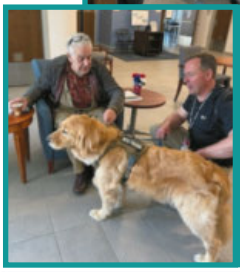
Active Lifestyles
Calendar House of Southington

Volume 6, Issue 12
September, 2024

*Happy National Senior Center Month!*

*Powering Connections*



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# FROM THE STAFF...

Happy National Senior Center Month! The theme for 2024 is ***Powering Connections***! Calendar House strives to work closely with community partners to bring our members access to programs on health and economic security, as well as programs providing purpose, creativity, and mobility! If you haven't been to Calendar House recently, check out our programming this month including Medicare 101, What's Your Number?, a Lung Cancer Awareness Lunch & Learn, Fight the Fall, Estate Planning, and Navigating the "What Ifs" of Aging. Feeling creative? We have a Painted Paper Weaving Class and a Galaxy Paint Pour Workshop scheduled. We also have a new walking/hiking group called Tuesday Trekkers!

Art and enrichment classes resume at the end of the month. See page 5 for registration details and don't forget, the second registration date for fall computer classes is September 4th.

Tickets are selling fast for the "Fried Chicken Dinner" on September 12th and tickets for an "Italian Night Dinner" at Aqua Turf in October will go on sale on September 16th!

An important reminder for renters that qualify; if you have not yet applied for the State of CT Renters' Rebate Program, please see page 3 for details on how to apply for the program. Paperwork to apply will be accepted at Calendar House only until September 27th to allow for processing by the September 30th deadline. Extension of time due to a medical condition will no longer be accepted. Information on the State of CT Energy Assistance Program will be published next month; stay tuned! **~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

**Friday, September 13th or**

**Friday, October 11th, 9 a.m.-1 p.m.**

**No Class in November**

Learn ways to adjust for aging and health related driving issues. CT. specific information is covered. $20 for AARP Members; $25 for Non AARP Members. Cash or check payable to AARP collected by instructor prior to start of class. Class sizes are limited. Call 860-621-3014 to register. An on-line course is also available. To register visit:

https://www.aarpdriversafety.org/

## AARP Smart DriverTEK

**Friday, October 4th, 11 a.m.—12:30 p.m.**

In this **FREE** class from AARP you will learn to become more up-to-date on available safety technology in cars, recognize how technologies might enhance driving safety and extend safe driving years, improve understanding of the benefits of vehicle safety technologies, and learn how to properly use vehicle safety technologies. Call 860-621-3014 to register.

## CALENDAR HOUSE MEMBERSHIP MEETING

**THURS., SEPT. 26TH ~ 1 P.M.**

*Featuring...*

**JC/DC DUO!**

The Calendar House Membership Association invites you to attend a brief business meeting on Thursday, September 26th at 1 p.m., followed by entertainment by the JC/DC Duo! Joe Cannata plays bass & acoustic guitar, and sings lead and background vocals. Dean Coutsouridis plays guitar, alto saxophone, and also sings lead and background vocals. This duo will have you tapping your toes, clapping your hands, and dancing in the aisles! Please RSVP at the Calendar House front desk or call 860-621-3014 to register by Monday, September 23rd. Light refreshments will be served!

## 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.

The Calendar House will be closed Monday, September 2nd for Labor Day. The Center will re-open on Tuesday, September 3rd at 8:30 a.m.

## 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 (2023 info).

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

- You must have reached age 65 by December 31, 2023. (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: $43,800 Single Individual; $53,400 Married Couple.
- You must provide documentation of all 2023 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.

Paperwork must be submitted by Friday, September 27th to allow for processing by the September 30th application deadline. Extension of time due to a medical condition will no longer be accepted. To apply, bring copies of your required 2023 income, utility and rent documentation to Calendar House, 388 Pleasant Street, Southington, CT. 06489, or drop your paperwork in a sealed envelope in the secure drop box located at the entrance of the Calendar House building Attn: Rent Rebate. Include your phone number so that we can reach you if we have any questions. Checks will be processed by November 30, 2024. Questions? Please call 860-621-3014.

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# SEPTEMBER 2024 WEEKLY ACTIVITIES



**MONDAY**
Line Dance: 9:30
Computer Lab : 10-12
Sit 'n Be Fit: 11:15
Mahjong: 12:30—*Need lessons? Call Lee Daley at 239-821-7760!*
Pickleball: 1-3
Cardio Drum: 2-2:30

Pick up a flyer at Calendar House for activity descriptions!

