

A very special birthday was celebrated in the pool room on May 13th.

*Happy
100th
Birthday*
Tony Longo!



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FROM THE STAFF

Welcome to the June issue of Active Lifestyles!

We had fun in May celebrating Older Americans Month with small events held throughout the month. Congratulations to Alice Gray who won the Stop and Shop gift card raffle on May 3rd!

In June, we have two free health screenings for you. Oral Health Screenings will be held on June 8th and Hearing Screenings on June 17th. Hartford HealthCare will also hold a COVID-19 Vaccine/Booster clinic on Tuesday, June 21st. Please see page 7 to find out how to register for all of these health related programs.

The popular "Better Balance" class with LeAnn Kroll resumes on June 1st., see page 7 for registration details. We also have some new activities to introduce! Cribbage will be held on Tuesdays at 10 a.m. and Corn Hole on Thursdays at 1 p.m. On June 7th we

will begin registrations for a new summer water color class which will run from July 6th—August 24th. Please see page 10 for ALL the details on these new programs!

Also, don't miss the opportunity to join State of CT Attorney General, William Tong, at Calendar House on June 14th at 10 a.m. for a timely conversation on issues facing seniors in today's chaotic world. This will be a very informative discussion, you won't want to miss it! Call 860-621-3014 to R.S.V.P.

~ 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 website. To subscribe, please go to: 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 CLASS In-person classes resume!

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. June 10th and July 8th. are currently FULL. Space is available for September 9th, October 14th and December 9th. Call 860-621-3014 to register. No class is scheduled for August or November.

Live virtual courses are also available in CT at 12:30 pm on 6/9, and 9:30 am on 6/20. Please note, a camera is required to verify your attendance. To sign up visit: <http://aarp.cvent.com/DSVirtual>

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.

REGINA COLLINS



MEMBERSHIP MEETING!

JULY 28, 2022 ~ 1PM

Featuring...

THE ELDERLY BROTHERS



Brian Gillie & Tom Stankus— Musical Entertainers

Back by popular Demand! Join us at 1 pm for a brief business meeting followed by Brian Gillie along with Tom Stankus, The Elderly Brothers! Among their repertoire are Ragtime, Boogie-Woogie, Jazz, Blues, Rock 'n roll, Hollywood, Broadway, and Swing. These two tickle the keys and pound them when necessary as they sing the hits with a crisp radiance. You might even learn some cool dance moves—whoa! Light refreshments will be served. R.S.V.P. by Monday, July, 25th 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, June 17th*

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.



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	COUPLE	\$3,572 /month

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CLC COMPUTER CLASSES

The Computer Lab is open
 Mondays 10-12 and Wednesdays 1-3.

Spring 2022 classes in session now!

Please visit www.calendarhouse.org
 for more information on computer
 classes, including one-on-one training!

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 & 10 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

Dancercise: 9:30 am
 Gentle Seated Yoga: 9:30 am
 Granny Squares: 10 am-12 Noon
 Sit 'n Be Fit: 11:15 am
 Better Balance: 1 & 1:45 pm
 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 6/9 & 6/23
 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* **NEW!** Starts June 7th!

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 w/ Michelle 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 9:30 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*

Better Balance: Wednesdays at 1 & 1:45 pm. Registration details on pg. 7. *Fitness Studio*

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* . **NEW!** Starts June 2nd!

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 (6/9 & 6/23)*


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. *Drop-In/Multi-Function Room*

