

Intergenerational Holiday Bingo Night!

The Calendar House held an Intergenerational Holiday Bingo event last month that was very successful and fun!

Grandparents brought their grandchildren for a night full of bingo, pizza, and a surprise visit from Santa! It was wonderful to see these two generations come together to enjoy such a nice event.

Thank you to Southington Community Services for donating gifts for the children and everyone who participated and volunteered. Our Calendar House volunteers are pictured to the left.



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Happy 2025! It's a brand new year and there is no better place to be than at Calendar House Senior Center!

We would like to thank all our Calendar House members that participated at our Center in 2024. Whether you utilize the Dial-a-Ride program, volunteer, attend classes, exercise, have lunch, take trips or just stop by to socialize and play bingo; our staff looks forward to seeing all of you each and every day!

Have you made a New Year's resolution to take care of your health in 2025? Be sure to visit our cardio room or try a group exercise class! If traditional exercise isn't for you, we have *plenty* of activities to keep you moving. Line dancing, tap dancing, pickleball, ping pong and even pool playing are all GREAT ways to keep your body active during the cold winter season. Be sure to check out the Tuesday Trekker walks available as well!

The Calendar House Trip Desk is getting ready to hold their first trip sale of the year on Monday, January 6th from 1-3pm. See page 12 for 2025 trip opportunities and

Trip Desk days and hours. The Trip Desk is still actively planning even MORE trips for 2025!

The Calendar House Computer Learning Center will hold registration for their winter 2025 computer, phone and tablet classes on Monday, January 6th and Wednesday, January 15th from 1 to 2:30 p.m. Please see page 9 for a list of available classes.

We hope to see everyone at the Membership Meeting on January 30th. Installation of Officers will be held followed by the ever popular Jukebox Bingo. Don't miss it!

Happy
New Year!

~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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Calendar House - Southington, CT

06-5315

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, January 10th, 9 a.m.-1 p.m.

No class in February

Friday, March 14th, 9 a.m.-1 p.m.

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 for online course visit: <https://www.aarpdriversafety.org/>

In Memoriam

Rita Fortin

Geri Noonan

Dorothy Truss



Donations in memory or in honor of a friend or relative may be made to the **Calendar House Memorial Fund** and are gratefully accepted.

CALENDAR HOUSE MEMBERSHIP MEETING THURS., JANUARY 30TH ~ 1 P.M.



Featuring...
Jukebox Bingo with Aaron Demarest

Join us at Calendar House for a brief business meeting and Installation of Officers followed by **Jukebox Bingo with Aaron Demarest!** We have changed the way you play BINGO forever! Jukebox Bingo is a fun and interactive game that pairs the excitement of traditional bingo with your favorite music! **HOW DO YOU PLAY?!?** No numbers in this game, they're gone! We have replaced the 75 numbers with 75 songs. On each bingo card there are 25 song titles and no two cards are the same. As the game begins, we play 25 seconds of a song. The player then checks their card and if the song is there, mark it off. The first one to match the bingo pattern, yells BINGO!!!! Don't worry if you don't know the name of the song - The song names are eventually shown on the video screen. It's simple, fun, and free to play! **PRIZES!! PRIZES!! PRIZES!!** Light refreshments will be served! To register call 860-621-3014, sign up at the front desk or online by visiting schedulesplus.com/chs by Monday, January 27th.

CEAP CONNECTICUT ENERGY ASSISTANCE PROGRAM

Calendar House is now processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) electric or natural gas. Income guidelines: \$45,505 for a single individual and \$59,507 for a couple. There is no liquid asset test for the 2024/25 program year. In-person appointments are not being scheduled. Please bring your information to the Calendar House office, or place in the drop box at the front entrance. Provide two copies of all documentation, we cannot return original documents.

