



Gift Basket Winners...

Bill LePage and Pat Bojarski

Donated By Southington Community Services



Hawaiian Shirt Night at Hawk's Landing was a fun time on August 16th! Congrats to the lucky winners of the night!



Best Hawaiian Dressed Winners...

Laurie Bleau and Richard Bugar

Donated By Calendar House Membership Association



50/25/15/10 \$\$\$ Raffle Winners...

Ed Curley, Frances Paturel,  
and Sally Dispenza



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## FROM THE STAFF...

September is National Senior Center month! The theme for 2022 is *Strengthening Community Connections*.

The Calendar House staff strives to strengthen community connections in many ways by providing opportunities for healthy aging through exercise activities, educational classes on relevant health topics and medical screenings; connecting members to greater economic security through information and referrals and access to benefits; providing digital connections by offering classes that allow members to gain skills and confidence to use internet connected devices; providing opportunities for fun and meaningful social engagement; and MORE!

Calendar House wishes a **Happy Grandparents Day** on September 11th to all our members who are Grandparents, or are like a Grandparent to someone special!

In September we head back to class at Calendar House. Enrichment Class registration will be held **September 1st-9th**. Please see page 8 for details.

As summer ends, Calendar House will visit Lenny and Joe's and Lyman Orchards on

September 14th; the Barnes Museum has invited us for a special Calendar House *Members Only* tour on September 16th; Informative talks from the Social Security Administration on "Social Security 101" and Wheeler Clinic on "Suicide Prevention" will be held; and "Italian Night" tickets will go on sale. See page 10 for more info on all of these activities. September will wind down with a Membership Meeting on September 29th featuring Jose' Paulo!

Did you know that Southington Calendar House Senior Center is now on Facebook? Search for our official page "@SouthingtonCalendarHouse", and be sure to "like" our page to follow us for updates. Have a great month!

### ~The Calendar House Staff

Please note: Active Lifestyles is available at Calendar House, Town Hall, the Municipal Center, Library and Senior Housing Sites. It is also available at the [calendarhouse.org](http://calendarhouse.org) website. To subscribe, please go to: [www.mycommunityonline.com](http://www.mycommunityonline.com) and type "Calendar House" near "Southington"; Click "latest newsletter" and "subscribe"; fill in your e-mail and name and you're all set!!

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## WELCOME TO CALENDAR HOUSE!!

### Calendar House Mission Statement:

Calendar House, the Town of Southington's Senior Center is a multipurpose facility which provides a focal point in the community for residents 55 and older, and residents aged 18 and older, who are disabled, as defined by Social Security standards.

The Center's purpose is to serve as a resource center, providing a broad range of services and activities to meet the diverse social, physical and intellectual needs of older adults and disabled individuals.

This facility is unique in that our members and staff are encouraged to help implement various activities to reinforce positive attitudes and preserve individual dignity.

In pursuing its mission, this Center shall enhance an atmosphere of compassion, equality and mutual concern for all older adults and disabled individuals.



### AARP SMART DRIVER

Learn ways to adjust for aging and health-related driving issues. CT. specific information. \$20 for AARP Members \$25 for Non AARP Members. Cash or check payable to AARP collected by instructor prior to start of class. Class is held from 9 a.m. to 1 p.m. (Please arrive by 8:45) Classes will be held September 9th, October 14th, November 4th, and December 9th. Class sizes are limited. Call 860-621-3014 for availability and to register.

An on-line course is also available. Please visit <https://www.aarpdriversafety.org/> to register.

## In Memoriam

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



### FACEBOOK

Calendar House is now on Facebook!

Search for our official page

@SouthingtonCalendarHouse

"Like" our page to follow us for updates!

## MEMBERSHIP MEETING!

SEPTEMBER 29, 2022 ~ 1PM

Featuring...

**JOSE' PAULO!**



Jose' returns to Calendar House! Join us on 9/29 at 1 pm for a brief business meeting followed by this dynamic entertainer! Jose Paulo's versatile voice allows him to sing all styles of music in English, Portuguese, Spanish, Italian and French. His musical style attracts audiences of all age ranges. Jose resides in Newington, CT and is a native of Rio de Janeiro, Brazil. He started his singing career at the age of 12 when he began singing, "Ave Maria" at local weddings. Jose has studied in various certified music schools. A hallmark of his music is the audience participation with singing, dancing, hand-clapping and joyful sounds! You can download his new album "This is Me" on iTunes, Amazon, Spotify and much more. Light refreshments will be served. R.S.V.P. by Monday, 9/26 at the Calendar House front desk or call 860-621-3014.

### THE JOHN E. DEMELLO SR. VETERANS COFFEE HOUR

Co-sponsored by the Southington Public Library and the Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 10 to 11 a.m. at Calendar House Senior Center.

No registration required.