**TUESDAY**
Group Exercise: 9 & 10
Tuesday Trekkers: 9:00 (9/10 & 9/24)
Open Art Studio: 10-12 (*$10 drop-in fee*)
Cribbage: 10–12
Sit 'n Be Fit: 11:15
Pickleball: 1-3
Cardio Drum: 2-2:30

**WEDNESDAY**
Gentle Seated Yoga: 9:15 (*$8 drop-in fee*)
Line Dance: 9:30
Granny Squares: 10-12
Sit 'n Be Fit: 11:15
Set Back: 12:30-3
Computer Lab: 1-3
Pickleball: 1-3
Cardio Drum: 2-2:30

**THURSDAY**
T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Hand & Foot Card Game: 12:30 (9/12 & 9/26)
Party Bridge: 1-3:15
Pickleball: 1-3 (CXL 9/12 & 9/26)
Scrabble: 1-3
Cardio Drum: 2-2:30

**FRIDAY**
Gentle Yoga: 9:30 (*$8 drop-in fee*)
Sit 'n Be Fit: 11:15
Bingo: 1:00

*9/27 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in September! Please register at the bingo table prior to 9/27.*
Cardio Drum: 2-2:30

# ART AND ENRICHMENT CLASSES

## Calendar House Art and Enrichment Classes Fall/Spring 2024/25

Calendar House Art and Enrichment class registration will be held **September 3rd—13th**. Registration forms will be accepted in person or by mail (no phone registrations) and can be found online at www.calendarhouse.org or at the Calendar House front desk. Unless indicated, classes will run for two sessions; fall and spring and you will be registering for both. Spring start dates will be announced in January. Waiting lists will be established if classes reach capacity. Classes are FREE*, unless otherwise noted below.

**All Level Quilting w/Karen Kebinger**: (Mondays, starting 9/16 for 14 weeks, 10 am—12 Noon in Room 1A). Are you a quilter? Would you like to learn? Quilters of all levels are welcome to this unstructured class. Start a new project or finish one that you've set aside. Work on your own project under the guide of an experienced quilting instructor and have fun while expanding your knowledge and skills!

**Beginning/Advanced Drawing w/Sue Riley**: (Mondays, Wednesdays or Thursdays, starting 9/23, 9/25 and 9/26, for 10 weeks,10 am—12 Noon in Room 2). With the right techniques, you can learn to bring pencil drawing to life. Participants learn the basics of composition, value, contour lines, negative and positive space and perspective, all while practicing a wide variety of pencil techniques working from photos and subject matters interesting to the student. **Please register for one day only, either Monday, Wednesday or Thursday. Each Class is limited to 12 students.**

**Conversational Traditional Chinese w/ Rae Liu:** (Mondays, starting 9/16 for 14 weeks, 10-11:30 am in the Multi-Purpose Card Room). Exploring a new language is not only fun, but beneficial to keeping your mind sharp! In this introductory class explore traditional Mandarin Chinese. Topics will include symbols, pronunciation, translations, calligraphy, Chinese culture and more! **Class is limited to 15 students.**

**Poetry for Everyone! w/Pat Mottola**: (Tuesdays, starting 9/17 for 12 weeks, 10—11:30 am in Room 2). "Poetry fills the empty spaces." In a relaxed, interactive classroom setting, students will discover poetry, learning about past and present poets, their styles, their influence, and discovering what's new on the current poetry scene. **Class is limited to 12 students.**

**Acrylic Painting w/Pat Mottola:** (Tuesdays, starting 9/17 for 12 weeks,12:00 Noon—2 pm in Room 2). Students will explore techniques of using the versatile medium of acrylic paint on canvas. Emphasis on creative color mixing. Students are encouraged to experiment with different subject matter and develop their own personal style. Some drawing or painting experience helpful. **Class is limited to 16 students.**

**Watercolor w/Penny Kindblom:** (Wednesdays, starting 10/2 for 10 weeks, 1:30—3:30 pm in Room 2). Explore the world of water color painting! Penny will walk you through the preparation and painting process and you will complete an 8 x 10 design! A supply list is available at the front desk. Paints will be provided by Calendar House. *There is a $2 fee payable to the instructor for a printed pattern packet including a color photo and design transfer. You will receive the packet the first week of class. The atmosphere will be informative and relaxed in an attempt to create an enjoyable experience for all. Please join Penny and let your watercolor journey begin! **Class is limited to 12 students**.

