

Active Lifestyles

Calendar House Southington Senior Center • 860-621-3014

Volume 1, Issue 2

JULY, 2013

From the Executive Director's Desk



ROBERT VERDERAME
Calendar House
Executive Director

CHANGE! Not the coins that jingle in your pocket! I'm talking about the word "change." It's often met with resistance, refusal and rejection, especially in and around senior centers! We all know change can

be very positive. Calendar House has experienced a number of changes recently that you may have seen or heard.

A change in management structure from Senior Citizen Commission to Senior Citizen Advisory Board has proven to be positive with the support of those involved: the Town Manager, Town Council, Advisory Board members, the Calendar House Membership Association and the Calendar House staff. Together we will work to provide quality customer service and opportunities to enhance the quality of life for Southington residents 55 and older.

"Active Lifestyles" represents a new attitude and a new format. Much time and effort has gone into this new newsletter, and we are very proud of the result. We have high hopes of continuing, expanding and improving it to provide you, our readers, with more information, features and articles.

You might have noticed some

improvements to the facility -- fresh paint, bench cushions, wall hangings and a display gallery in the hallway featuring art work by Calendar House students! Our classes, especially the fitness classes, are more popular than ever. Health & Wellness presentations complement them, offering information and education on a variety of topics.

With increased demand for transportation, our Dial-A-Ride program has experienced some growing pains, but adjustments and changes are being implemented to ensure safe, reliable and timely service.

Members of the Advisory Board and the Membership Association are working with the staff to explore activities and programs that will reflect your interests and concerns. Your suggestions are always welcome.

It's a new day at Calendar House in many ways! As for "change" -- well I must say it's all good! The enthusiasm and participation of many willing hands, including our incredible volunteers who generously share time, talent and energy, make it all possible. Thank you! The best is yet to come! Here's to positive change and continued success!

Ice Cream Social, Matinee Movie, Membership Meeting

Here come the "lazy hazy crazy days of summer" complete with better weather, backyard barbecues and lots of social activities with good friends! We start with our Membership Meeting, then you create your very own ice cream sundae -- with plenty of strawberries! Then sit back and enjoy "The Best Exotic Marigold Hotel" on our big screen in cool comfort.

The movie follows a group of British

retirees who decide to retire to less expensive and seemingly exotic India. Bolstered with visions of a life of leisure, they arrive to find the hotel a shell of its former self. They are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Please call or stop in the office to reserve your "spoon" & seat! Join us on Thursday, July 25 at 1 PM for this fun afternoon!

JULY EVENTS!

- **Independence Day** -- Thursday, July 4
Calendar House Closed
- **Simply Swing** -- Monday, July 8, 6:30 PM. Free and open to the public. The Farmington Bank Community Concert Series features "Simply Swing", an amazing 10-piece swing orchestra performing Big Band and Swing Dance favorites at the Calendar House Pavilion.
- **Country Western Night** -- Tuesday, July 16, 5 PM. We'll be 'gitting down country at the Calendar House with entertainer Ray Scott returning by popular demand! Hen House's catered menu includes: half chicken; potato salad; baked beans; cole slaw; roll; beverage and dessert. The \$10 tickets are on sale now. You won't want to miss this event -- 'fer sure!!



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860.276.0027

Office Hours by Appointment | New Patients Welcome

Ask about our Senior Citizen Discount!



COMMISSION/ ADVISORY BOARD

The next Senior Citizen Commission/Advisory Board Meeting will be on Tuesday, July 9 at 6:30 PM at The Calendar House in the Main Hall. Calendar House members and the public are encouraged to attend.

STEPS Grandparent Tip

Children may not know how to tell you but they want you in their lives. Attend school events, activities, sports, recitals, achievement milestones. Spend individual time with each grandchild. Expose them to cultural, religious and family traditions. Be their model of values and service to others. Be their gift of sweet memories.

DIAL-A-RIDE BUS

provides transportation at no charge for Southington residents age 55 and over and for people with disabilities. Transportation is available to and from doctor and dental appointments. On Mondays, Tuesdays and Thursdays rides are available to various shopping locations. Monday through Friday rides are provided to and from Calendar House for lunch, activities, programs and appointments. Advance notice is required: two days (48 hours) are requested when possible. We ask that medical appointments be made between 9AM and 2:30PM for in town and between 10AM and 1PM for out of town. Call 860.621.3014 Monday to Friday 10AM to 12 noon to be scheduled.

Foot Clinic

Sue Zdeblick, RN with 30+ years experience including Foot Care Certification provides a monthly foot clinic by appointment only. There is a nominal fee. Please call 860.621.3014 to make an appointment.

55 ALIVE SAFE DRIVING COURSES

July 12 • 8:45 AM to 1PM • 1 day only!

Focuses on latest driving techniques with emphasis on defensive driving. Classroom only. \$12 for AARP members (membership # required) \$14 for non-AARP members. Payable to AARP.