JUNE 2022 CALENDAR

6

/ SUN	/ MON	/ TUES	1	WED 2	THURS 3	FRI 4 SAT
5 SUN	6 Line Dance Computer Lab Sit 'n Be Fit Mahjong Pickleball Trip Desk	7 Exercise w/Michelle Open Art Studio Cribbage Sit 'n Be Fit Set Back Pickleball	8 Dancercise Seated Yoga Trip Desk Granny Squares Every Smile Counts! Sit 'n Be Fit Better Balance Computer Lab Pickleball	9 TOPS Exercise w/LeAnn Tap Dancing Stained Glass Group Sit 'n Be Fit Canasta Adult Coloring Party Bridge Pickleball Corn Hole	10 AARP Safe Driver Gentle Yoga Sit 'n Be Fit Bingo Hot Dog Special (Ticket Required for Hot Dog)	11 SAT
12 SUN	13 Line Dance Computer Lab Sit 'n Be Fit Mahjong Pickleball Trip Desk	14  Exercise w/Michelle Open Art Studio Atfy. General William Tong Conversation Cribbage Sit 'n Be Fit Set Back Pickleball Country Western @ Hawk's Landing	15 Dancercise Seated Yoga Granny Squares Trip Desk Sit 'n Be Fit Better Balance Computer Lab Pickleball Coffee 'n Dessert Navigating Your Aging Parents	16 TOPS Exercise w/LeAnn Tap Dancing Stained Glass Group Sit 'n Be Fit Adult Coloring Party Bridge Pickleball Corn Hole	17 Gentle Yoga John E. DeMello Sr. Veteran's Coffee Hour Bristol Hearing Aides LLC Hearing Screening Sit 'n Be Fit Bingo	18 SAT
19 SUN Happy Father's Day!	20 Line Dance Computer Lab Sit 'n Be Fit Mahjong Pickleball Trip Desk	21 HHC COVID-19 Vaccine/Booster Exercise w/Michelle Open Art Studio Cribbage Sit 'n Be Fit Set Back Pickleball Summer Begins!	22 Dancercise Seated Yoga Granny Squares Trip Desk Sit 'n Be Fit Better Balance Computer Lab Pickleball Coffee 'n Dessert CT Trust Law	23 TOPS Exercise w/LeAnn Tap Dancing Stained Glass Group Sit 'n Be Fit Canasta Adult Coloring Party Bridge Pickleball Corn Hole	24 Gentle Yoga Quilts of Valor Probate Forum Sit 'n Be Fit Bingo	25 SAT
26 SUN	27 Line Dance Computer Lab Sit 'n Be Fit Mahjong Pickleball Trip Desk	29 Exercise w/Michelle Open Art Studio Cribbage Sit 'n Be Fit Set Back Pickleball	29 Dancercise Seated Yoga Trip Desk Granny Squares Better Balance Sit 'n Be Fit Computer Lab Pickleball	30 TOPS Exercise w/LeAnn Tap Dancing Stained Glass Group Sit 'n Be Fit Adult Coloring Party Bridge Pickleball Corn Hole	THURS /	FRI / SAT

SUPPORT OUR ADVERTISERS!



Better Balance w/ LeAnn

Better Balance class resumes on Wednesday, June 1st! During this 30 minute class, work on balance related skills including reaction time, pivotal movements, center of gravity, weight shifting, ankle strengthening & mobility, multi-sensory training, and functional training for everyday life. Class is held on Wednesdays from 1-1:30 pm. **Please call the office at 860-621-3014 no earlier than 8:30 am the day of class to register.** Class is limited to the first 12 who register. If we reach 12 participants for the 1 pm. class, a second class will be added from 1:45 –2:15 pm.

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.

Exercise Class w/ Michelle or LeAnn

This exercise class includes cardio, strength and balance. Please bring hand weights to class. Class is held on Tuesdays at 9 and 10 a.m. with Michelle and on Thursdays at 9 and 10 a.m. with LeAnn. (Thank you to Marcia for filling in while LeAnn was away!) **Please 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! Class times are 9:30—10:30 am.

Drop-in Wednesday for seated yoga and Friday for gentle yoga. Please wear non slip shoes and comfortable clothes! Your first class is always FREE, then pay **\$8 per class to instructor, Clementine Delaney.**

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.

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.



Every Smile Counts! Wed., June 8th, 10 am-2 pm

Free oral health screening/survey sponsored by the CT Department of Public Health through a CDC grant to help promote and advocate for improved access to affordable dental care. Oral health is a vital component to overall health and well-being. Poor oral health is associated with diabetes, heart disease, stroke and lung disease. A licensed dental hygienist will visually inspect your mouth and ask you to complete a short questionnaire. It only takes five minutes! In return receive a free gift bag including a toothbrush, toothpaste, and other oral health products. Please call 860-621-3014 to register for a time slot. Walk-ins will be accommodated as space allows.

be at Calendar House for ear exams and hearing test screening. 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 to schedule your appointment!

Hartford HealthCare
COVID-19 Vaccination & Booster Clinic



Calendar House Senior Center
388 Pleasant Street, Southington

Tuesday, June 21st
8:30am – 11:30am

Offering Pfizer and Moderna

Pre-registration is required. Call 860-621-3014 to register. Walk-ins not accepted. Please present CDC vaccination card with record of receiving previous doses, if applicable.

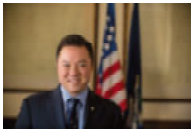


Free Hearing Screening! Fri., June 17th, 10 am-1pm
Miranda LaPira, HIS, of Bristol Hearing Aides LLC will

STATE OF CT ATTORNEY GENERAL

WILLIAM TONG

Tuesday, June 14th @ 10 am



The Attorney General of the State of CT, William Tong, welcomes members of the Southington Calendar House and their friends and family to join him for a conversation on the issues facing seniors in today's chaotic world. The COVID-19 pandemic has been devastating to many people, but behind the health crisis there are numerous other issues affecting individuals and families that the pandemic has made worse. Attorney General Tong is eager to share what he, as the State's leading consumer advocate, and his team are seeing as key threats facing seniors—and what seniors and their family members can do to best protect themselves! To sign-up please call 860-621-3014.