Reminder! The Computer Learning Center will accept registrations at Calendar House for the fall 2024 Computer/ Tablet/Phone classes on Wednesday, September 4th from 10—11:30 a.m. After that date, registration for any remaining class seats will also be accepted in the Computer Lab between 10 a.m. and noon on Monday mornings or between 1 and 3 p.m. on Wednesday afternoons until the start date of the applicable class. For full class descriptions, please visit https://www.calendarhouse.org/schedule.php or pick up a flyer at Calendar House.

# SEPTEMBER 2024 MONTHLY CALENDAR



| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|---|---|---|---|---|---|
| **1** | **2**<br>CENTER CLOSED<br> | **3**<br>*Foot Clinic by App't Only* | **4**<br>10-11:30 *Computer Class Registration*<br> | **5** | **6**<br>9-10 *Berkshire Hathaway "Info Table"* | **7** |
| **8**<br> | **9**<br>9:30-11:30 *Wheeler Clinic Outreach* | **10**<br>*Tuesday Trekkers*<br>4:30 *Sr. Citizen Advisory Board Meeting* | **11**<br>10-11 *New Member Meet 'n Greet*<br>1:30-2:30 *Medicare 101*<br>PATRIOT DAY<br>NEVER FORGET<br> | **12**<br>4:00 *Fried Chicken Dinner*<br> | **13**<br>*Hearing Screenings By App't Only*<br>9-1 *AARP Safe Driver Class*<br>10-11 *What's Your Number?* | **14** |
| **15** | **16**<br>12:30-1:30 *Lung Cancer Awareness*<br> | **17**<br>*Foot Clinic by App't Only* | **18**<br>11:30-1:00 *Berkshire Hathaway "Info Table"*<br>1:30-2:30 *Fight the Fall*<br> | **19**<br>1-3 *Painted Paper Weaving Workshop* | **20**<br>9-10 *Berkshire Hathaway "Info Table"*<br>9-12 *Quilts of Valor*<br>9:30-10:30 *John E. DeMello Sr. Veterans Coffee Hour*<br> | **21** |
| **22** | **23**<br>9:30-11:30 *Wheeler Clinic Outreach*<br>9:45-10:45 *Pickleball Exercise Class*<br>1-2 *Estate Planning & Asset Protection Talk*<br>FALLS PREVENTION WEEK 9/23-9/27 | **24**<br>*Tuesday Trekkers*<br>10-11 *Greater Hartford Transit District Talk on Paratransit*<br>12:00 *Book Club w/Cynthia Manchak* | **25**<br>10-11 *Blood Pressure Clinic by The Orchards*<br> <br>1:30-2:30 *Navigating the "What Ifs" of Aging* | **26**<br>1:00 *Membership Meeting JC/DC Duo* | **27**<br>10-11 *Probate Forum*<br>10-11 *Galaxy Paint Pour*<br>1:00 *September Birthday Bingo*<br> | **28** |
| **29** | **30**<br>8:30-9:30 *Pre-Diabetes & Diabetes Support Group*<br>9:45-10:45 *Pickleball Exercise Class*<br> | | | | | |

**DROP IN DAILY! 8:30 — 4:30**
**Pool * Ping Pong * Cardio Room * Sit 'n Be Fit**
**Stained Glass * Active Walkers**
**Library/Puzzle Makers * Coffee 'n Conversation**
**********
See page 8 for ordering info for Calendar House Café Lunch!

Southington Community Services "Operation Stay Warm" Town-Wide Winter Accessory Drive will be held September 1st—30th! Please consider donating your new or gently used hats, waterproof gloves and scarves in both adult and children's sizes. A donation box is located at Calendar House!