*Next Coffee Hour  
Friday, September 16th*

## STATE OF CT

### RENTERS' REBATE PROGRAM

The State of Connecticut provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, living in cooperative housing and individuals residing in mobile homes who pay monthly lot rent may also apply. The rebate amount is based on a graduated income scale; and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year the renter applies (2021 info).

Applicants must have resided in CT for one year or more.

- You must have reached age 65 by December 31, 2021. (if married, only one spouse need be 65+)
- Individuals who are 100% totally, permanently disabled may apply regardless of age but must show proof of Social Security Disability.
- Income Guidelines: \$38,100 Single Individual; \$46,400 Married Couple.
- You must provide documentation of all 2021 income; utility payments; rent receipts. (please do not send originals)
- **NEW APPLICANTS:** If you have not previously applied, please provide your phone number, and a copy of your drivers license OR proof of residency and date of birth.

Applications are being accepted now through September, 2022. To apply, please bring copies of your required 2021 income, utility and rent documentation to Calendar House, 388 Pleasant Street, Southington, CT. 06489, or simply drop your paperwork in a sealed envelope in the secure drop box located at the entrance of the Calendar House building Attn: Rent Rebate. Please make sure to include your phone number so that we can reach you if we have any questions. For more information please call 860-621-3014. **DEADLINE TO APPLY IS SEPTEMBER 30TH!**



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## ALL DAY, EVERY DAY!

Pool Players \*\* Ping Pong  
Cardio Room \*\* Active Walkers  
Library/Puzzle Makers  
Coffee 'n Conversation in the Lounge  
=====

## CLC COMPUTER CLASSES

Fall Computer/Phone/Tablet classes  
are now in session!

Please visit [www.calendarhouse.org](http://www.calendarhouse.org)  
for more information on computer  
classes, including one-on-one training!  
=====

## ENRICHMENT CLASS REGISTRATION

See Page 8 for class details.  
Registration is September 1st—9th.

### MONDAY

Line Dance: 9:30 am  
Computer Lab : 10 am-12 noon  
Sit 'n Be Fit: 11:15 am  
Mahjong: 12:30 pm  
Pickleball: 1-3 pm

### TUESDAY

Exercise in the Fitness Studio: 9:30 am  
Open Art Studio: 10 am-12 noon  
Cribbage: 10 am—12 noon  
Sit 'n Be Fit: 11:15 am  
Set Back: 1-3 pm  
Pickleball: 1-3 pm

### WEDNESDAY

Gentle Seated Yoga: 9:15 am  
Dancercise: 9:30 am  
Granny Squares: 10 am-12 Noon  
Sit 'n Be Fit: 11:15 am  
Computer Lab: 1-3 pm  
Pickleball: 1-3 pm

### THURSDAY

T.O.P.S.: 8:30 am  
Exercise in the Fitness Studio: 9 & 10 am  
Tap Dancing: 10-11 am  
Stained Glass Group: 10:30 am  
Sit 'n Be Fit: 11:15 am  
Canasta: 12:30 pm 9/1, 9/15, 9/29  
Adult Coloring: 1-3 pm  
Party Bridge: 1-3:15 pm  
Pickleball: 1-3 pm  
Corn Hole: 1-3 pm

### FRIDAY

Gentle Yoga: 9:30 am  
Sit 'n Be Fit: 11:15 am  
Bingo: 1 pm

Pool Players/Ping Pong: Mon-Fri, 8:30 am-4:30 pm. *Drop-In/Game Room*

Cardio Room: Mon-Fri, 8:30 am-4:30 pm. *Drop-In/Cardio Room*

Library/Puzzle Makers: Mon-Fri, 8:30 am-4:30 pm. *Drop-In/Library*

Coffee 'n Conversation: Grab a cup of coffee in the lounge area 'til noon (.50 a cup), watch some TV or just relax by the fireplace. Mon-Fri, 8:30 am-4:30 pm. *Drop-In/Lounge*

Stained Glass: The stained glass group meets Thursdays at 10:30 am. The room is currently also available Mon-Fri, 8:30 am-4:30pm to work on projects. *Drop-In/Arts & Crafts Room*

Computer Lab: Free computer lab consultation on tech topics available from 10 am to 12 noon on Mondays and 1-3 pm on Wednesdays. Ask about one on one training! *Drop-In/Computer Lab*

Line Dance: Terry leads Line Dance class for those with prior experience. New to Line Dancing? Consider the Wednesday Dancercise class, where the last 25 minutes is dedicated to beginner Line Dancing. After getting some experience, advance to the Monday class! Mondays at 9:30 am. *Drop-In/Multi-Function Room*

Sit and Be Fit Workout: Monday—Friday at 11:15 am. Details on pg. 7, *Drop-in/Fitness Studio*

Pickleball: Paddle ball sport; open to all levels. Mon-Thurs, 1-3 pm. *Drop-In/Multi-Function Room*

