem lonely and confusing! Why do all recipes feed so many people? Peter Fescio, Director of Dining Services at Mulberry Gardens, will share easy, healthy recipes sure to tempt your taste buds.

SOUTHMAYD'S PLACE IN HISTORY

Tuesday, November 7, 1:30 p.m.

One woman's belief that "every woman should have a suitable place to live" grew into a legacy that has endured for 120 years. Southmayd Home has been providing nonmedical residency for women over 60 in the Greater Waterbury area since 1898. Outreach Coordinator Laura Marsala will share some of the residence's history, anecdotes and features

RELAX THE BODY, QUIET THE MIND

Wednesday, November 14, 1:30 p.m.

Improve your physical and mental health by reducing stress through exercise, social support, activity and relaxation. Presented by Christine Solimini-Swift, Exercise Physiologist at The Orchards of Southington.

Please join us for coffee 'n dessert. RSVP at 860.621.3014.

BOWLING LEAGUES

Calendar House Fall Bowling Leagues start up in September at Apple Valley Bowl! If you bowled in the past, never bowled before or currently bowl -- come join us!! Men and Women, the more the merrier! Choose Tuesdays at 1 p.m.; Thursdays at 1 p.m.; or Wednesdays at 9:30 a.m. Contact John Sudol 860-628-2692 for Tues/Thurs groups or Cliff Snow 860-621-6695 for Wed group.

THE SENIOR LUNCHEON

The Senior Luncheon, an annual favorite, will be held on Tuesday, October 9th, sponsored by United Way of Southington and Calendar House. Sandwiches, salads and dessert. Vocalist/guitarist Karen "K" promises a good time for all with an old-fashioned fun-filled sing-along! Tickets (\$5) are available in the office. Please note: All activities, classes and the lunch program are cancelled for that day.

LINDA WENTZ CONCERT

Join us on Tuesday, October 22nd at 2 p.m. for "Music that Transcends the Ordinary" - One Woman, One Piano, One Incredible Performance, as pianist Linda Wentz tickles the ivories with an entertaining program for your enjoyment. Please call 860-621-3014 or stop in the office to reserve your seat!

ITALIAN NIGHT

Our very popular, much anticipated annual ITALIAN NIGHT--Tuesday, October 23th, 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 19th or sold out (Limit 150). Transportation provided from Calendar House 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 p.m.
- 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 9:30 a.m.-1 p.m.); Friday: Please call for out-of-town schedule.
- Shopping: Tuesdays & 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 Program on October 15th for households that heat with deliverable fuel (Oil or Propane) on October 15th. Applications for households that heat with utilities (Eversource Electric or Gas) will not be scheduled until after November 15th. Please call 860.621.3014 to make an appointment after October 1st. Current Income Guidelines are not available yet; Last year's Income guidelines for this program were \$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 (2018) ARE REQUIRED:

1. All pages of most recent 2018 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 Calendar House. (please park in right side corner of parking lot). TRIP DESK (located in lounge) open Mondays, 12 noon - 2 p.m. and Wednesdays, 10 a.m.-12 noon. BOOK EARLY - Trips are selling fast! Payment is required at trip desk to reserve your seat.

- Thurs/Sept 6: "BOSTON CANAL STREET ANTIQUES" 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
- Thurs/Sept 6: "911 MEMORIAL & MUSEUM" Visit memorial, tour museum. Late lunch, family style at Carmines, (Rigatoni & Broccoli, Penne ala Vodka & Chicken Marsala & dessert.) \$119.pp
- Tues/Sept 11: "BROADWAY COMES TO CONNECTICUT" @ Aqua Turf. \$44.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 Lighthouse. 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. \$579.pp/dble
- Wed/Sept 19: "THE BIG 'E' CONNECTICUT DAY" \$55.pp
- 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
- Tues/Oct 16: "COMEDY AND DANCING @ Aqua Turf. \$42.pp
- Thurs/Oct 18: "VERMONT FALL FOLIAGE TOUR" Bennington, VT Enjoy Lunch with a view at the Publyk House (Choice: Roast Turkey, Homemade Meatloaf, Baked New England Scrod or Pasta Primavera.) Relax on short drive to the Lincoln Family Home, Hildene, built in 1905 by presidential son, Robert Lincoln. Last stop will be the Apple Barn & Country Bake Shop before returning home. \$129.pp
- NEW!! Oct 21-28: "BERMUDA CRUISE FROM BOSTON" Eight days with dock in King's Wharf for 3 days. Round trip motorcoach to Boston, then board Royal Caribbean Serenade of the Seas with all meals on board, casino, nightly entertainment, full service spa. Inside cabin from \$899.
- 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

- Nov 2-9: "ICELAND INSPIRED" The place to be! Eight day adventure dives into Iceland's highlights, discover Iceland intimately, teeming with wildlife, spectacular landscapes, wonderful people & Viking history. Incl airport transfers, airfare, 6 nights hotel, 6 breakfasts, 5 dinners, 3 lunches, many excursions & of course two night hunts for the Northern Lights! Starts at \$4,299.pp
- Wed/Nov 14: "SWEET CAROLINE" Tribute to Neil Diamond at Twin River Casino, Lincoln, RI. Includes casino bonus package w/\$15 slot play & complimentary lunch buffet. Mid-afternoon, head over to Event Center for musical tribute to Neil Diamond. \$91.pp
- Fri/Nov 16: "RADIO CITY CHRISTMAS SPECTACULAR" Enjoy lunch at Carmines' served family style. Then depart for Radio City Music Hall to see the 2018 edition of the Christmas Spectacular starring the Rockettes. \$200.pp
- Sat/Nov 24: "MYSTIC BOAT PARADE" Lunch at Steak Loft Restaurant, free time in Olde Mistick Village. At 6pm 17th Annual Christmas Tree Lighting, followed by the Mystic lighted boat parade. \$81.pp
- Thur, Dec 6: "A DOUBLEWIDE CHRISTMAS", Newport Playhouse. Enjoy a unique experience where you will have a buffet lunch, then enter the theatre for the outrageously funny comedy, followed by a fun-filled cabaret. \$98.pp