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## SIT 'n BE FIT

A gentle, seated, 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 a.m. (20 students max)

## TUESDAY/THURSDAY GROUP EXERCISE

Tuesdays w/Kim at 9 & 10 a.m. and Thursdays w/ Marcia at 9 & 10 a.m. These exercise classes include cardio, strength, and balance. Please bring hand weights to class. **Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register**. (12 students max)

## TUESDAY/THURSDAY CARDIO DRUMMING

An easy and fun cardio and toning workout. Follow along with popular YouTube videos that run 20-30 minutes. This ***drop-in*** class is offered Monday through Friday at 2 p.m. (10 students max)

## SEATED & GENTLE YOGA w/ CLEMENTINE

***Drop-in*** Wednesday at 9:15 a.m. for **seated yoga** and Friday at 9:30 a.m. for **gentle yoga.** Classes run one hour. Please wear non-slip shoes and comfortable clothes! Your first class is always FREE, then pay **$8 per class to instructor, Clementine Delaney.**

## PICKLEBALL EXERCISE CLASS

**Mondays - Sept. 23rd, 30th and Oct. 7th from 9:45 - 10:45 a.m.** This 3-part exercise program, developed specifically for pickleball players will include: warm-up exercises, stretching to improve flexibility, strengthening exercises with a focus on legs, balance and footwork, and drills to put it all together. Play longer with less strain on your body. Get where you want to be on the court. Taught by Louis Friedman, a licensed physical therapist with 40 years of experience, and an avid pickleball player. **Call 860-621-3014 to register or sign up at the front desk**. Participants are asked to bring a pickleball paddle for drills to all three sessions (no ball contact). A yoga mat is recommended for the last session on October 7th. (10 students max). If this session fills, a wait list will be started.

## NEW! TUESDAY TREKKERS

Introducing a new walking and hiking group for seniors who want to stay active and healthy! Please wear proper foot wear for all walks/hikes (no sandals or crocs!) and leave dogs at home. Five walks and hikes are planned and will be lead by Carol Langley this fall. **Call 860-621-3014 or register at the front desk for one or all five**! (r/t indicates round trip)

- **September 10th**: Rails to Trails—Meet at 9 a.m. at the parking lot by the Dog Park. Walk north to Stop & Shop and then to Bristol St. (approximately 3 miles r/t)
- **September 24th**: Rails to Trails—Meet at 9 a.m. at Burritt St. parking lot. Walk to Bozzuto's and return. (approximately 3 miles r/t) Plan to stop at the Muffin Factory and we will enjoy our muffins at the Milldale Train Station!
- **October 8th**: Hammonasset State Park—Meet at 10 a.m. at the West Beach parking lot. Walk to Meigs Beach, approximately 5 miles r/t. Alternatively, meet up with the group at 10:20 a.m. at Middle Beach parking lot for a shorter, 4 mile walk. Bring lunch and a drink to enjoy!
- **October 22nd**: Sleeping Giant State Park. Meet at 10 a.m. in the parking lot. Walk/hike up the Tower Path to the Tower and return. (approximately 3.5 miles r/t) Bring lunch and a drink to enjoy!
- **November 12th**: Savin Rock, West Haven. Meet at 10 a.m. at Jimmy's back parking lot. Walk east on a paved walkway then return and visit the Veteran's Memorial Park. (approximately 3 to 4 miles r/t) Option to bring your own lunch and drink or go to Jimmy's for lunch!

## FREE BLOOD PRESSURE CLINIC

*The Orchards of Southington* holds a free blood pressure screening clinic at Calendar House on the last Wednesday of each month. Next clinic is September 25th from 10—11 a.m. **Drop in!**

## WHEELER CLINIC HEALTH OUTREACH

People impacted in any way by mental health problems and/or substance use disorders can **drop in** to discuss treatment options, and receive education and resources on Monday, September 9th and Monday, September 23rd from 9:30 to 11:30 a.m.

## T.O.P.S. CLUB

T.O.P.S. (Taking Off Pounds Sensibly) meets at Calendar House on Thursday mornings at 8:30 a.m. for weigh-in and a weekly meeting. Thinking about losing weight, but don't know where to start? **Drop in** to join this encouraging group and they will be happy to help get you started!

## HEARING SCREENINGS

Myranda Lombardi, HIS, of Bristol Hearing Aides L.L.C. will provide a free ear exam and hearing test on Friday, September 13th or Friday, October 11th by appointment only. **Call 860-621-3014 for an appointment**. Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is **NOT** available.

## PRE-DIABETES/DIABETES SUPPORT GROUP

Receive updated tips, tricks and support from this friendly group led by Betsy Gaudian, RN. The group will meet on Mondays: Sept. 30th, Oct. 28th and Dec. 30th from 8:30-9:30 a.m. **Call 860-621-3014 to register.** *No group held in November*

**Fried Chicken Dinner—Catered by Greer's**

Thursday, September 12th, 4-6 p.m.

