



June 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3 9:00 Ping Pong 9:00 Pool Players 9:30 Line Dance 10:00 Stained Glass Club 11:00 Physical Fitness 12:30 Mah Jong 2:30 Badminton	4 9:00 Pool Players 1:30 Strength Train.  8-9am Floral Design class Foot Clinic (by app't)	5 9:00 Dancercise 9:00 Pool Players 9:00 Yoga 10:00 Granny Squares 10:15 Aerobics 1:00 Ping Pong 2:30 Badminton 1—3 pm RENTERS REBATE Flanders West Bldg 1	6 9:00 Pool Players 9:30 TOPS 10:00 Strength Train. 1:00 Scrabble 1:00 Bridge 11:00-12 noon Blood Pressure	7 9:00 Dancercise 9:00 Pool Players 9:00 Gentle Yoga 10:15 Aerobics 11:15 Physical Fitness 1:00 Bingo	1
9	10 9:00 Ping Pong 9:00 Pool Players 9:30 Line Dance 10:00 Stained Glass Club 11:00 Physical Fitness 12:30 Mah Jong 2:30 Badminton	11 9:00 Pool Players 1:30 Strength Train.	12 9:00 Dancercise 9:00 Pool Players 9:00 Yoga 10:00 Granny Squares 10:15 Aerobics 1:00 Financial Club 1:00 Ping Pong 2:30 Badminton 1—3 pm RENTERS REBATE Flanders West Bldg 3	13 9:00 Pool Players 9:30 TOPS 10:00 Strength Train. 1:00 Scrabble 1:00 Bridge 2 pm Guide to Good Choices cooking demo & "Smart Planning for the future" 	14 9:00 Dancercise 9:00 Pool Players 9:00 Gentle Yoga 10:15 Aerobics 11:15 Physical Fitness 1:00 Bingo 8:45 am-1pm 55 Alive 	15
16 <i>Father's Day</i> 	17 9:00 Ping Pong 9:00 Pool Players 9:30 Line Dance 10:00 Stained Glass Club 11:00 Physical Fitness 12:30 Mah Jong 2:30 Badminton	18 9:00 Pool Players 1:30 Strength Train. Foot Clinic (by app't)	19 9:00 Dancercise 9:00 Pool Players 9:00 Yoga 10:00 Granny Squares 10:15 Aerobics 1:00 Digital Photo Club 1:00 Ping Pong 2:30 Badminton	20 9:00 Pool Players 9:30 TOPS 10:00 Strength Train. 1:00 Scrabble 1:00 Bridge	21 9:00 Dancercise 9:00 Pool Players 9:00 Gentle Yoga 10:15 Aerobics 11:15 Physical Fitness 1:00 Bingo	22
23	24 9:00 Ping Pong 9:00 Pool Players 9:30 Line Dance 10:00 Stained Glass Club 11:00 Physical Fitness 12:30 Mah Jong 2:30 Badminton	25 9:00 Pool Players 1:30 Strength Train. 8:30 am Bulletin Folding	26 9:00 Dancercise 9:00 Pool Players 9:00 Yoga 10:00 Granny Squares 10:15 Aerobics 1:00 Computer Club 1:00 Ping Pong 2:30 Badminton 12:30-1:30 pm Blood Pressure	27 9:00 Pool Players 9:30 TOPS 10:00 Strength Train. 1:00 Scrabble 1:00 Bridge  6:30 –8:00 pm "Beatle-mania"	28 9:00 Dancercise 9:00 Pool Players 9:00 Gentle Yoga 10:15 Aerobics 11:15 Physical Fitness 1:00 Bingo	29
30						

SENIOR CITIZEN ADVISORY BOARD

Mr. Benny Cammuso
Mr. Elliott Colasanto
Mr. Peter Freeman
Ms. Doris Hanser
Mr. Guss Nevelos
Mr. Michael Rossi
Ms. Kimberly Roy
Mr. Michael Sarzen
Mr. Clifford Snow
Mr. Mark White

CALENDAR HOUSE STAFF

Robert Verderame,
Executive Director
Sharyn Murphy MSW,
Program Coordinator
Cynthia Gilbert,
Senior Center Secretary
Dawn Sargis, *Clerk Typist*
Vincent Morelli, *Bus Driver*
Paula Ofiara-Pocock, *Bus Driver*

MEMBERSHIP ASSOCIATION

OFFICERS

Peter Freeman, *President*
Mark White, *Vice President*
John Sudol, *Secretary*
Mary Dubuque
Corresponding Secretary
Mary Robarge, *Treasurer*
Elsie Walicki, *Ass't Treasurer*

DIRECTORS

Peter Freeman
Walter Kizilski
Mary Robarge
Barbara
Rosenbaum
Clifford Snow

PUBLICITY

Dick Fortunato
Sandra
Mathieu

COMMISSION/ADVISORY BOARD

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

RESERVATION PLEASE..