1. **Proof of Current Income:** *INCOME INCLUDES:* Social Security, SSI/SSDI: provide Social Security statement or most recent bank statement showing direct deposit; Pensions or Annuities: provide most recent check stub, statement from income source on their letterhead, or 1099-R; Veteran's Assistance: VA award letter, or most recent bank statement showing direct deposit; Income from family/friends: provide signed verification of support; Employment: provide 4 most recent pay stubs if paid weekly/2 most recent if paid monthly; Unemployment: provide proof of weekly benefits received from Dept. of Labor; IRA Distributions: provide recent check stub or bank statement showing direct deposit; self-employment (special form provided).
2. **NEW THIS YEAR!** Recipients of SNAP must provide DSS proof of benefits letter.
3. **Utility Bills:** Electric Heat: Provide most recent Eversource bill. Natural Gas: Provide most recent Eversource Gas and Electric bill. Deliverable Fuel: Confirm your vendor participates in CEAP and provide most recent delivery ticket or statement and Eversource Electric bill.
4. **New Applicants:** Provide your phone number, copy of your driver's license, date of birth and social security number. If you have applied previously, but ANY of your contact information has changed, (ex: address or phone #) please provide the new information to us. Questions on CEAP? Call us at 860-621-3014. Thank you!



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Pool Players/Ping Pong
Cardio Room
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Library/Puzzle Makers
Coffee 'n Conversation in the Lounge
Lunch is available Monday-Friday
with advanced registration.
See page 10 for details.

COMPUTER LEARNING CENTER @ CALENDAR HOUSE

See page 9 for 2025 Winter Class
Registration information or visit:
www.calendarhouse.org
and click on the "Tech Classes" tab.
Computer Lab Hours:
Mondays: 10 a.m.—noon
Wednesdays: 1—3 p.m.

WINTER/SPRING ENRICHMENT CLASSES

(Classes resume last week of January)

MONDAY: Conversational Chinese w/
Rae @ 10
Drawing w/ Sue @ 10
Quilting w/ Karen @ 10
TUESDAY: Poetry w/ Pat @ 10
Acrylic Painting w/ Pat @ 12
WEDNESDAY: Drawing w/ Sue @ 10
THURSDAY: Drawing w/ Sue @ 10

MONDAY

Gentle Seated Yoga:
9:15 (\$8 drop-in fee)
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

TUESDAY

Group Exercise: 9 & 10
Tuesday Trekkers: (times
vary—1/1, 1/14, and
1/28
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
Independent Watercolor
1:30-3:30
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 (1/9, 1/23)
Party Bridge: 1-3:15
Pickleball: 1-3
(CXL 1/30)
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
*1/31 is Birthday Bingo!
Receive a free
card to play AND
a cupcake if your
birthday is in
January!
Register at the bingo table
prior to 1/31*
Cardio Drum: 2-2:30



HEALTH AND WELLNESS

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 from 10:00-11:00 a.m. The next clinic will be held on Wednesday, January 29th. **Drop in!**

WHEELER CLINIC HEALTH OUTREACH

People impacted in any way by mental health problems and/or substance use disorders can **drop in** to visit Holly, *Sr. Community Health Outreach Coordinator*, to discuss treatment options, and receive education and resources on Monday, January 6th from 9:30 to 11:30 a.m. For more info contact Holly Hansen at hrhansen@wheelerclinic.org or call 860-604-7448.



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!** (Nominal fee applies).

PRE-DIABETES/DIABETES SUPPORT GROUP

Whether you are new to or have Pre-Diabetes or Diabetes, if you would like updated information, tips, tricks, support, these sessions are for you! Topics covered: Diabetes: What, Why, Basics or Advanced Info., Diet / Nutrition, monitoring / CGMs, Medication, Activity / Exercise, Coping, Emotions, Problem Solving, Open Forum, Resources, Show & Tell. By: Betsy Gaudian MSN, RN -BC, RDN, CDCES. This free group will meet on the last Monday of each month from 9:00-10:00 a.m. at the Calendar House. Sign up at the front desk, call 860-621-3014, or register online by visiting schedulesplus.com/chs

REIKI HEALING



Reiki Healing sessions with Jennifer Michnowicz will be held at Calendar House in January on Wednesday, January 8th and 22nd from 10 to noon. Please contact Jennifer directly at 860-919-7365 to schedule and cancel appointments. Each 45 minute session is \$30, payable directly to Jennifer at the time of service.