Enjoy a buffet dinner at Calendar House including fried chicken, ziti w/ sauce, sausage peppers & onions, roasted potatoes, baked beans, potato salad, coleslaw, lemonade, coffee, and a Klondike Bar for dessert! After dinner enjoy classic country music by Jim Moore as he plays hits from Hank Williams, Johnny Cash, Willie Nelson and more! The evening will end with a raffle. Tickets are $20.pp (subsidized by the Calendar House Membership Association) and are on sale now through Thursday, September 5th or until sold out. Dial-A-Ride transportation is available!

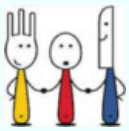
**Italian Night @ Aqua Turf Glass Room**

Tuesday, October 22nd, 5-9 p.m.

A delicious family style meal is on the menu including a house garden salad, penne Bolognese, meatballs & sausage, chicken parmigiana, green beans w/EVOO, roasted new bliss rosemary potatoes, and ice cream w/ chocolate sauce. A cash bar will be available. DJ Bryon Daley will provide music and the always popular raffle will round out the evening. Last year's ticket price of $33.pp has been held due to a subsidy from the Calendar House Membership Association! Tickets are on sale starting Monday, September 16th through Monday, October 14th or until sold out.

## NUTRITION

**CALENDAR HOUSE CAFÉ**



The nutrition program at Calendar House Senior Center is limited to individuals age 60+ and has no income restrictions. A completed Form-5 from the State of CT Department of Social Services/Elderly Division is required to participate in the lunch program. Please see Café Manager on duty for a form. A donation of $3.00 per lunch is suggested and exact change is appreciated. Menus are available in the dining hall, the Calendar House office or on-line by visiting www.calendarhouse.org. Meals are served promptly at 12 Noon, Monday—Friday. You can order all five meals for the week or as many that appeal to you. Late arrivals can be accommodated up until 12:20 p.m. Meals must be ordered two business days in advance. To order **or** cancel, please call the Café phone at (860) 621-6738 or leave a message. Messages are checked daily, Monday—Friday. The Calendar House front desk staff is not able to take lunch reservations or cancellations.

## DIAL-A-RIDE TRANSPORTATION

The Calendar House DIAL-A-RIDE provides free transportation to residents of Southington aged 55+ and Southington residents aged 18+ with disabilities. To provide efficient, reliable, safe transportation to all our riders, there are specific guidelines to be followed. Following is a brief overview. Our complete guidelines can be picked up in the Calendar House office or viewed by visiting www.calendarhouse.org and clicking on Dial-A-Ride Bus Service. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner. **For questions and reservations call 860-621-3014.**

**CT Transit Route 532/CTfastrak**: Calendar House Dial-A-Ride transportation to stops at Price Chopper, Stop and Shop and Walmart on the CT Transit Route 532 bus line and to the CTfastrak 928 Southington-Cheshire Waterbury Express service located at the Plantsville Park & Ride is available during our regular hours of operation with a minimum of one week advance notice. Please call to schedule.

**Medical Appointments:** Calendar House provides rides for dialysis, as well as medical and dental appointments. Please provide a minimum of one week advance notice for all appointments; the more advance notice the better! We will do our best to accommodate appointment requests, but there are times when the schedule fills. Under normal circumstances, last minute requests cannot be accommodated.

**In-town medical appointments:** Please schedule in-town appointments between the hours of 8:30 a.m. and 2:30 p.m.

**Out-of-town medical appointments:** Please plan according to the following schedule: Mondays & Wednesdays to: Plainville, New Britain & Meriden/ Midstate; Tuesdays & Thursdays to: Plainville, Bristol & Farmington; Friday to: Hartford HealthCare, Cheshire; Please schedule out of town appointments between 9:30 a.m. and 1 p.m.

**Shopping, Personal and Hair Appointments:** Please schedule for Tuesdays and Thursdays only and provide at least one week in advance.

**Calendar House**: Rides are available Monday—Friday to and from Calendar House for activities, programs, appointments and lunch with at least one week advance scheduling.

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## HOW TO REGISTER FOR PROGRAMS:

Most programs at Calendar House require pre-registration. If a program says:

- **Call to register**: Simply call us at 860-621-3014, or stop by the front desk to register.
- **Pay to register**: Stop at the front desk to register and make your payment at that time. Registrations will not be taken without payment.
- **Drop-in**: There is no need to pre-register. Just *drop in*!