Senior Community Cafe´

Jean Miller, Nutrition Site Manager

PHONE: 860.621.6738 HOURS: 10:30 - 12:00

Sign up sheets are provided daily in the Main Hall.

You may sign up on a daily or weekly basis, but you must sign up at least 24 hours in advance. Please

call to cancel meals. Suggested donation: \$2.50.

Program is limited to individuals 60 and older.



DIAL-A-RIDE BUS provides transportation at no charge for Southington residents age 55 & over and for people with disabilities.

Transportation is available to & from doctor & dental appointments. On Mondays, Tuesdays & Thursdays rides are available to various shopping locations. Mon-Fri rides are provided to & from Calendar House for lunch, activities, programs & appointments. **ADVANCE notice is required**—two days (48 hours) is requested when possible. We ask that medical appointments be made between 9am-2:30pm for in town & between 10am-1pm for out of town. Call **860.621.3014** Monday to Friday 10 am -12 noon to be scheduled.

CLUBS

Financial Club: Wed, June 12th, 1 pm

Digital Photo Club: Wed, June 19th, 1 pm

Computer Club: Wed, June 26th, 1 pm

CURRENT COMPUTER LEARNING

CENTER CLASSES & LAB SCHEDULES on

website: www.calendarhouse.org & posted outside lab



55 ALIVE SAFE DRIVING

55 Alive Safe Driving Courses

June 14th OR July 12th

8:45 a.m.—1 p.m. One day only class!



Focuses on latest driving techniques with emphasis on defensive driving. No in-the-car training involved, only classroom. Cost: \$12 - AARP Members (**must provide membership #**) \$14. - Non AARP Members. Payable to AARP. Register at **860.621.3014**

NOTE OF APPRECIATION

Thanks!

Our annual Fine Arts & Crafts Exhibit, featuring the paintings, drawings, stained glass objects, watercolor, woodcarving, quilts, poetry and decorative arts of the Calendar House students, was a **BIG success**—thanks to our amazing artists, their very gifted instructors, willing volunteers and enthusiastic friends and family! Hope you had the opportunity to join us, if not—don't miss next year! Thanks to each one who shared their "works of art" and to everyone who attended! Many thanks for the instruction, encouragement and expertise provided by our instructors: **Pat Mottola, Carla Koch, Juanice Raymond, Karen Kebinger, Sam Brown, Dorothy Chamberland & Bill Ludecke!**

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 & utility payments (excluding telephone) made in the calendar year prior to the year the renter applies- **(2012 info)**

- ✦ Applicants must have resided in CT for one year/or more
- ✦ You must have reached age 65 by December 31, 2012 (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: \$32,300 Single Individual
\$39,500 Married Couple

One (1) copy (that we may keep) of the following Documentation from the 2012 TAX YEAR is required:

- ✦ Copy of **2012 Income TAX FORM (If Filed)**
- ✦ Copy of **2012 Social Security Form SSA 1099 or 2458**
- ✦ Copy of **all interest, dividends, wage statements, pensions for 2012 (if no income tax filed)**
- ✦ Documentation of all **2012 Utility Payments— including: Gas (natural & propane; Electric; and/or Oil** Printouts or receipts from January 1-December 31, 2012). **(CALL UTILITY COMPANIES AND REQUEST PRINTOUT OF ALL 2012 PAYMENTS MADE, INCL ENERGY ASSISTANCE BE MAILED TO YOU)**
- ✦ **2012 Rent Receipts** (One from JANUARY PLUS one from DECEMBER AND, if your rent increased during the year, bring the receipt showing 1st month of increase

PLEASE BE SURE TO BRING ALL COPIES OF YOUR DOCUMENTS WITH YOU.

CALL CALENDAR HOUSE (860.621.3014) TO MAKE YOUR APPOINTMENT.

TOWN SERVICES

MEDICATION DROP BOX—located in the lobby of the Southington Police Dept, 69 Lazy Lane, a year-round, permanent medication drop box provides a way to dispose of expired and/or no longer needed prescriptions and medications safely, securely, anonymously & legally on an ongoing basis installed by STEPS and its partners.