JANUARY 2025 MONTHLY CALENDAR

6

/ <u>SUN</u>	/ <u>MON</u>	/ <u>TUES</u>	1 <u>WED</u>	2 <u>THURS</u>	3 <u>FRI</u>	4 <u>SAT</u>
		<p>CENTER CLOSING AT NOON</p>	<p>CENTER CLOSED</p> 			
<p>5 <u>SUN</u></p>	<p>6 <u>MON</u></p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p> <p>1:00-2:30 <i>Computer Class Registration</i></p>	<p>7 <u>TUES</u></p> <p><i>Foot Clinic by App't Only</i></p>	<p>8 <u>WED</u></p> <p><i>Reiki, by appt. only</i></p> <p>10:00 <i>New Member Meet and Greet</i></p> <p>1:30 <i>Keeping You Safe and Independent- How to Prevent Falls</i></p>	<p>9 <u>THURS</u></p>	<p>10 <u>FRI</u></p> <p>9:00- <i>AARP Safe Driver Class</i></p> <p>10:00 <i>Scrapbook Your Special Day</i></p> <p>1:00 <i>Flagship Financial Talk</i></p>	<p>11 <u>SAT</u></p>
<p>12 <u>SUN</u></p>	<p>13 <u>MON</u></p> <p>10:00 <i>Backyard Birds of CT</i></p> <p>1:00 <i>Flagship Financial Partners Talk</i></p>	<p>14 <u>TUES</u></p> <p><i>Tuesday Trekkers</i></p> 	<p>15 <u>WED</u></p> <p>1:00-2:30 <i>Computer Class Registration</i></p> <p>1:30 <i>HHC: Making the Most of Medicare's Open Enrollment Period</i></p> 	<p>16 <u>THURS</u></p> <p>1:30 <i>Waste Not Want Not</i></p>	<p>17 <u>FRI</u></p>  <p>9:00-10:00 <i>Real Estate "Info Table"</i></p> <p>9:00-10:00 <i>Quilts of Valor Sew Day</i></p> <p>9:30-10:30 <i>John E. DeMello Sr. Veterans Coffee Hour</i></p>	<p>18 <u>SAT</u></p>
<p>19 <u>SUN</u></p>	<p>20 <u>MON</u></p> <p>CENTER CLOSED</p> 	<p>21 <u>TUES</u></p> <p><i>Foot Clinic by App't Only</i></p>	<p>22 <u>WED</u></p> <p><i>Reiki, by appt. only</i></p> <p>1:30 <i>HHC- Your Brain on Music</i></p> 	<p>23 <u>THURS</u></p> <p>9:00-11:00 <i>Raymond Senior Planning Informational Table</i></p>	<p>24 <u>FRI</u></p> <p>10:00 <i>Two Part Painted Sign</i></p>	<p>25 <u>SAT</u></p>
<p>26 <u>SUN</u></p>	<p>27 <u>MON</u></p> <p><i>Enrichment Classes resume this week</i></p> <p>9:00- <i>Diabetes and Pre Diabetes Support Group</i></p> <p>12:30-1:30 <i>Senior Bullying Lunch and Learn</i></p>	<p>28 <u>TUES</u></p> <p><i>Tuesday Trekkers</i></p> <p>12:00 <i>Book Club w/ Cynthia Manchak</i></p>	<p>29 <u>WED</u></p> <p>10:00-11:00 <i>Blood Pressure Clinic</i></p>	<p>30 <u>THURS</u></p> <p>1:00 <i>Membership meeting w/Aaron Demarest</i></p>	<p>31 <u>FRI</u></p> <p>10:00- <i>Probate Forum</i></p> <p>1:00 <i>January Birthday Bingo</i></p>	<p>1 <u>SAT</u></p>

