

Line dancers, raffle winners and a full house at
Country Western Night at Hawk's Landing!



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FROM THE STAFF

A big thanks to our members for your participation at our June events! We had great turn-outs for everything from the "Every Smile Counts" Oral Health Screening to Hot Dog Bingo, to Country Western Night at Hawk's Landing. Congrats to the raffle winners from Country Western Night...Diane McDonald, Betty Fairbanks, Jean Miller, Jerry Bleau and Eileen D'Andrea!

As we make plans to celebrate Independence Day, let's take a look at what Calendar House has to offer in the month of July!

Tickets will go on sale July 11th for "Hawaiian Shirt Night" on August 16th. It's always a great time at Hawk's Landing so we hope you will join us. See page 8 for details.

On Tuesday, July 19th don't miss our Southington Police Chief, Jack Daly and Deputy Chief, William Palmieri speaking at Calendar House about their many years of policing in Southington. This will be a very informative discussion, you won't want to miss it!

The month of July will end with our Membership Meeting on July 28th featuring the always popular "Elderly Brothers" here to entertain us!

Calendar House will be soon be installing a "Birthday Bulletin Board" under the TV in the main lobby. Do you have a birthday coming up? Bring us a picture of yourself (it could be a baby, childhood, teenage picture or ANY age really!) We will post it on the bulletin board to celebrate YOU! In keeping with the birthday theme, starting in July, we are introducing "Birthday Bingo!" At the last Friday Bingo game of the month, anyone celebrating a birthday that month will receive a free bingo card!

~ From 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

Now in-person!

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 July 8th, **August 12th-just added!**, September 9th, October 14th, **November 4th-just added!**, 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.



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, July 15th*

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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SLMB	SINGLE	\$2,480 /month
	COUPLE	\$3,354 /month
ALMB	SINGLE	\$2,641 /month
	COUPLE	\$3,572 /month

ATTENTION MEDICARE BENEFICIARIES!

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 =====

CLC COMPUTER CLASSES

The Computer Lab is open
 Mondays 10-12 and Wednesdays 1-3.
**Details on registration for the next
 session of computer classes coming
 in next month's Active Lifestyles!**
 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 7/7 & 7/21
 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 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 .*