## MONTHLY PROGRAMS:

***Berkshire Hathaway Information Table w/ Lisa Olson, Realtor***

Wednesday, September 18th, 11:30 a.m. to 1 p.m.
Friday, September 6th and 20th, 9 to 10 a.m. **Drop-in**.

***New Member Meet 'n Greet***

Wednesday, September 11th, 10 to 11 a.m. **Call to register.**

***John E. DeMello Sr. Veterans Coffee Hour***

The next coffee hour will be Friday, September 20th at the new time of 9:30 a.m. **Quilts of Valor** will also hold a "Sew Day" event from 9 a.m. to noon. No need to register and all sewing abilities are welcome. Questions? Call Judy Cutler at 860-877-0466 or Dot Novak at 860-621-7041.

***Probate Forum w/ Matthew Jalowiec, Probate Judge***

Friday, Sept. 27th, 10 to 11 a.m. **Call to register**.

## SEPTEMBER PROGRAMS:

***Medicare 101*** **w/Beacon Retiree Benefits Group**
**Wednesday, September 11th, 1:30 to 2:30 p.m.**
Medicare 101 will center on helping individuals who are at or near Medicare age. Learn more about the enrollment processes, enrollment periods, timelines, deadlines, penalties, benefits, and costs relating to Medicare coverage and Medicare plans. Coordination of benefits issues, Medicare, and HSAs will also be discussed. Light refreshments will be served. **Call to register** by Monday, September 9th.

***What's Your Number?*** **w/ Carol Langley**
**Friday, September 13th, 10 to 11 a.m.**
Join us on an interesting journey to better understand why you do things and why others sometimes don't want to. This class is intended to make you think about what number you are and help you understand why you choose to do certain things! ***1, 2, 3, 4, 5, 6, 7, 8, 9*** ? ? ? ? ?

***Lung Cancer Awareness Lunch & Learn***
**w/Hartford HealthCare Cancer Institute &The Pines of Bristol**
**Monday, September 16th, 12:30 to 1:30 p.m.**
We all know about the link between smoking and lung cancer, but what are the other causes? Join Linda Ivey of the Hartford HealthCare Cancer Institute to learn about these other factors that may increase your risk and also what 3rd hand smoke is. All participants will receive an individually bagged lunch including a turkey sandwich, chips, a cookie, and bottled water by The Pines of Bristol. **Call to register** by Wednesday, September 11th.

***Fight the Fall*** **w/Fyzical Therapy and Balance Centers**
**Wednesday, September 18th, 1:30 to 2:30 p.m.**
Join Dr. Nicole Dolan for a light snack, chat, and info session on maintaining balance and preventing falls! During this presentation, you can ask questions and gain valuable insights on improving your balance. Let us help you take proactive steps towards a safer and healthier lifestyle. **Call to register** by Monday, September 16th.

***Painted Paper Weavings*** **w/ SOCCA**
**Thursday, September 19th, 1 to 3 p.m.**

Create a unique abstract work of art using paints and painted papers in this fun and expressive workshop. Participants will select from painted paper strips and create a colorful composition by layering and weaving the paper into a square format work of art. The artwork will be suitable for framing. The workshop fee is $20 pp (cash or check payable to Southington Calendar House). **Pay to register** by Monday, September 16th.

***Estate Planning & Asset Protection Talk***
**w/Flagship Financial Partners**
**Monday, September 23rd, 1 to 2 p.m.**
During this talk learn how to protect your assets and the most beneficial way for you and your family to handle estate planning. Become educated on how to prepare your estate properly and protect your assets from unnecessary taxes and improper withdrawals. Light refreshments will be served. **Call to register** by Friday, September 20th.

***Greater Hartford Transit District Paratransit Talk***
**Tuesday, September 24th, 10-11 a.m.**
Join the Greater Hartford Transit District to learn about the new Paratransit service now available around the Queen Street area of Southington. **Call to register**.

***Navigating the "What Ifs" of Aging***
**w/ Hartford HealthCare Center for Healthy Aging**
**Wednesday, September 25th, 1:30 to 2:30 p.m.**
Join Michelle Lavoie, Resource Coordinator from the HHC Center for Healthy Aging, for a community health information session to learn more about housing choices, care options and preparing for the future. Light refreshments will be served. **Call to register** by Monday, September 23rd.