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



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)

CARDIO DRUMMING



During this group exercise class you will follow along with specially selected YouTube videos that run from 20 to 30 minutes. You will use a large inflatable exercise ball placed in a bucket for stability and drum sticks. Follow along with the music and moves to keep the beat and get a great cardio workout while toning your muscles, too! It's easy and FUN! These classes can be done seated or standing and you can move at your own pace. All equipment will be provided. This drop-in class is offered Monday through Friday at 2 p.m. (10 students max)

GENTLE SEATED CHAIR YOGA w/ CYNTHIA

Mondays from 9:15-10:15 a.m. This Drop-in class will include gentle yoga performed in a chair and postures using support of the wall or at the exercise bar. Please wear non-slip shoes or socks and comfortable clothes! Your first class is always FREE, then pay **\$8 per class to instructor, payable to Cynthia Griffin.**

TUESDAY/THURSDAY GROUP EXERCISE

These exercise classes include cardio, strength, and balance. Please bring hand weights to class. These drop-in classes are offered on Tuesdays w/Kim at 9 & 10 a.m. and Thursdays w/Marcia at 9 & 10 a.m. Please bring hand weights to class. (12 students max)

TUESDAY TREKKERS



Join the Calendar House walking and hiking group for seniors who want to stay active and healthy! A special thanks to Calendar House member Carol Langley for planning and leading the walks! A message from Carol... *The winter season is here, but we need to keep the old bones moving! Please come prepared for the weather. A few recommended essential items are: backpack, hiking pole or sturdy stick, gloves, mittens, hand warmers, hat, ice stabilizers such as crampons in case they are needed. If an activity is planned and snow is predicted for several inches it will be a no go. If it is going to be a dusting, we will go! Check with Calendar House prior to departing to confirm a walk is still on. As always, we ask that you leave your dogs at home for these excursions.*

Carpooling Arrangements for trips outside of Southington: If you wish to carpool or are willing to be a driver, please indicate that when you sign up for the walk. Plan to meet up in the Calendar House parking lot one hour prior to the walk start time. As a courtesy, riders donate \$10 to the driver to cover their expenses.

The following walks and hikes are planned and will be led by Carol Langley in January and February. **Call 860-621-3014 or register at the front desk!**

- **January 1st:** Savin Rock, West Haven. Carol has done this New Year's Day hike/walk for 40+ years! Carpoolers meet at Calendar House at 9 a.m. or meet at Savin Rock for 10 a.m. Bring lunch and a drink and plan to walk along the oceanside for 3-5 miles.
- **January 14th:** Rails to Trails Linear Park. No carpooling. Meet at 10 a.m. northside parking at Price Chopper. We will walk on the trail north and south approximately 4-5 miles. Enjoy lunch at Friendly's after the walk (pay on your own).
- **January 28th:** Rails to Trails Linear Park. No carpooling. Meet at 10 a.m. at the Dog Park. Walk to Plantsville Center (plan for a possible coffee stop) and return. This walk will be 3-4 miles.
- **February 11th:** Rails to Trails in Cheshire. Carpoolers meet at Calendar House at 10 a.m., or meet at 10 a.m. at the Jarvis Street Rails to Trails parking in Cheshire. We will walk along the canal, have our lunch on the dock where there is seating and then Claude's for ice cream (pay on your own).
- **February 25th:** Meet at Camp Sloper at 10 a.m. in Southington. Plan to walk / hike a variety of trails. Bring your lunch and a beverage. If there is snow we will snowshoe!

SEATED & GENTLE YOGA w/ CLEMENTINE

Drop-in Wednesday at 9:15-10:15 a.m. for seated yoga and Friday at 9:30-10:30 a.m. for gentle yoga. Please wear non-slip shoes and comfortable clothes! Your first class is always FREE, then pay **\$8 per class payable to the instructor.**

MORE EXERCISE OPTIONS!