Bulky Waste Transfer Station

617 Old Turnpike Road—Open Saturdays from 8 am—3:30 pm, weather permitting. For more information regarding the Transfer Station rules & regulations, including information on obtaining permits, please refer to the Bulky Waste Transfer Station Residents Guide available at the Town Clerk's Office and/or on line at www.southington.org

IN MEMORY

ROBERT GIONFRIDDO
ROBERT ROSENBAUM

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

FLORAL DESIGN CLASS



**Tuesday, June 4th
8:00-9:00 am**

In conjunction with SHS Agriculture Science & Technology Department, Calendar House is offering a one-time-only **Floral Design Class**, taught by Marion Stannard, Dept Chair, & her students. Class will be held in our woodworking shop. (We will open early for the class only) Learn basics of floral design as you create your own special floral arrangements to take home and enjoy.

Materials Fee: \$10.00 Space limited to **first 15!**

Call 860.628.3014 to register! Have fun while supporting these wonderful students

Guide to Good Life Choices

**smart planning for the future
JUNE 13th—2:00-3:00 pm**

Jerome Home presents a cooking demonstration at Calendar House as part of the Guide to Good Life Choices Nutrition & Wellness Program for Active Community Seniors that encourages positive lifestyle changes through health and wellness presentations as well as informative cooking demos. Following the cooking demo, Lisa Connolly will discuss **"Smart Planning for the Future"**.

Complimentary lunch served.

Advance registration required.

Please call: 860.229.3707

*These programs are made possible
by the Wal-Mart Foundation grant to
Good Life Fitness.*



BEATLE-MANIA HITS CAL HSE



**On Thursday,
June 27th—
6:30-8:00 p.m.
Calendar House
will host a
lecture
facilitated by**

**Aaron Krerowicz entitled,
"The Beatles: Band of the Sixties."**

In memory of Marjorie Sarzen, an avid Beatles fan; this 90-minute presentation will span the full 1960's: beginning with the band's seminal visits to Hamburg, through the Beatle-mania years, concluding with Abbey Road. The lecture will be supplemented with audio clips of music and interviews from the band members. A reception will precede the presentation. There is no fee for this program, however registration is required. Please call 860.621.3014 to make your reservation.

TO YOUR HEALTH & SAFETY!

BLOOD PRESSURE: with Marc Levesque, MS;
CT Center for Healthy Aging - Referrals & Resources

THURS, June 6th, 11:00 AM—12 Noon

WED, June 26th, 12:30-1:30 pm

FOOT CLINIC: by appointment only; there is a nominal charge. **Call: 860.621.3014**

AN INVITATION

Thursday, July 11 at 1:00 pm.

Join the folks from INFINITY HOME CARE SERVICES in our Main Hall for delicious, delectable DESSERTS and an informative DISCUSSION about medications.

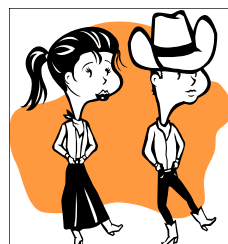
Reserve your spot , call 860.6121.3014

COUNTRY WESTERN NIGHT

TUESDAY, JULY 16th

COUNTRY WESTERN NIGHT

We'll be "getting" down country" at 5:00 p.m. at Calendar House with entertainer Ray Scott returning by popular demand! Hen House will cater—menu includes: 1/2 chicken; potato salad; baked beans; cole slaw; roll; beverage & dessert. Tickets (\$10.) on sale beginning June 14th until July 12th. You won't want to miss this event—fer sure!!



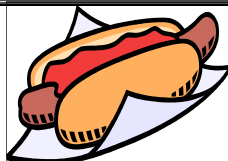
MEMBERSHIP MEETING



**Thurs, July 25 -1:00pm
Ice Cream Social
and Movie Matinee**

Here come the "lazy hazy crazy days of summer" Complete with better weather, backyard barbeques & lots of social activities with good friends! Following Membership Meeting, create your very own ice cream sundae (with plenty of strawberries!) then sit back to enjoy "The Best Exotic Marigold Hotel" on our 50" flat screen in cool comfort. This comedy features a group of British seniors who move to India to live out their golden years, only to discover the once lavish resort has wilted considerably. Judi Dench & Maggie Smith star. Please call or stop in the office to reserve your "spoon" & seat!

Hot Dog Special



**Friday, July 26th at 1:15 pm
prior to afternoon bingo.
Tickets (\$3) include: hot dog,
chips, condiments & beverage
available in the office.**

"20TH YEAR" — MUSIC ON THE GREEN

May 29th
"Dizzy Fish"
for all ages

June 5th
"The Barons"
great vocals

June 12th
"The Happening"
classic hit songs

June 19th
"Hey Tonight"
Creedence
Clearwater Revival

June 26th
"Beatles Forever"
Back by popular
demand

**DOWNTOWN SOUTHTON
EVERY WEDNESDAY EVENING
MAY 29—AUGUST 28TH
CONCERTS BEGIN AT 7 PM
RAINDATE: THURSDAY**

- New trips are **USUALLY** sold on the 1st or 2nd 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-TRANSFERABLE**.
 - **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.
- p.p. = Per Person TBD = To Be Determined

NO NEW TRIP SALE FOR JUNE 2013
Tickets are still on sale for:

August 21-23, 2013
Wed.—Sat.