Mahjong: A tile based game. Mondays at 12:30 pm. Need lessons? Contact Lee Daley at 239-821-7760. *Drop-In/Multi-Function Card Room*

Cribbage: Card game on Tuesdays 10-12 noon. *Drop-In/Multi-Function Card Room*

Set Back: Card game on Tuesdays 1-3 p.m. *Drop-In/Multi-Function Card Room*

Open Art Studio: \$10 fee/class, payable to instructor Sue Riley. Learn beginner to advanced drawing, pastel pencils and oil paint from photos or still life set-ups in an open studio setting. Subject matter will be your choice. Tuesdays 10 am – 12 noon. *Drop-In/Room 1A*

Exercise: Tuesdays at 9:30 w/ Marcia until further notice and Thursdays w/ LeAnn at 9 and 10 am. Class includes cardio, strength and balance. Registration details on pg. 7. *Fitness Studio*

Gentle Seated Yoga: Wednesdays 9:15 am. Details on pg. 7. Fee applies. *Drop-In Fitness Studio*

Dancercise: Join Terry for a fun Dancercise routine set to lively music. The last 25 minutes of class is dedicated to beginner Line Dance. Wednesdays at 9:30 am. *Drop-In/Multi-Function Room*

Granny Squares: The knitting needles click and the conversation is lively while creating knitting and crochet projects! Wednesdays 10 am-12 Noon. *Drop-In/Room 1B*

(T.O.P.S): Taking off Pounds Sensibly. Details on pg. 7. Thursdays at 8:30 am. *Drop-In/Room 1A*.

Tap Dancing: Learn the basic steps and routines of tapping. It's FUN and no experience necessary! Thursdays 10—11 am. *Drop-In/Multi-Function Room*

Corn Hole: Bring a friend! Thursdays 1- 3 pm. *Drop-in/Fitness Studio*.

Adult Coloring: Bring your own materials...Socialize, relax and have fun coloring w/others! Thursdays 1—3 pm. *Drop-In/Room 1A*.

Canasta: Card game every other Thursday at 12:30 pm. *Drop-In/Room 1B (9/1,9/15,9/29)*


Party Bridge: Call Kathie Connolly at 860-621-4663 to join. Need lessons? Contact Leslie Cotton 860-621-4215 or Elaine Hobart 860-621-3310. Thurs, 1-3 :15pm. *Multi-Function Card Room*

Gentle Yoga: Fridays at 9:30 am. Details on pg. 7. Fee applies. *Drop/In Fitness Studio*

Bingo: Fridays at 1 pm. Bingo cards are .50/each. Birthday Bingo last Friday of month—free card to those celebrating a birthday that month! *Drop-In/Multi-Function Room*. No Bingo 9/2