In Memory

• CLIFF KERN •

Donations in memory of a friend or relative may be made to the Calendar House Memorial Fund.

CLUBS

FINANCIAL CLUB: Wednesday, July 10, 1 PM

Learn how to manage your Financial Investments, including stocks, bonds, CD's, money markets, mutual funds and other investment instruments with Connie Proll, a Southington based certified financial advisor.

DIGITAL PHOTO CLUB: Wednesday, July 17, 1 PM
Discover state-of-the-art digital photography techniques with Peter Freeman our photography guru. Occasional field trips are planned.

COMPUTER CLUB: Wednesday, July 24, 1 PM
Review any and all computer related topics; take part in building or upgrading computers, learning in the process how each component. **CURRENT COMPUTER LEARNING CENTER CLASSES** and **LAB SCHEDULES** on website: www.calendarhouse.org and posted outside lab.

Do you know a family that is having difficulty trying to make ends meet? Some may not know that at Southington Community Services they may qualify for a helping hand with food, clothing or other financial needs. SCS is located at 91 Norton Street in Plantsville.

MEDICATION DISCUSSION

Thursday, July 11, 1 PM.

Join the folks from Infinity Home Care Services in our Main Hall for delicious, delectable desserts and an informative discussion about medications. Reserve your spot, call 860.621.3014

Hot Dog Special

Friday, July 26, 1:15 PM

Prior to afternoon bingo enjoy a hot dog, chips, condiments and beverage! Tickets: \$3 available in the office.

RENTERS RELIEF APRIL 1- OCTOBER 1, 2013

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 – (2012 info).

Please contact the Calendar House for more information or to make your appointment, 860-621-3014,



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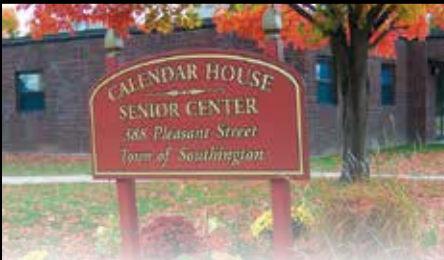


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drzdeblick@yahoo.com



Calendar House
MEMBERSHIP ASSOCIATION
388 Pleasant Street, Southington
860.621.3014

Bringing together Southington's seniors, maximizing Calendar House facilities, planning and implementing programs and activities for the recreation, education and creativity of its members.

We Welcome New Members!

We Buy Houses for
CASH!
CLOSE IN 5 DAYS!

Michael A. Riccio, Principal
PH: 860.919.9122
FX: 860.736.2006
mrircio@megahits.com
16 Cornerstone Court, Plantsville, CT 06479




SOUTHINGTON
Community Services

91 Norton Street, Plantsville, CT 06479
860-628-3761 | Janet Mellon, Director



Helping those enduring challenging times wouldn't be possible without the support of an entire town. Your gifts of food, clothing, money, your time and energy as volunteers... That's what makes it happen!

Dave Harrington says:
"Volunteerism is not simply a past time or a privilege here. It's a passion, and our seniors are the most passionate."

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Infinity Home Care Services is located at 653 Main Street • Plantsville, CT 06479 • infinityhomecareservices.com

"DAMN YANKEES"

Warner Theater & Bogey's Restaurant, Torrington, CT

Sunday, July 21, 2013

Depart: 10:45 AM • Return Estimate: TBD • \$65 pp

Depart from Calendar House, arrive at Bogey's Restaurant & Pub at the Yankee Pedlar and enjoy their "Mini-Buffer" including: Entrée (choice of one): Chicken Piccata OR Chicken Parmigiana; Pasta (choice of one): Penne ala Vodka, Baked Manicotti, Baked Ziti, Chicken Fusilli w/Marinara, Penne Pasta Primavera, Eggplant Parmigiana OR Baked Stuffed Shells; Salad (choice of one): Tossed OR Caesar. Also includes: Red Roasted Potatoes, Mixed Vegetables, Rolls & Butter, Coffee, Tea, Water, Soda and Dessert. After lunch, head over to The Warner Theatre for their performance of "Damn Yankees". Faust meets professional baseball in this Tony Award Winning Broadway Classic. Light, fast-paced and devilishly clever – Joe Boyd is a typical middle-aged man addicted to baseball. Every season is painful for him because his team, the Washington Senators, always loses to the Yankees. Joe ends up making a pact with the devil that allows Joe Boyd to turn into the slugger Joe Hardy. Hardy becomes the savior of the Senators and a Major League star! The problem is that Joe has also agreed to let the devil have his soul. Luckily, the deal includes an escape clause allowing him to return to his normal life. After great success as a baseball player, and despite various attempts by the devil to convince him to remain young, Joe decides to return to his wife.

Tickets are limited and on sale NOW at Calendar House!