Cardio Room: Monday—Friday 8:30 a.m.—4:30 p.m.

Walking Path: Each lap = .2 miles. Five laps = 1 mile!
(Weather Permitting)

Ping Pong: A group meets Monday, Wednesday and Friday from 10 a.m.—noon. New players are always welcome!

Pool Players: There are usually between 8-14 players each morning from 9 a.m.—noon. Join them!

Pickleball: Monday—Thursday @ 1 p.m.

Line Dancing: Monday and Wednesday @ 9:30 a.m.

Tap Dancing: Thursday @ 10 a.m.



HOW TO REGISTER FOR PROGRAMS:

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

- **Register online:** Visit schedulesplus.com/chs to register.
- **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***

Friday, January 17th, 9-10 a.m. **Drop-in.**



New Member Meet 'n Greet

Wednesday, January 8th, 10 to 11 a.m.

Register online or call.



John E. DeMello Sr. Veterans Coffee Hour

Friday, January 17th , 9:30-10:30 a.m.

Co-sponsored by the Calendar House and the Town of Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 9:30-10:30 a.m., at Calendar House Senior Center.

No registration is required, just drop in! Coffee Hours will not be held for the months of July and August.

Probate Forum

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

Friday, January 31st, 10 to 11 a.m. **Register online or call.**



JANUARY PROGRAMS:

Keeping You Safe & Independent -

How to Prevent Falls!

Wednesday, January 8th, 1:30-2:30 p.m.

Like other seniors, you're happy living at home and going where you want to go, just as you've always done.

But it's important to be prepared in the event of a sudden fall or other life-impacting emergency that could threaten your health and independence. Join Tyler Carmen, a Support Specialist from Masonicare, as he guides you through solutions, tips, and new technology that can help keep you independent longer. **Register online or call by Monday, January 6th.**

Scrapbook Your Special Day



Friday, January 10th, 10 a.m. to noon

Preserve your precious family memories! Join us for a fun and creative scrapbooking workshop. Get expert advice and guidance for your project. **Fees:**

\$15: Use all our supplies. Just bring your scrapbook and photos.

\$5: Bring your own supplies. Use a few of ours for free.

Pay to register (cash only please) by Wednesday, January 8th.

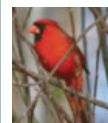
Backyard Birds

Monday, January 13th, 10 -11:30 a.m.

Join Thomas Kosturko, Home Care Coordinator of Compassion

Homecare as he presents Backyard Birds of Connecticut. During this 90-minute presentation, Tom will give you a brief overview of Compassion Homecare before focusing on our feathered

friends! You will learn about birds commonly found in CT and view a slideshow to help you identify them, learn about their migrations habits and some myths, have a chance to hear about bird sightings and stories (some unusual!) from the presenter and often the attendees, learn about bird-friendly feeders and the food that attract certain species, and finally find out "Do you have a bird brain?" by participating in some fun bird trivia! The presentation will conclude with a Q&A. **Register online or call by Thursday, January 9th.**



Flagship Financial Partners Talk

Monday, January 13th, 1-2 p.m.

During this educational event Flagship Financial will be reviewing the proper steps on how to properly coordinate your assets through Wills, Trusts, and other means of legacy succession. We will be having Bevon "Brad" McLean, Attorney at Law speaking during the event! **Register online or call by Friday, January 10th.**

Making the Most of Medicare Open Enrollment

Wednesday, January 15th, 1:30-2:30 p.m.

This presentation by Sara Mitchell, a Hartford HealthCare Medicare Educator will discuss your opportunity to make a Medicare Advantage Plan change during this special enrollment period and things to consider when choosing a plan. Plus, have your questions answered during the Q&A session. Refreshments will be served. **Register online or call by Monday, January 13th.**

Waste Not Want Not

Thursday, January 16th, 1:30-3:00 p.m.