# SEPTEMBER 2022 CALENDAR

6

/		MON		TUES		WED		THURS		FRI		SAT											
SUN												SAT											
<div>DAILY! 8:30 a.m. —4:30 p.m.</div> <div>Pool Players * Ping Pong Players * Cardio Room Stained Glass * Active Walkers * Library/Puzzle Makers Coffee 'n Conversation *</div> <div>Lunch, both In-Person and Grab 'n Go available daily See page 10 for more info!</div>												TOPS Exercise w/Marcia Tap Dancing Stained Glass Group Sit 'n Be Fit Canasta Adult Coloring Party Bridge Pickleball Corn Hole		8:30 9 & 10 10-11 10:30 11:15 12:30 1-3 1-3:15 1-3 1-3		Gentle Yoga  CENTER CLOSING AT 12 NOON TOWN OF SOUTHTON EMPLOYEE APPRECIATION		9:30					
4		5		MON		6		TUES		7		WED		8		THURS		9		FRI		10	
SUN		CENTER CLOSED LABOR DAY																				SAT	
						Exercise w/Kim Open Art Studio Cribbage Sit 'n Be Fit Set Back Pickleball		9 & 10 10-12 10-12 11:15 1-3 1-3		Dancercise Seated Yoga Trip Desk Granny Squares Sit 'n Be Fit Social Security Talk Computer Lab Pickleball		9:30 9:15 10-12 10-12 11:15 12:00 1-3 1-3		TOPS Exercise w/Marcia Tap Dancing Stained Glass Group Sit 'n Be Fit Adult Coloring Party Bridge Pickleball Corn Hole		8:30 9 & 10 10-11 10:30 11:15 1-3 1-3:15 1-3 1-3		AARP Safe Driver Gentle Yoga Sit 'n Be Fit Bingo		9-1 9:30 11:15 1:00			
11		12		MON		13		TUES		14		WED		15		THURS		16		FRI		17	
SUN																				SAT			
Patriot Day  Grand-parents Day!		Line Dance Computer Lab Quilting Wheeler Clinic Outreach Sit 'n Be Fit Mahjong Pickleball Trip Desk		9:30 10-12 10-12 10-12 11:15 12:30 1-3 1-3		Exercise w/Kim Poetry Open Art Studio Cribbage Sit 'n Be Fit Acrylic Painting Set Back Pickleball Sr. Citizens Adv. Mtg.		9 & 10 10-11:30 10-12 10-12 11:15 12-2 1-3 1-3 4:30		Dancercise Seated Yoga Mini Bus Trip Lenny & Joe's & Lyman Orchards Granny Squares Trip Desk Sit 'n Be Fit Computer Lab Pickleball		9:30 9:15 10:00 10-12 10-12 11:15 1-3 1-3		TOPS Exercise w/LeAnn Tap Dancing Stained Glass Group Sit 'n Be Fit Canasta Adult Coloring Party Bridge Pickleball Corn Hole		8:30 9 & 10 10-11 10:30 11:15 12:30 1-3 1-3:15 1-3 1-3		Gentle Yoga Visit The Barnes Museum John E. DeMello Sr. Veteran's Coffee Hour Hearing Screening Sit 'n Be Fit Bingo		9:30 10-12 10:00 10-1 11:15 1:00			
18		19		MON		20		TUES		21		WED		22		THURS		23		FRI		24	
SUN																				SAT			
		Line Dance Computer Lab Quilting Sit 'n Be Fit Mahjong Pickleball Trip Desk		9:30 10-12 10-12 11:15 12:30 1-3 1-3		Exercise w/Kim Poetry Open Art Studio Cribbage Sit 'n Be Fit Acrylic Painting Set Back Pickleball		9 & 10 10-11:30 10-12 10-12 11:15 12-2 1-3 1-3		Dancercise Seated Yoga Granny Squares Trip Desk Sit 'n Be Fit Computer Lab Pickleball Coffee 'n Dessert Suicide Prevention		9:30 9:15 10-12 10-12 11:15 1-3 1-3 1:30		TOPS Exercise w/LeAnn Tap Dancing Stained Glass Group Sit 'n Be Fit Pickleball Adult Coloring Party Bridge Corn Hole		8:30 9 & 10 10-11 10:30 11:15 1-3 1-3 1-3:15 1-3		Gentle Yoga Sit 'n Be Fit Bingo		9:30 11:15 1:00			
25		26		MON		27		TUES		28		WED		29		THURS		30		FRI		/ SAT	
SUN																							
Rosh Hashanah begins at Sundown		Line Dance Computer Lab Quilting Wheeler Clinic Outreach Sit 'n Be Fit Mahjong Pickleball Trip Desk		9:30 10-12 10-12 10-12 11:15 12:30 1-3 1-3		Exercise w/Kim Poetry Open Art Studio Cribbage Sit 'n Be Fit Acrylic Painting Set Back Pickleball		9 & 10 10-11:30 10-12 10-12 11:15 12-2 1-3 1-3		Dancercise Seated Yoga Trip Desk Granny Squares Drawing Sit 'n Be Fit Watercolor Computer Lab Pickleball		9:30 9:15 10-12 10-12 10-12 11:15 1-3 1-3 1-3		TOPS Exercise w/LeAnn Tap Dancing Drawing Stained Glass Group Sit 'n Be Fit Canasta Adult Coloring Party Bridge Corn Hole Membership Mtg. Jose Paulo		8:30 9 & 10 10-11 10-12 10:30 11:15 12:30 1-3 1-3:15 1-3 1:00		Quilts of Valor "Sew Day" Gentle Yoga Probate Forum Sit 'n Be Fit "Birthday" Bingo Free Bingo card for anyone celebrating a September Birthday!		9-1 9:30 10-11 11:15 1:00			
																							

## SUPPORT OUR ADVERTISERS!



## Calendar House Active Walkers (Walking Path)

Take a walk around Calendar House! One time around = .2 miles, five times around = 1 mile walked. During business hours, stop in and scan your card and we will log you under Calendar House Active Walkers. For your safety, please always carry a cell phone with you while walking the path!

## Calendar House Cardio Room

Drop-in Monday-Friday, 8:30 am-4:30 pm. Our cardio room features state of the art cardiovascular and strength training equipment. Please bring a change of sneakers, a closed water bottle, and note the posted rules on disinfecting the equipment.

## Sit 'n Be Fit

A gentle, slow moving DVD workout by Mary Ann Wilson, RN. Ideal for anyone managing arthritis pain! This drop-in class is offered Monday through Friday at 11:15 am.