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 (7/7 & 7/21)*



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*

JULY 2022 CALENDAR

6

/ SUN	/ MON	/ TUES	/ WED	THURS	1	FRI 2
<p>DROP IN DAILY! 8:30 a.m. —4:30 p.m.</p> <p>Pool Players * Ping Pong Players * Cardio Room</p> <p>Stained Glass * Active Walkers * Library/Puzzle Makers</p> <p>Coffee 'n Conversation * Lunch Daily—see page 10!</p>				<p><i>Gentle Yoga</i> <i>Sit 'n Be Fit</i> <i>Bingo</i></p>	<p>9:30 11:15 1:00</p>	<p>SAT</p>
<p>3 SUN</p>	<p>4</p> <p style="text-align: center;">CENTER CLOSED INDEPENDENCE DAY</p> 	<p>5</p> <p><i>Exercise w/Michelle</i> 9 & 10 <i>Open Art Studio</i> 10-12 <i>Cribbage</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Set Back</i> 1-3 <i>Pickleball</i> 1-3</p>	<p>6</p> <p><i>Dancercise</i> 9 & 10 <i>Seated Yoga</i> 10-12 <i>Trip Desk</i> 10-12 <i>Granny Squares</i> 10-12 <i>Sit 'n Be Fit</i> 1-3 <i>Better Balance</i> 1-3 <i>Computer Lab</i> 1-3 <i>Pickleball</i> 1-3 <i>Water Color</i> 1-3</p>	<p>7</p> <p><i>TOPS</i> 9:30 <i>Exercise w/LeAnn</i> 9:30 <i>Tap Dancing</i> 10-12 <i>Stained Glass Group</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Canasta</i> 1:00 <i>Adult Coloring</i> 1-3 <i>Party Bridge</i> 1-3 <i>Pickleball</i> 1-3 <i>Corn Hole</i> 1-3</p>	<p>8</p> <p>8:30 9 & 10 10-11 10:30 11:15 12:30 1-3 1-3:15 1-3 1-3</p>	<p>9 SAT</p> <p><i>AARP Safe Driver</i> 9-1 <i>Gentle Yoga</i> 9:30 <i>Sit 'n Be Fit</i> 11:15 <i>Bingo</i> 1:00</p>
<p>10 SUN</p> <p><i>Line Dance</i> <i>Computer Lab</i> <i>Sit 'n Be Fit</i> <i>Mahjong</i> <i>Pickleball</i> <i>Trip Desk</i></p>	<p>11</p> <p>9:30 10-12 11:15 12:30 1-3 1-3</p>	<p>12</p> <p><i>Exercise w/Michelle</i> 9 & 10 <i>Open Art Studio</i> 10-12 <i>Cribbage</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Set Back</i> 1-3 <i>Pickleball</i> 1-3 <i>Sr. Citizen Advisory Meeting</i> 4:30</p>	<p>13</p> <p><i>Dancercise</i> <i>Seated Yoga</i> <i>Granny Squares</i> <i>Trip Desk</i> <i>Sit 'n Be Fit</i> <i>Better Balance</i> <i>Computer Lab</i> <i>Pickleball</i> <i>Water Color</i> <i>Coffee 'n Dessert Seniors & Isolation</i></p>	<p>14</p> <p><i>TOPS</i> 9:30 <i>Exercise w/LeAnn</i> 9:30 <i>Tap Dancing</i> 10-12 <i>Stained Glass Group</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Adult Coloring</i> 1:00 <i>Party Bridge</i> 1-3 <i>Pickleball</i> 1-3 <i>Corn Hole</i> 1-3</p>	<p>15</p> <p>8:30 9 & 10 10-11 10:30 11:15 1-3 1-3:15 1-3 1-3</p>	<p>16 SAT</p> <p><i>Gentle Yoga</i> 9:30 <i>John E. DeMello Sr. Veteran's Coffee Hour</i> 10:00 <i>Sit 'n Be Fit</i> 11:15 <i>Bingo</i> 1:00</p>
<p>17 SUN</p> <p><i>Line Dance</i> <i>Computer Lab</i> <i>Sit 'n Be Fit</i> <i>Mahjong</i> <i>Pickleball</i> <i>Trip Desk</i></p>	<p>18</p> <p>9:30 10-12 11:15 12:30 1-3 1-3</p>	<p>19</p> <p><i>Exercise w/Michelle</i> 9 & 10 <i>Open Art Studio</i> 10-12 <i>Cribbage</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Set Back</i> 1-3 <i>Pickleball</i> 1-3 <i>Southington Police Talk</i> 1:30</p>	<p>20</p> <p><i>Dancercise</i> <i>Seated Yoga</i> <i>Granny Squares</i> <i>Trip Desk</i> <i>Sit 'n Be Fit</i> <i>Better Balance</i> <i>Computer Lab</i> <i>Pickleball</i> <i>Water Color</i> <i>Coffee 'n Dessert Medicare 101</i></p>	<p>21</p> <p><i>TOPS</i> 9:30 <i>Exercise w/LeAnn</i> 9:30 <i>Tap Dancing</i> 10-12 <i>Stained Glass Group</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Canasta</i> 1:00 <i>Adult Coloring</i> 1-3 <i>Party Bridge</i> 1-3 <i>Pickleball</i> 1-3 <i>Corn Hole</i> 1:30</p>	<p>22</p> <p>8:30 9 & 10 10-11 10:30 11:15 12:30 1-3 1-3:15 1-3 1-3</p>	<p>23 SAT</p> <p><i>Gentle Yoga</i> 9:30 <i>Sit 'n Be Fit</i> 11:15 <i>Bingo</i> 1:00</p>
<p>24/31 SUN</p> <p><i>Line Dance</i> <i>Computer Lab</i> <i>Sit 'n Be Fit</i> <i>Mahjong</i> <i>Pickleball</i> <i>Trip Desk</i></p>	<p>25</p> <p>9:30 10-12 11:15 12:30 1-3 1-3</p>	<p>26</p> <p><i>Exercise w/Michelle</i> 9 & 10 <i>Open Art Studio</i> 10-12 <i>Cribbage</i> 10-12 <i>Sit 'n Be Fit</i> 11:15 <i>Set Back</i> 1-3 <i>Pickleball</i> 1-3</p>	<p>27</p> <p><i>Dancercise</i> <i>Seated Yoga</i> <i>Trip Desk</i> <i>Granny Squares</i> <i>Better Balance</i> <i>Sit 'n Be Fit</i> <i>Computer Lab</i> <i>Pickleball</i> <i>Water Color</i></p>	<p>28</p> <p><i>TOPS</i> 9:30 <i>Exercise w/LeAnn</i> 9:30 <i>Tap Dancing</i> 10-12 <i>Stained Glass Group</i> 10-12 <i>Sit 'n Be Fit</i> 1:00 <i>Adult Coloring</i> 11:15 <i>Party Bridge</i> 1-3 <i>Corn Hole</i> 1-3 <i>Membership Mtg. The Elderly Brothers</i> 1-3</p>	<p>29</p> <p>8:30 9 & 10 10-11 10:30 11:15 1-3 1-3:15 1-3 1:00</p>	<p>30 SAT</p> <p><i>Gentle Yoga</i> 9:30 <i>Probate Forum</i> 10-11 <i>Sit 'n Be Fit</i> 11:15 <i>"Birthday" Bingo</i> 1:00 A free Bingo card for anyone celebrating a July birthday!</p> 