NEW FOR 2019

- Jul 6-12, 2019: "SOUNDS OF THE SOUTH" Spend a week learning about the history of Soul, Rock 'n Roll & Country Music with a little 'horsing around' on this 7-day/6-night tour to the south. (Graceland, Grand Ole Opry, Churchill Downs and more!) \$2395. pp/dble
- Aug 11-23, 2019: "ALASKA FRESH & WILD" America's northern and last frontier. Start in Vancouver, set sail on Norwegian Jewel (7 day cruise on inside passage) to Alaska where we enjoy a real Alaskan experience. Come along on this 13-day voyage and surround yourself with the most pristine wilderness, monumental glaciers, incredible wildlife and the local "Alaskan" way-of-life". Starts at \$5,389.pp/dble inside room.

FOR MORE INFO and to see what's coming up, log on www.calendarhouse.org & click "trips" tab! Or pick up a flyer in lounge area.

In Memoriam

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

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42nd Annual Kielbasa Open
Sunday, September 9, 2018
Southington Country Club
Savage Street, Plantsville
Shotgun Start @ 8 AM
\$140.00 per player
Included with golf and cart is an "all you can eat" lunch with beer, soda and bottled water at the golf course and a full course steak dinner at the Falcons Club after the round of golf.
To reserve tee times for this event contact:
Don Kopczka 860-961-3373
Jeff Jalowiecki 860-302-2792
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SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sept 2	3 Center closed in observance of Labor Day	4 9AM Pool Players 9AM Ping Pong 10:30AM Gentle Flow Yoga 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	5 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Sit N Be Fit 12PM Lunch 1PM AARP Board Meeting 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	6 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Sit N Be Fit 12PM Lunch 1PM Pickleball 11AM-12PM Blood Pressure with CT Center for Healthy Aging	7 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga 11:15AM Sit N Be Fit 12PM Lunch 1PM Bingo	8
Sept 9	10 CLASS REGISTRATION BEGINS 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Sit N Be Fit 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	11 9AM Pool Players 9AM Ping Pong 10:30AM Gentle Flow Yoga 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training 4:30PM Advisory Board CXL	12 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Sit N Be Fit 12PM Lunch 1PM AARP Board Meeting 1PM Bridge 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	13 CENTER CLOSING AT 12:30 P.M. 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Sit N Be Fit 12PM Lunch NO Pickleball 5PM OPEN HOUSE	14 CENTER CLOSING AT 11:30 A.M. 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga NO Sit N Be Fit NO Lunch NO Bingo	15
Sept 16	17 COMPUTER CLASS REGISTRATION BEGINS 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Sit N Be Fit 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	18 9AM Pool Players 9AM Ping Pong 10:30AM Gentle Flow Yoga 12PM Lunch 1PM Setback 1PM Pickleball 2:30PM Strength Training 3:30PM Strength Training Foot Clinic by Appointment	19 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Sit N Be Fit 12PM Lunch 1PM Bridge 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk 1:30PM Coffee N Dessert "Balance Screening"	20 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 11:15AM Sit N Be Fit 12PM Lunch 1PM Pickleball	21 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga 11:15AM Sit N Be Fit 12PM Lunch 1PM Bingo	22
Sept 23	Calendar House Classes Begin This Week					29
	24 9AM Pool Players 9AM Computer Lab 9AM Ping Pong 9:30AM Line Dancing 10:30AM Stained Glass 11AM Sit N Be Fit 12PM Lunch 12:30PM Mah Jong 12-2PM Trip Desk	25 9AM Pool Players 9AM Ping Pong 10AM Poetry 10:30AM Gentle Flow Yoga 12PM Lunch 12:30AM Painting 1PM Setback 1PM Pickleball 2:30PM Drawing 3:30PM Strength Training 10-11AM Blood Pressure with CT Center for Healthy Aging	26 9AM Pool Players 9AM Ping Pong 9AM Gentle Yoga 9:30AM Dancercise 10AM Granny Squares 11AM Sit N Be Fit 12PM Lunch 1PM Watercolor 1PM Computer Lab 3:30PM ACE Aerobics 10AM-Noon Trip Desk	27 8:30AM TOPS 9AM Ping Pong 9AM Pool Players 9AM Strength Training 10AM Strength Training 10AM Beg-Adv Drawing 10AM Quilting 11:15AM Sit N Be Fit 12PM Lunch 1PM Pickleball 1PM Membership Meeting - "Parrots"	28 8:45AM ACE Aerobics 9AM Ping Pong 9AM Pool Players 10AM Gentle Yoga 11:15AM Sit N Be Fit 12PM Lunch 1PM Bingo	

Calendar House Senior Center

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