## Tuesday/Thursday Exercise Classes

This exercise class includes cardio, strength and balance. Please bring hand weights to class. Classes are held on Tuesdays at 9 & 10 a.m. with Kim and on Thursdays at 9 and 10 a.m. with LeAnn. **Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register.**

## Seated and Gentle Yoga w/ Clementine

Each class offers poses modified and tailored to meet the needs of the student. The benefits of yoga are endless! Increase your strength and mobility while enhancing your flexibility and balance. Your mind becomes calm and more focused and your breathing is deeper. You will feel refreshed and regenerated! Drop-in Wednesday at 9:15 am for seated yoga and Friday at 9:30 am for gentle yoga. Class runs one hour. Please wear non slip shoes and comfortable clothes! Your first class is always FREE, then pay **\$8 per class to instructor, Clementine Delaney.**

## Fall Prevention Awareness Week September 18—24, 2022

Falls put you at risk of serious injury! Prevent falls with these simple measures, from reviewing your medications to hazard-proofing your home.

- **Make an appointment with your healthcare provider** – they can assess your risk and discuss fall prevention strategies. They will discuss your medications, any previous falls, and your health conditions to make recommendations.
- **Keep moving**—with your healthcare provider's o.k., consider activities that can reduce fall risk by improving strength, balance, coordination and flexibility.
- **Wear sensible shoes**—properly fitting, sturdy, flat shoes with non-skid soles are great choices!
- **Remove home hazards**—remove clutter and cords from walkways, repair loose floorboards and carpeting, store necessities within easy reach, immediately clean up spilled liquids, and use nonslip mats in your tub or shower.
- **Light up your living space**—use nightlights, place a lamp within reach of your bed, turn on the lights before going up or down the stairs, and store flashlights in easy to find places.
- **Use assistive devices**—have handrails installed on both sides of stairways, place nonslip treads on bare wood steps, and install grab bars in the tub or shower.

Source: Mayo Clinic

## T.O.P.S. CLUB

T.O.P.S. (Taking Off Pounds Sensibly) has decided to stay! The group meets at Calendar House on Thursday mornings at 8:30 am for a nice walk around the building, followed by weigh-in and weekly meeting. Drop-in to learn more! Nominal fee applies.

## MONTHLY FOOT CLINIC

Sue Zdeblick, RN with 30+ years of experience including *Foot Care Nurse Certification* holds a foot care clinic at the Calendar House, by appointment only, on the 1st & 3rd Tuesday of the month. **Call Sue directly at 860-538-1481 for an appointment** and info on the nominal fee.

## Free Hearing Screening w/ Bristol Hearing Aides L.L.C.



Myranda LaPira, HIS, of Bristol Hearing Aides L.L.C. provides free ear exams and hearing tests at Calendar House Senior Center. We are currently scheduling for Friday, December 16th between 10 am and 1 pm. You must schedule an appointment in advance. Each appointment will last approximately 30 minutes. Advice on first steps of hearing health based on the hearing screening will be given. Please call 860-621-3014 or stop at the front desk to schedule.

## Wheeler Clinic Health Outreach at Calendar House

Wheeler's Southington Health Outreach facilitates access to behavioral and mental health care for Southington residents. The project employs a three-tiered approach to serving individuals and families in this community, including outreach and health education; system navigation assistance; and efforts to reduce barriers to care.

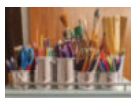
People who are impacted in any way by mental health problems and/or substance use disorders can come and talk to Holly, Sr. Community Health Outreach Coordinator at Wheeler, and discuss treatment options, as well as receive education and resources.

September outreach hours will be held at Calendar House on Monday, 9/12/22 & Monday, 9/26/22 from 9:30 - 11:30 am.

No registration is necessary, just drop in! For more information, please contact Holly at [hrhansen@wheelerclinic.org](mailto:hrhansen@wheelerclinic.org) or call 860-604-7448.

**SEPTEMBER IS NATIONAL SUICIDE AWARENESS MONTH.** Help is available! 988 has been designated as the new three digit dialing code that will route callers to the National Suicide Prevention Lifeline. You can also text 1-800-273-8255 or chat <https://988lifeline.org/chat/>

## Calendar House Art and Enrichment Classes Fall/Spring 2022/23



Calendar House Art and Enrichment class registration is **September 1st—9th**. Registration forms will be accepted in person or by mail (no phone registrations) and can be found online at [www.calendarhouse.org](http://www.calendarhouse.org) or at the Calendar House front desk. All classes (except watercolor) will run for two sessions; fall and spring (spring dates and info on the next watercolor session will be announced in January). Classes are FREE\*, unless otherwise noted below.

**All Level Quilting w/Karen Kebinger:** (fall session on Mondays, starts 9/12 for 14 weeks, 10 AM-12 Noon in Room 1A) Are you a quilter? Would you like to learn? Quilters of all levels are welcome to this unstructured class. Start a new project or finish one that you've set aside. Work on your own project under the guide of an experienced quilting instructor and have fun while expanding your knowledge and skills!