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Better Balance w/ LeAnn

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 limit is 12. 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. **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.



Free Hearing Screening! Fri., August 19th 10 am-1pm

Myranda LaPira, HIS, of Bristol Hearing Aides LLC will 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!

CALENDAR HOUSE CORN HOLE



Corn Hole at Calendar House has taken off! Join the fun every Thursday in the Fitness Room from 1—3 pm. If we get enough players, perhaps we can challenge another Senior Center to a tournament?!?

“Carlo Berardinelli throws a winning shot!”

SPECIAL NEEDS REGISTRY

The Town of Southington in conjunction with the Commission on DisAbilities maintains a special needs registry at the SPD dispatch center to assist residents with special needs in the event of emergency or evacuation, including but not limited to events such as floods, fire, winter storms, etc. Residents with wheelchair or mobility issues and/or requiring oxygen on a daily basis are encouraged to register. For registration form please visit: <https://southingtonpolice.org/special-needs-registry/> Mail form to Southington Commission on DisAbilities, PO Box 439, Marion, CT 06444 or SPD, 69 Lazy Lane, Southington. Registration forms also available at Calendar House Senior Center. Southington Commission on DisAbilities follows HIPAA privacy laws.



“HAWAIIAN SHIRT NIGHT” @ Hawk’s Landing Country Club Tuesday, August 16th, 5-9 pm “ALOHA!”

Join us at Hawk’s Landing for Hawaiian Shirt Night on Tuesday, August 16th. Check-in begins at 5 pm (please do not arrive before 5!) Put on your wildest, most colorful Hawaiian shirt, blouse or dress or come as you please! Enjoy a Hawaiian feast including: Salad w/Vinaigrette; Rolls & Butter; Teriyaki Chicken Skewers; Baked Ham w/Pineapple; Hawaiian Rice; Mixed Vegetable Medley; and for dessert—French Vanilla Ice Cream w/Chocolate Sauce. Coffee, Tea, Soda and Water are included. Cash Bar is also available. DJ Billy Jones will provide music for your listening and dancing pleasure! Tickets are \$20 each and are on sale in the Calendar House office beginning Monday, July 11th through Tuesday, August 9th 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 available upon request. “Mahalo!”



“SOUTHINGTON POLICE TALK”

Tuesday, July 19th, 1:30 pm

Southington Police Chief Jack Daly and Deputy Chief William Palmieri will be at Calendar House on Tuesday, July 19th at 1:30 pm to discuss their combined 75 plus years of policing in the town of Southington! Learn about the current make-up of the Southington Police Department and how things have changed over their many years on the force. This is sure to be an interesting talk! Register by calling 860-621-3014 or at the Calendar House front desk.