HOT DOG SPECIAL BINGO

Friday, June 10th @ 1 pm

Just prior to Bingo enjoy a hot dog, chili, sauerkraut, pickle and chips for just \$1 per ticket! Tickets are on sale in the Calendar House office through Tuesday June 7th or until sold out! Please note there will be no in-person lunch served at Calendar House on Friday, June 10th.

Ticket price for this Hot Dog Special Bingo has been subsidized with Memorial Donations received in loving memory of Julia Zarrella.



COUNTRY WESTERN NIGHT

@ Hawk's Landing Country Club

Tuesday, June 14th 5-9 pm



We'll be 'gittin' down country at Hawk's Landing with DJ, Bryon Daley providing country music for your listening and dancing pleasure! Check in begins at 5 pm, (please do not arrive before 5!). Buffet menu includes: Tortilla Chips with Salsa and Hummus, Pulled Pork with Rolls, BBQ Chicken, Cowboy Baked Beans, Corn on the Cob, Potato Salad, Cole Slaw, Coffee, Tea, Soda & Water with Chef's Choice Dessert. Cash Bar available. Tickets are \$20 per person and on sale through Tuesday, June 7th or until sold out. (Ticket prices have been generously subsidized at \$2.50 per ticket by the Calendar House Membership Association) Dial-A-Ride transportation service is available with advanced notice.

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 to talk, eat or drink. 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.

- We cannot accommodate same day requests.
- Please schedule any in-town medical appointments between the hours of 9—11am and 12:30—2:30pm.
- **Out-of-town medical transportation** will be provided as follows, please plan accordingly: Mondays & Wednesdays: Plainville, New Britain & Meriden; Midstate (appt's between 9:30-1:00pm); Tuesdays & Thursdays: Plainville, Bristol & Farmington (appt's between 9:30am-1:00pm); Friday: Please call for out-of-town schedule.
- **Shopping/Hair Appointments:** Please contact the office at 860-621-3014 before 12 noon on Thursday to schedule shopping 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. Thank you.



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CALENDAR HOUSE CAFÉ

To reserve for either In-person **OR** Grab 'n Go [call 860-621-6738](tel: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 6/6, must be made by 12 noon on 6/1.* 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. 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. Questions? Please call Janet at 860-621-6738.

“CALENDAR CORNER”

Keep those submissions coming! The “Calendar Corner” has been busy connecting our seniors. Please let us know what YOU are looking for, or perhaps wanting to get rid of. We’ve had some delicious recipes to share, but we haven’t recognized another Calendar House member. How about the instructor of one of your Calendar House classes? Let us know! Use a submission form and drop it into the box located in the lobby, email it to thecalendarcorner4@gmail.com, or leave a message for Diane or Janet at 860-621-6738.

PROBATE FORUM WITH 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, June 24th.** Please call the Calendar House office at 860-621-3014 to register.

NEW! CRIBBAGE AND CORN HOLE (Drop-In)

- **Cribbage**—Tuesday mornings starting June 7th from 10 am-12 Noon in the Multi-Function Card room. Please bring a cribbage board, we will provide the playing cards!
- **Corn Hole**—Players take turns throwing fabric bean bags at a raised platform with a hole on the end to score points. Thursday afternoons starting June 2nd from 1-3 p.m. in the Fitness Studio. Bring a friend to compete!



NEW! SUMMER WATER COLOR CLASS

Join instructor Penny Kindblom for an eight week water color class on Wednesdays from 1-3 pm from July 6th through August 24th. 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! Registration begins on June 7th. Please stop in to register. A supply list will be provided to you at registration. Paints will be supplied 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!

JUNE COFFEE 'N DESSERTS



Light refreshments are served during Coffee 'n Desserts. Space is limited, please RSVP to 860-621-3014. Join us!

“Navigating Your Aging Parents”

Wednesday, June 15th @ 1:30 p.m.

Presented and sponsored by: Attorney Mike Trella, Greene Law, Cheryl Olson, Hartford HealthCare & Lisa Olson, Berkshire Hathaway Home Services New England Properties

Join us as we discuss “Navigating Your Aging Parents.” Learn how to find important paperwork and begin the process of setting up care, finding resources, and ensuring finances are in order. We will show you how to become comfortable with the uncomfortable in a helpful way.

“CT Trust Law”

Wednesday, June 22nd @ 1:30 p.m.