Depart: TBD
Return Estimate: TBD
\$513. p.p. double
\$683. p.p. single
\$493. p.p. triple

Payment Due IN FULL
at sign-up!

*Lake George
and Saratoga
—New York*



DAY ONE

Depart from Calendar House with coffee & lunch stops “on your own,” en route to **SARATOGA SPRINGS, NY**, home of the **SARATOGA RACETRACK**. After the last race, board a coach bus for a short drive to **THE QUEENSBURY HOTEL**, located in Glens Fall, NY. The hotel features an indoor pool and jacuzzi. Dinner is included tonight with a choice of *Pork Loin, Chicken Marsala or Salmon*.

DAY TWO

After breakfast (included), board the **SARATOGA & NORTH CREEK RAILWAY** for a 2-hour scenic train ride along the Hudson River, followed by free time in North Creek for shopping and lunch (on your own). Dinner tonight is at the **GEORGIAN LAKE-SIDE RESORT** (which will be decided two months prior to departure). After dinner, **LAURA ROTH** will perform extraordinary characterizations including Bette Midler, Cher, Marilyn Monroe, & Judy Garland live!

DAY THREE

After check out and breakfast (included), travel to Lake George to board the “**LAC du SAINT SACREMENT**” for a 2-hour cruise including a wonderful lunch buffet. After the cruise, explore Lake George Village before departing at 4:00 PM for home.

- INCLUDES:**
- *Transportation
 - *Hotel Accommodations
 - *Saratoga Raceway Admission
 - * 5-Meals
(2-Breakfasts, 1-Lunch, & 2-Dinners)
 - *Scenic Train Ride
 - *Sightseeing Cruise
 - *Taxes & Baggage Handling
 - *Getaway Tours’ Tour Director
 - *Cancellation Insurance Waiver
 - *Driver & Tour Director’s Gratuity

Itinerary subject to change and availability.

- 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.

ALL RETURN TIMES APPROXIMATE
SEATS AVAILABLE AT TIME OF PRINT
WAITING LIST ONLY

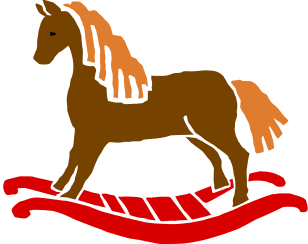
NO NEW TRIP SALE FOR JUNE 2013
Tickets are still on sale for:

October 7-11, 2013
Monday—Friday

Depart: 9:00 a.m.
Return Estimate: TBD
\$579. p.p. double
\$699. p.p. single
\$569. p.p. triple

See Below for
Deposit Schedule...

*Rocking Horse
Resort
—New York*



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 & 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 *

DEPOSIT SCHEDULE...

\$300.00 p.p. due at sign-up
\$100.00 p.p. due by July 1st
Balance due by: September 9th



Here’s what people are saying about
Rocking Horse Resort!



“the food is good, attractively served and plentiful”
...*Sunday News Magazine*

“3 Diamond Award”
...*Mobil Travel Guide*

“people we met said that they would definitely come back”
...*New York Times*



Important Announcement

PLEASE NOTE: THIS IS THE FINAL EDITION OF THE CALENDAR HOUSE NEWSLETTER IN THIS FORMAT.

YOU WILL NO LONGER BE RECEIVING THE NEWSLETTER IN THE MAIL.

THE BRAND NEW, FIRST EDITION OF

Active Lifestyles
Calendar House Southington Senior Center • 860-621-3014

IS HOT OFF THE PRESS!

**YOU CAN FIND “*Active Lifestyles*”
INSERTED INTO THE
SOUTHINGTON CITIZEN
NEWSPAPER.**

*(June edition will be in May 31
Southington Citizen newspaper)*

**YOU CAN ALSO PICK UP
A COPY AT THE CALENDAR HOUSE.**

**OR YOU CAN VIEW IT ON LINE AT
www.southington.org and/or www.calendarhouse.org**



We are very excited and proud to present this new format and hope you will find it helpful and informative. Our 1st edition is four pages, but plans are to increase future editions. Much time, energy and work have gone into this effort. Be sure and check it out and let us know what you think!!!