“In Memory of Norm Giroux”



In April, the Calendar House Golf League remembered past Golf League Chairman Norm Giroux with a memorial bench. This bench is now placed at Hawk’s Landing Country Club on the 9th hole Gold Tee. The “2nd Annual Norm Giroux Memorial Golf Tournament” will be held at Hawk’s Landing on Monday August 1st at 10 a.m. Registration deadline is Thursday, July 14th. For details on the tournament, please contact either Dawn Sargis at Calendar House, 860-621-3014 or email: sargisd@southington.org or Steve Giroux, 617-821-4216 or email: sgiroux744@gmail.com

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 7/11, must be made by 12 noon on 7/6.* 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. 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

The Calendar Corner is always looking for your input. Keep those submissions coming! Fill out a submission form and drop it in the marked box in the lobby, or email it to thecalendarcorner4@gmail.com, or leave it on a message for Janet or Diane at 860-621-6738. Submissions are needed in all categories... Did you know, Looking for items, Donations, Recipes, Recognitions and Laugh Out Loud. Thank you for your contributions.

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, July 29th.** Please call the Calendar House office at 860-621-3014 to register.



SUMMER WATER COLOR CLASS

A few spots left! Call 860-621-3014 or stop at the Calendar House front desk to register. 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! 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!



JULY COFFEE 'N DESSERTS

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

"Seniors and Isolation"

Wednesday, July 13th @ 1:30 p.m.

Presented by: Heather Hitchcock, CDP, Community Education Manager. Sponsored by: Bristol Health

Although it's hard to measure social isolation and loneliness precisely, there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people in the United States putting them at risk for dementia and other serious medical conditions. Heather Hitchcock, Community Education Manager from Bristol Behavioral Health will discuss isolation and loneliness, the risks associated, as well as steps we can take to combat these two conditions.

"Medicare SOS"

Wednesday, July 20th @ 1:30 p.m.

Presented by: Jamie Finkelstein
Sponsored by: Beacon Retiree Benefits Group

After attending our presentation you will better understand the ins and outs of Medicare including:

- Social Security eligibility vs. Medicare eligibility
- The important dates, timing factors, costs and potential penalties
- Medicare Basics—Parts A, B, C & D
- The impact of HealthCare Reform on Medicare Part D
- Enrollment periods and various plan options

AFFORDABLE CONNECTIVITY PROGRAM

The Affordable Connectivity Program is a Federal Communications Commission [program](#) that helps connect families and households struggling to afford internet service. This new benefit provides a discount of up to \$30 per month toward broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers.

Eligible households can enroll through a [participating broadband provider](#) or directly with the Universal Service Administrative Company (USAC) using an [online](#) or mail in application.

You can learn more about the benefit, including eligibility and enrollment information, by visiting www.fcc.gov/ACP, or by calling 877-384-2575.

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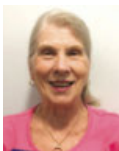


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Trip Desk is held in the Calendar House lounge from 1—3 p.m. on Mondays and 10 am—12 noon on Wednesdays. Updates can be found at www.calendarhouse.org under the trips tab! Flyers are available for pick-up in the lounge area during regular business 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:

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!!, Aqua Turf. Starring Joe Saimeri. 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**

Tues/Sept 13, JIMMY MAZ PAYS TRIBUTE TO BOBBY DARIN & CONNIE FRANCIS, *Aqua Turf. Family style Roast Beef & Chicken Francais. **\$47.pp**

Wed/Sept 21, CHARLES RIVER CRUISE—BOSTON, Lunch at the Cheesecake Factory. **\$114.pp**

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

NEW! 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**

NEW! 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**

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

HIGHLIGHTED TRIPS...



NOVA SCOTIA & P.E.I.!

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, Bookkeeper

IMPORTANT NOTE: The Southington Recreation Department office is now located permanently at the Calendar House Senior Center!