How many times can you use a container? Why buy new when you can reuse? How about making your garbage lighter? Join Calendar House member Carol Langley and learn multiple ways to reuse your recyclables! **Register online or call by Monday, January 13th .**



Your Brain on Music

Wednesday, January 22nd, 1:30-2:30 p.m.



If you want to keep your brain engaged throughout the aging process, listening to or playing music is a great tool. It provides a total brain workout. Research has shown that listening to music can reduce anxiety, blood pressure, and pain, as well as improve sleep quality, mood, mental alertness, and memory. Join Patty O'Brian of Hartford HealthCare to learn more! Light refreshments will be served. **Register online or call by Friday, January 17th.**

Two Part Painted Sign Class

Friday, January 24th and February 7th 10:00 a.m.



Dive into the world of fluid art! Join Emi-Sue Creations for a Paint Pouring Sign Class. It's the perfect way to relax and create a beautiful piece of art. Learn the techniques of paint pouring and create a stunning wooden sign to take home. Fee \$25 (cash only please). **Pay to register by Friday, January 17th.**

Senior Bullying- Lunch and Learn

Monday, January 27th from 12:30-1:30 p.m.

Take a moment to picture a bully. Do you see a young kid or adolescent picking on someone smaller than them? What happens when an adult becomes the victim of bullying? Bullying among senior citizens has been making news in recent years. Sit with Heather Hitchcock, Community Liaison with Care at Home by JFS, as she discusses the realities of bullying among seniors and the impact it has on everyone. A bagged lunch including turkey sandwich, chips, cookie and bottled water will be served courtesy of The Pines of Bristol. **Register online or call by Tuesday, January 21st.**



WINTER 2025 COMPUTER CLASSES

Registration Dates:

Monday, January 6th from 1-2:30 p.m.

Wednesday, January 15th from 1-2:30 p.m.

Manage your Computer—Tuesdays at 1 p.m. from January 21st to February 25th—\$30

Transfer Photos From Phone or Tablet to PC—Thursdays at 1 p.m. from February 6th to February 13th—\$15

Getting around the iPhone—Thursdays at 10 a.m. from January 23rd to February 6th—\$15

Talking to the iPhone—Thursdays at 10 a.m. from February 13th to February 27th—\$15

Texting on the iPhone—Mondays at 1 p.m. from January 27th to February 10th—\$15

Using iPhone Apps—Mondays at 1 p.m. from February 24th to March 10th—\$15

Android Phone Basics—Tuesdays at 1 p.m. from January 21st to February 25th—\$30

AARP Tax-Aide



Income tax assistance will be available by **appointment only** at Calendar House for individuals or couples to file their 2024 income tax returns with AARP Tax-Aide. Appointments will be held on Tuesday & Friday mornings from 9-11 a.m. beginning Tuesday, February 11th through Friday, April 11th. **You may call 860-621-3014 beginning Tuesday, January 21st to schedule an appointment.** Trained, certified AARP-TCE Volunteer Tax Counselors will assist you in preparing your personal 2024 Federal and State Income Tax Returns. **Complex, business or self employment returns and/or rental income are out-of-scope.**

Very Important After making your appointment, you must come to Calendar House to pick up an intake booklet to be completed **at home, PRIOR** to your appointment. Intake booklets can be picked up at Calendar House Monday through Friday between 8:30 a.m. and 4:30 p.m. You will be given a complete list of items to bring with you to your appointment. It is **EXTREMELY IMPORTANT** that the intake booklet is filled out completely, with no omissions or unsure answers. Also, please make sure to have **EVERYTHING** that is listed that pertains to you and your return, as follow-up appointments may not be available.

FEBRUARY PROGRAMS:



Diabetes Talk

Wednesday, February 19th, 1:30 p.m.

This presentation will be about CGM (Continuous Glucose Monitoring) and what to do with the Information. **Register online or call before Wednesday, February 12th.**



Low Cost Health & Wellness Vet Clinic

Friday, February 28th, 10 a.m.—1 p.m.