ROCKING HORSE RESORT, NY

Monday through Friday, October 7-11, 2013

Depart: 9 AM • Return Estimate: TBD

\$579 pp double • \$699 pp single • \$569 pp triple

DEPOSIT SCHEDULE: \$300 pp due at sign-up

\$100 pp due by July 18 Balance due by September 9

Back by popular demand! A 5-day, 4-night trip to the delightful Rocking Horse Resort. See for yourself why more senior groups return from Rocking Horse Resort saying that they had "the most fun they'd had in years!"

DURING THE DAY: 3 delicious meals, program of daytime activities: Hay rides, shuffleboard, bocci, sauna, paddleboats, trivia & more. Free coffee and cake all day. Contests: games, bingo, prizes. Indoor Pool. Happy Hour. Horseback rides in the country.

IN THE EVENING: Deluxe accommodations, live entertainment and dancing, more games and prizes.

ALSO INCLUDED: Round trip transportation, hotel/meal gratuities, New York State Sales Tax and baggage handling.

OTHER TRIPS AVAILABLE:

Lake George & Saratoga, NY

Wednesday through Saturday, August 21-23, 2013

Please call the Calendar House for more information, 860-621-3014

- New trips are USUALLY sold on the first or second Friday of the month on a first come, first served basis.
- Payment is due at time of sale. Make checks payable to: Calendar House. If paying in cash, you must have exact amount.
- Calendar House I.D. must be presented.
- Each individual may only purchase two (2) seats.
- Seating is non-transferrable.
- Cancellation Policy: We will attempt to fill your place from a waiting list, if available.

- Day trip refunds are only made if replacement is found prior to trip departure.
- Trips are offered to members only for the first week of the sale; after one week, nonmembers, (senior citizens) may purchase available seats.
- Day and overnight parking permitted in rear parking lot; however, Calendar House is not responsible for loss due to damage, theft of vehicle or vehicle contents.
- Important: Should you need to get into the building when trip returns, you must advise a staff member the day before the trip departs.

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\$1.00 OFF
ANY SPECIALTY LATTE
WITH THIS COUPON • EXPIRES JULY 31, 2013
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Sunday 11:30AM-1AM

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\$5 OFF
AT THE DOOR WITH THIS COUPON
Beer & Wine Tasting Festival
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at The Aqua Turf Club
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16 new beers on tap on our brand new draft system! We can match any beer with any burger! Meow!
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JULY • 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Stained Glass Club 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton	2 9AM Pool Players 1:30PM NO Strength Training	3 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10AM Granny Squares 10:15AM NO Ace Aerobics 1PM Ping Pong 2:30PM Badminton	4  Calendar House Closed for Independence Day Celebration	5 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10:15AM NO Ace Aerobics 11:15AM Physical Fitness 1PM Bingo	
7	8 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Stained Glass Club 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton 6:30PM Simply Swing!	9 9AM Pool Players 1:30PM Strength Training 6:30PM Senior Citizen Commission Advisory Board Meeting	10 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Ping Pong 1PM Financial Club 2:30PM Badminton	11 9AM Pool Players 9:30AM TOPS 10AM Strength Training 1PM Scrabble 1PM Bridge 1PM Medication Discussion	12 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10:15AM Ace Aerobics 11:15AM Physical Fitness 1PM Bingo 8:45AM-1PM 55 Alive	13
14	15 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Stained Glass Club 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton	16 9AM Pool Players 1:30PM Strength Training 5PM Country Western Night	17 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Ping Pong 1PM Digital Photo Club 2:30PM Badminton	18 9AM Pool Players 9:30AM TOPS 10AM Strength Training 1PM Scrabble 1PM Bridge	19 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10:15AM Ace Aerobics 11:15AM Physical Fitness 1PM Bingo	20
21	22 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Stained Glass Club 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton	23 9AM Pool Players 1:30PM Strength Training	24 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Ping Pong 1PM Computer Club 2:30PM Badminton	25 9AM Pool Players 9:30AM TOPS 10AM Strength Training 1PM Scrabble 1PM Bridge 1PM Ice Cream Social, Matinee Movie and Membership Metting	26 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10:15AM Ace Aerobics 11:15AM Physical Fitness 1PM Bingo 1:15PM Hot Dog Special	27
28	29 9AM Ping Pong 9AM Pool Players 9:30AM Line Dance 10AM Stained Glass Club 11AM Physical Fitness 12:30PM Mah Jong 2:30PM Badminton	30 9AM Pool Players 1:30PM Strength Training	31 9AM Dancercise 9AM Pool Players 9AM Gentle Supported Yoga 10AM Granny Squares 10:15AM Ace Aerobics 1PM Ping Pong 2:30PM Badminton			

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**Thursday
7 • 11 • 2013
5:30-9:30 PM
RAIN OR SHINE**

The Aqua Turf, 556 Mulberry Street, Plantsville

Tickets: \$25/ADVANCE; \$30/DOOR