***"Galaxy" Paint Pour*** **w/Emi-Sue Creations**
**Friday, September 27th, 10-11 a.m.**

Join Emi-Sue Creations for a Galaxy Paint Pour! Using the open cup paint pouring technique, capture the swirling majesty of galaxies, and vast collections of stars, gas, and dust on an 8x10 canvas. All supplies are included and no experience is needed. The cost is $18 pp (cash only please). **Pay to register** by Wednesday, September 25th.

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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 "rounder" in the lounge area. Questions? Call Lana White at 860-621-3779 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. Please note: credit cards are not accepted for day trips.

**Sept 30-Oct 2, *DANIEL AT SIGHT & SOUND THEATRE,*** Experience the Pennsylvania Dutch Country, Amish culture, foods and hospitality. Reserved orchestra seats at Sight & Sound for Daniel, shopping at Kitchen Kettle Village, and Amish Farmlands Tour are all included. **$675.pp dbl**

**Wed/Oct 2, *NEW YORK'S HIGH SOCIETY***, Visit Gracie Mansion, the official residence of New York City mayors since 1942. Enjoy a delicious Italian family style lunch at Carmine's. Shop at Arthur Avenue Retail Market. **$169.pp**

**Tues/Oct 8, *AMERICAN BANDSTAND TRIBUTE***, *Aqua Turf. Join Dave Colucci & Donna Lee DePrille as they pay tribute to Dick Clark's legendary TV show hits from the 50's & 60's. Lemon chicken and pork schnitzel is on the menu! **$54.pp**

**Thurs/Oct 10, *THE ULTIMATE CHER EXPERIENCE***, Grand Oak Villa, Oakville, CT. A musical journey of Cher's spectacular career starring Lisa Carter. Cheese, crackers & pepperoni served on arrival followed by a family style meal including: garden salad, pasta w/ house sauce, chicken parmesan, sliced roast beef w/ gravy, roasted potato, vegetable, dessert, soda & coffee. Carafes of red & white wine on each table. **$124.pp**

**Tues/Nov 12, *ARMED FORCES TRIBUTE & DOWNTOWN 6 BAND,*** *Aqua Turf. The Hartford Brass Ensemble pays tribute to the Armed Forces for Veterans Day. Enjoy roast beef and pan seared salmon. **$54.pp**

**Tues/Dec 3, *SHADOWS OF THE 60's, A HOLIDAY TRIBUTE TO MOTOWN,*** *Aqua Turf. Enjoy a mix of Motown & holiday tunes that put you in the mood to sing and dance! Chicken parmesan and broiled scrod w/ spinach & tomato topping are on the menu. **$94.pp**

**Wed/Dec 11, *RADIO CITY CHRISTMAS SPECTACULAR***, Free time to explore New York City's dazzling Christmas displays, numerous restaurants and experience the holiday hustle & bustle! In the afternoon enjoy reserved orchestra seats for the all-new Radio City Christmas Spectacular! **$199.pp**

**Coming in 2025! *TULIP TIME ALONG THE RHINE RIVER CRUISE,* April 16-26.**

* All Aqua Turf Trips are "drive on your own" *

## "HIGHLIGHTED TRIPS"

***A NASHVILLE & SMOKY MOUNTAINS CHRISTMAS***
**Nov 29-Dec 6**
**$3,629.pp DBLE**

Visit the Grand Ole Opry and the Country Music Hall of Fame. Tour a world famous Tennessee Whiskey & Moonshine Distillery, Dollywood, Smoky Mountains National Park, a French Chateau and The Biltmore Estate. Marvel at the extravagantly decorated Christmas trees!

***BOSTON HOLIDAY POPS!***
**Dec 18**
**$229.pp**

Visit Boston for delicious food and holiday entertainment! Start with a family style lunch at Maggiano's then make your way to the Boston Symphony Orchestra for 1st balcony reserved seating! The Holiday Pops concert is a festive feast for the eyes, ears and soul including a visit from St. Nick himself!

## LOCATION & STAFF

**388 Pleasant St.**
**Southington, CT 06489**
**Phone: 860-621-3014**
**www.calendarhouse.org**
**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.com website. Calendar House DOES NOT follow Southington Public Schools for closings and delays.**

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