**Poetry for Everyone! w/Pat Mottola:** (fall session on Tuesdays, starts 9/13 for 14 weeks, 10 AM-11:30 AM in Room 2) "Poetry fills the empty spaces." In a relaxed, interactive classroom setting, students will discover poetry, learning about past and present poets, their styles, their influence, and discovering what's new on the current poetry scene. **Class is limited to 12 students.**

**Acrylic Painting w/Pat Mottola:** (fall session on Tuesdays, starts 9/13 for 14 weeks, 12:00 Noon -2:00 PM in Room 2) Students will

explore techniques of using the versatile medium of acrylic paint on canvas. Emphasis on creative color mixing. Students are encouraged to experiment with different subject matter and develop their own personal style. Some drawing or painting experience helpful. **Class is limited to 16 students.**

**Water Color w/Penny Kindblom:** (fall session on Wednesdays, starts 9/28 for 10 weeks, 1 PM-3 PM in Room 2) Explore the world of water color painting! Penny will walk you through the preparation and painting process and you will complete an 8 x 10 design! A supply list is available at the front desk. Paints will be provided by Calendar House. \*There is a \$2 fee payable to the instructor for a printed pattern packet including a color photo and design transfer. You will receive the packet the first week of class. The atmosphere will be informative and relaxed in an attempt to create an enjoyable experience for all. Please join Penny and let your watercolor journey begin! **Class is limited to 12 students.**

**Beginning/Advanced Drawing w/Sue Riley:** (fall sessions on Wednesdays or Thursdays, starting 9/28 and 9/29, for 10 weeks, 10 AM-12 Noon in Room 2). With the right techniques, you can learn to bring pencil drawing to life. Participants learn the basics of composition, value, contour lines, negative and positive space and perspective, all while practicing a wide variety of pencil techniques working from photos and subject matters interesting to the student. **Please register for one day only, either Wednesday or Thursday. Each Class is limited to 12 students.**



## DIAL-A-RIDE TRANSPORTATION



The Calendar House DIAL-A-RIDE provides transportation at no charge for Southington residents aged 55+ and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, there are some specific guidelines to be followed. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

•Restrictions on the number of passengers on the Dial-A-Ride bus have been lifted, but cloth face masks **MUST** still be worn while riding on the bus. We ask that riders do not remove face masks while riding on the bus for any reason. Although there is much improvement with the **COVID-19 Pandemic** we still ask if you are feeling unwell, have a cough or a fever to **please stay home**. These measures are in place for rider safety as well as the safety of our drivers. Thank you for your cooperation and understanding.

•**Medical Appointments:** Calendar House provides rides for dialysis, medical and dental transportation. Please provide one week advanced

notification for all appointments, especially for out-of-town appointments. You may schedule up to a month in advance. Under normal circumstances, last minute requests cannot be accommodated. Please schedule any **in-town medical appointments** between the hours of 8:30am—2:30pm.

•**Out-of-town medical transportation** will be provided as follows, please plan accordingly: Mondays & Wednesdays: Plainville, New Britain & Meriden; Tuesdays & Thursdays: Plainville, Bristol & Farmington; Friday: Hartford HealthCare, Cheshire; Please schedule **out of town appointments** between 9:30 am — 1 pm.

•**Shopping, Personal and Hair Appointments:** Please contact the office at 860-621-3014 before 12 noon on Thursday to schedule for the following week. Shopping days will be determined by our schedule of medical appointments.

•**Monday through Friday:** Rides are provided to & from Calendar House for activities, programs, appointments and lunch with advance scheduling.

• Please **call 860.621.3014** to make your appointments or have any questions. Thank you!





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## CALENDAR HOUSE CAFÉ

To reserve for either In-person **OR** Grab 'n Go call 860-621-6738 or see Janet Turner in the dining hall between 10 am and 12 noon. Reservations for **BOTH** Grab 'n Go **AND** In-person dining must be made by 12 noon on Wednesdays for the following week. *Example: orders for week of 9/5, must be made by 12 noon on 8/31.* This program is limited to those 60+ and suggested donation is \$2.50/meal. Both Grab 'n Go and In-person will be "pay as you go;" please bring correct change. Menus available in the dining hall, the Calendar House office, or on-line by visiting [www.calendarhouse.org](http://www.calendarhouse.org). Grab 'n Go lunches come cold, ready to re-heat at home, and must be picked up at Calendar House between 11-11:30 a.m. according to this schedule: Monday (2 meals for Mon/Tues), Wednesday (2 meals for Wed/Thurs) and Friday (1 meal for Fri). Bring a bag to carry your meals. In-person meals will be served promptly at 12 noon, Monday-Friday. **Late arrivals cannot be accommodated**, as the dining hall will close at 12:30 p.m. The Café is also seeking volunteers to serve one to two days a week. Interested or questions? Please call Janet at 860-621-6738.