Presented by: Attorney Collen Masse
Sponsored by: Czepiga, Daly, Pope & Perri

You may have heard about changes to Connecticut’s trust laws and may be wondering how the changes affect you? In this program, a Connecticut estate planning attorney will give an easy-to-understand overview of the Connecticut Uniform Trust Code. Some of the laws provide benefits that didn’t exist before. This program will be educational for both people who have trusts and those who are considering creating a trust. You’ll walk away with an understanding of how revocable living trusts work, whether a trust is something you actually need, and how the new laws may affect your existing trust. Please join us for this informative presentation.

SAFETY NOTICE TO GARDENERS/WALKERS!

Think safe, be safe! If you are at Calendar House tending to your garden plot or getting some exercise by walking the path, PLEASE always carry a cell phone with you! It is also a good idea to let a family member or friend know that you will be outside at the Calendar House. Designate a time to do a “check-in” so that they know you arrived home safely. We recently had a member fall outside of Calendar House and some time passed before they were discovered. Stay safe and keep your phone on you!



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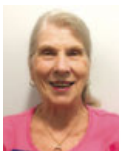


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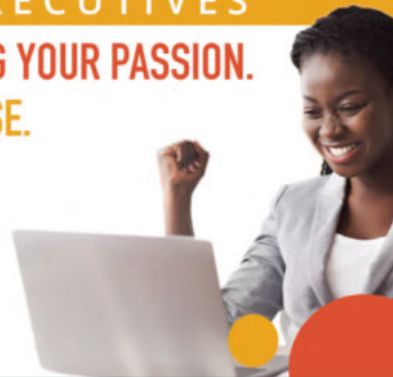
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Calendar House - Southington, CT

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Trip Desk is held in the Calendar House lounge from 1—3 p.m. on Mondays and 10 am—12 noon on Wednesdays. Updates can be found at 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.

DAY TRIPS 2022:

Tues/July 12, CELEBRATE ITALIA!!, *Aqua Turf. The Sam Vinci Band w/special appearance by Aaron Caruso. Sam and his band know how and what to play to please a crowd! Aaron's operatic voice brings Italian songs to life! Meatballs & Sausage/Chicken Parmesan. **\$47.pp**

Wed/July 13, "FOOTLOSE" THE MUSICAL at THEATER BY THE SEA! Kick off your Sunday shoes! Enjoy a day in Wakefield, RI with a Broadway production show and lunch at the Bistro. All the hits you remember like "Let's Hear it for the Boy," "Holding out for a Hero," and of course "Footloose!" **\$145.pp**

Tues/July 19, LOBSTER at the Log Cabin, Holyoke, Mass. Showtime with Lou Villano signing the best of Paul Anka. Lunch choice of lobster or prime rib, cheese & vegetable platter, sweet corn & baked potato. **\$118.pp**

Wed/Aug 10, THE JERSEY TENORS, *Aqua Turf. Tribute to Frankie Valli & The Four Seasons. Enjoy chicken parm & broiled scrod served family style! **\$86.pp**

Tues/Aug 16, TOM JONES & ENGLEBERT—THE WAY IT USED TO BE!! Starring Joe Saimeri. Sit back, close your eyes and be transported to great moments in musical history. From *Delilah* to *Release Me*, enjoy a powerful tribute to these unforgettable entertainers. Marinated Flank Steak/Chicken Marsala. **\$47.pp**

Wed/Sept 7, SOUNDS OF SUMMER at AMARANTES, NEW HAVEN, Enjoy the view from this beautiful waterfront property. Welcome station and Chicken Mediterranean or Sole Florentine. Jimmy Russo will entertain you with music from the 60's & 70's. **\$97.pp**

HIGHLIGHTED TRIPS...



NOVA SCOTIA & P.E.!!

September 8-15,
\$1,749.pp dbl

Roundtrip motor coach; Ferry to Nova Scotia; 7 nights accommodation; 13 meals: 7 breakfasts/6 dinners; guided tours of Nova Scotia, Halifax & Prince Edward Island; Halifax Harbor Cruise; Lunenburg; Peggy's Cove; Citadel Fortress; Anne of Green Gables; P.E.I National Seashore; Guided tour of Acadia National Park, ME. Valid U.S. passport/vaccine proof required.



A CAPE COD ESCAPE!

September 27-29
\$1,105.pp dbl

Roundtrip motor coach; 3-nights at Holiday Inn Hyannis; 6 meals: 3 breakfasts/3 dinners); Hyannis; Provincetown; 5-course dinner aboard Cape Cod Central Railroad; 1 lobster dinner; guided tour of Hyannis; admission on Cape Cod Central Railroad; roundtrip ferry to Martha's Vineyard with guided tour; visit to the Cape Cod National Seashore Visitor's Center; Cranberry Bog tour. Don't miss this one!

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 website.

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Gerri Naples, Book-Keeper

Please note: The Calendar House building is not open for use before 8:30 a.m. Monday through Friday.