Qualifying Seniors and Veterans pay \$60 per pet (cash/check payment only) for this clinic sponsored by **Vet Care Everywhere**. Services include a wellness check, rabies and distemper vaccine, basic deworming, and heartworm testing (dogs only). Cats must be in carriers and dogs must be leashed. Appointments are not available for litters of puppies or kittens. **Register online:**

<https://www.vetcareeverywhere.org/upcoming-clinics>

If you need assistance registering, please call Calendar House at 860-621-3014.

BRING ME BACK HOME



What is the Bring Me Back Home Program? Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

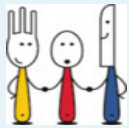
How does Bring Me Back Home work? A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. Law enforcement officers will have access to the confidential and secure information and respond appropriately. **When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.**

Who is eligible? All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

Register online at <https://portal.ct.gov/despp/division-of-emergency-service-and-public-protection/bring-me-back-home>. Flyers and instructions on how to register are also available at the Calendar House front desk.

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, Carol Doner for a form. A donation of \$3.00 per lunch is accepted 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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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.

First trip desk sale of 2025 will be held on Monday, January 6th!

Tues/March 11, ST. PATRICKS DAY CELEBRATION, Aqua Turf*. Featuring the McLean Avenue Band & Irish Step Dancers. Enjoy corned beef and cabbage and baked cod. **\$55.pp**

Tues/April 8, NORTH COUNTY BAND, Aqua Turf*. Featuring the “Nashville Sound” and line dancing. Enjoy Chicken Kathryn and baked ham. **\$55.pp**

Thurs/May 15, ABBA TRIBUTE BAND, DANCING DREAM, Aqua Turf*. Go back to the 70’s with Mamma Mia, Dancing Queen, Waterloo, Knowing Me Knowing You and many more! Enjoy family style chicken cacciatore and baked scrod. **\$97.pp**

Tues/July 8, CELEBRATE ITALY, Aqua Turf*. Celebrate with the classic sounds you know and love. Enjoy meatballs & sausage and chicken parmigiana. **\$55.pp**

Sun/Jul 13, UPSCALE SUNDAY BRUNCH & HUDSON RIVER CRUISE, Newburgh, NY. Amazing Sunday brunch buffet including carving station with Prime Rib and Honey Glazed Ham at Blue Point on the Newburgh waterfront. Cruise through the majestic Hudson Highlands aboard the Pride of the Hudson. Details on pricing for this trip to be announced soon!

**Aqua Turf Trips are “drive on your own”*

“HIGHLIGHTED TRIPS”

TULIP TIME ALONG THE RHINE RIVER CRUISE

April 16-26

Main Deck—\$4,339.pp DBLE

Includes Roundtrip Airfare, 7-Night River Cruise aboard M/S Symphonie, 22 Meals: 9 Breakfasts, 7 Dinners, 6 Lunches & Open Bar. 2-Night Post Cruise Hotel Amsterdam.

NEW ORLEANS & CAJUN COUNTRY

April 28-May 4

\$2,499.pp DBLE

Includes Roundtrip Airfare, 6-Night Accommodations, 6 Breakfasts, 4 Dinners, Sightseeing Itinerary in Mississippi and

Louisiana including Steamboat cruise on the Mississippi River, The French Quarter, St. Louis Cathedral, The Garden District, Baton Rouge, USS Kidd, Natchez, Antebellum Mansion, Lafayette, Avery Island and more!

TORONTO, NIAGARA FALLS & THOUSAND ISLAND TOUR

May 19-23

Pricing details coming soon!

4 Nights accommodation, round trip motor coach Tours of Distinction tour, eight meals.



TRIPS IN THE WORKS!!

June: Newport Flower Show * Summer Breeze at Amarantes * Ireland Uncovered

July: Theatre by the Sea in Rhode Island presents “Hairspray”

August: Lunch at the Griswold Inn & Cruise on the River Quest

September: Snapshot of London & Paris

MORE TO COME!!

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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