## CALENDAR CORNER

Coming soon! The online version of the Calendar Corner is currently being developed. Submission forms for making entries to the Calendar Corner will also become available online. Paper copies and paper submission forms will continue to be available in the Calendar House lobby. Remember to pick up your copy. Keep those submissions coming!

## SOCIAL SECURITY 101

**Wednesday, September 7th—12 Noon**

Join Benjamin F. Rhodes III, Public Affairs Specialist for The Social Security Administration for this **FREE** workshop to learn:

- When are you eligible to receive retirement benefits?
- How does early retirement affect your benefits?
- Do you qualify for disability, survivors, and spouse benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Learn how to use [my Social Security](http://www.socialsecurity.gov/myaccount) online account and other online services. Please go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) to create a [my Social Security](http://www.socialsecurity.gov/myaccount) account and print your Social Security Statement **before** attending the workshop. To register call Calendar House at 860-621-3014 or stop at the front desk.

## MINI BUS TRIP

**LENNY & JOE'S AND LYMAN ORCHARDS!**

**Wednesday, September 14th**

Depart Calendar House on the Dial-A-Ride bus at 10 am to Lenny & Joe's Madison location for a seafood lunch "on your own." After lunch, the bus departs at 1 pm for a stop at Lyman Orchard's Farm Store at "The Apple Barrel" in Middlefield. Enjoy shopping at this unique farm market or indulge with an ice cream on the Apple Barrel Farm Market patio. Depart Lyman Orchards at approximately 2:30 pm to return to the Calendar House. Transportation for this trip is **FREE**, but you must pay for your own lunch, and shopping. **Limit of 16 passengers.** Call Calendar House at 860-621-3014 or register at the front desk beginning Monday, August 22nd. Reservations will be taken until Wednesday, September 7th (or until the bus is filled, whichever comes first). If you require Dial-A-Ride transportation to the Calendar House for this trip please let us know when registering. Rain date is Thursday, September 15th. **\*\*Masks must be worn while riding the bus - NO EXCEPTIONS\*\***

## VISIT THE BARNES MUSEUM

**Friday, September 16th, 10 am-12 Noon**

Visit with The Barnes Museum staff for an exclusive tour of the historic homestead, see the newest exhibit, and look at special items from the collection for your visit. The historic homestead, built in 1836, once belonged to Southington's wealthiest family and contained many historic objects, art, and artifacts from throughout Southington's history. End the morning with live music from the historic 1914 Steinway pianola player piano! Space is limited; to register please call the Calendar House at 860-621-3014 or stop at the front desk. This is a "Drive on Your Own" event. If you require Dial-A-Ride transportation to the Barnes Museum please let us know when you register!

## SEPTEMBER COFFEE 'N DESSERT

**Q.P.R. Suicide Prevention Training**

**Wednesday, September 21st @ 1:30 p.m.**

*Presented by:* Holly Hansen, MSW,  
Sr. Community Health Outreach Coordinator  
*Sponsored by:* Wheeler Clinic



September is National Suicide Prevention month. Please join Holly, Sr. Community Health Outreach Coordinator, for a free, Q.P.R. suicide prevention training. Older adults are at higher risk for suicide than any other age group in America. This training will teach you some warning signs of suicide and then how to implement the **Question, Persuade, Refer** model to save a life. Please note: Those who have lost someone in the last 6 months are advised to not partake in this training. To register, please call Calendar House at 860-621-3014 or stop at the front desk. Light refreshments will be served.

## MONTHLY PROBATE FORUM W/JUDGE JALOWIEC

The Calendar House, in conjunction with the Southington Public Library welcomes Cheshire/Southington Probate Judge Matthew Jalowiec to Calendar House on the last Friday of each month from 10-11 a.m. at open public forums. The public is invited to the free "Ask the Judge" forums. Judge Jalowiec answers probate questions in a simple, easy to understand manner. He cannot give any specific legal advice, but answers all questions thoroughly. All his responses will be procedural in nature and contain a general overview of the law. His kind and thoughtful approach to answering questions makes the forum a comfortable place to get information about things that can be difficult in nature. Each forum runs approximately one hour. **Next forum is Friday, September 30th.** Please call the Calendar House office at 860-621-3014 to register.

## ITALIAN NIGHT—Hawk's Landing

**Tuesday, October 18th, 5-9 pm**

Our very popular, always much anticipated ITALIAN NIGHT returns Tuesday, October 18th at 5:00 pm (please do not arrive before 5!), at Hawk's Landing Country Club, 201 Pattonwood Dr., Southington. On the menu: Cheese & Crackers, Bruschetta w/Crostini, Salad w/Italian Dressing, Italian Meatballs, Marinara Pasta, Chicken Parmigiana, Mixed Vegetable Medley, Garlic Bread, Coffee, Tea, Water and Soda. CASH BAR available. French Vanilla Ice Cream with Chocolate Sauce for dessert! Entertainment provided by DJ Bryon Daley. Tickets are \$22./pp having been generously subsidized by your Membership Association at \$.50/ticket! Tickets go on sale at the Calendar House office Monday, September 12th through Tuesday, October 11th, or until sold out. Cash or check only. If you are sitting with a group, please determine the "table name" before purchasing tickets. Dial-A-Ride Transportation is available upon request.

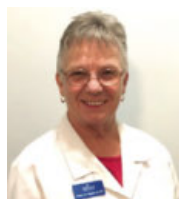




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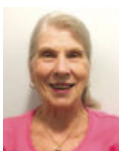
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Calendar House - Southington, CT

06-5315

**Trip Desk** is held in the Calendar House lounge from 1—3 pm on Mondays and 10 am—12 noon on Wednesdays. Updates can be found at [www.calendarhouse.org](http://www.calendarhouse.org) under the trips tab! Flyers are available for pick-up in the lounge area during regular business hours. Questions? Call Lana White at 860-621-3779, Jeff Driscoll at 860-276-3826 or Tours of Distinction at 1-800-426-4324. The Calendar House Trip Desk is comprised of all **VOLUNTEERS** dedicated to bringing new and exciting trip opportunities to our Center. All Calendar House trips are **NOT FOR PROFIT**, and volunteers do not receive any compensation/perks for their time. Here are the remaining trips for 2022!

**Tues/Oct 11, POLKA! POLKA!**, \*Aqua Turf. Family style Lemon Chicken & Pork Schnitzel. **\$47.pp**

**Thurs/Oct 20, WEST POINT CAMPUS TOUR**, Morning stop at National Purple Heart Hall of Honor, lunch at the Hotel Thayer. **\$127.pp**

**Fri/Nov 4, 36TH ANNUAL CHRISTMAS CRAFTS AT MOHEGAN SUN**, Enjoy New England's largest Arts and Craft Show! **\$70.pp**

**Tues/Nov 15, BOB HOPE USO SHOW**, \*Aqua Turf. Great entertainment from Bill Johnson with Roast Beef and Salmon served family style. **\$47.pp**

**Sun/Dec 4, CHRISTMAS LIGHTS & SONG**, Lunch at the Student Prince, Fort Street Holiday Carolers Sing Along, MGM Springfield Casino, Bright Nights at Forest Park. **\$112.pp**

**Wed/Dec 7, IN THE CHRISTMAS MOOD, GLENN MILLER ORCHESTRA**, \*Aqua Turf. Fun and lively holiday show with Roast Turkey and Baked Ham served family style. **\$86.pp**

**Tues/Dec 13, HOLIDAY FUN WITH THE CARTELLS**, \*Aqua Turf. Sing along with the Glamour Girls with Roast Turkey and Baked Scrod served family style. **\$47.pp**

*\*Aqua Turf and Oakville Events are "drive on your own."*

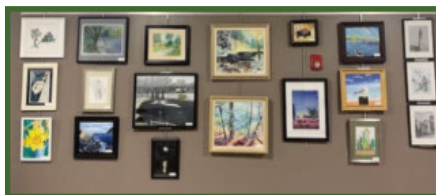


**\*\*The Trip Desk volunteers are currently working on a presentation to be held in October for new and exciting trip opportunities for 2023! The date will be announced in the next Active Lifestyles issue. Happy travels!**

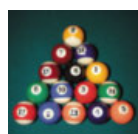
## Recent Happenings at Calendar House...



"Coffee and a Healthier Dessert" by ShopRite of Southington on 8/10



Hallway Art Gallery Summer Update!



Congrats to the Calendar House pool players on their victory over Wallingford on August 10th...14-5!

## LOCATION & STAFF

**388 Pleasant St.**

**Southington, CT 06489**

**Phone: 860-621-3014**

**HOURS: 8:30 a.m.—4:30 p.m.**

**Monday—Friday**

In case of INCLEMENT WEATHER, all delays and/or closings will be posted under the name **CALENDAR HOUSE** on WFSB Channel 3 and on the [www.WFSB](http://www.WFSB) website.

### DIRECTOR

David Lapreay

[lapreayd@southington.org](mailto:lapreayd@southington.org)

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### ADMINISTRATIVE ASSISTANT II

Vacant

### ADMINISTRATIVE ASSISTANT

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### F/T BUS DRIVERS

Paula Ofiara Pocock & Christie Boucher

### P/T BUS DRIVERS

Ed Pocock & Dawn Sousa

### TRIP DESK COORDINATORS

Lana White 860-621-3779 or

[lane250@cox.net](mailto:lane250@cox.net)

Jeff Driscoll 860-276-3826 or

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

Gerri Naples, Bookkeeper

### IMPORTANT NOTE:

Calendar House Senior Center will close at 12 Noon on Friday, Sept. 2nd for the staff to attend Town of Southington "Employee Appreciation Day"