



Our St. Patrick's Day celebration was wonderful!

"The Rich and Famous" performed and our members loved it! Light refreshments and raffles made the event even more enjoyable. A big thank you to the volunteers that helped make this event such a success!

WHAT'S INSIDE

Page 3
Information

Page 5
Weekly Activities/Health

Page 6
Monthly Calendar

Page 7

- Exercise

Pages 8 & 9
Programs

- April Programs
- May Programs/Save the Date

Page 10

THIS 'N THAT

- Calendar House Café
- Dial-A-Ride

Page 12
Travel

- Trip Info
- Contact Info

FROM THE STAFF...

Spring is in the air! It is so exciting to see the plants start to come up and to open a window or 2 to air the house out a little. We all feel refreshed when Spring is here.

In April, Tuesday Trekkers will be meeting every week. The schedule is listed on page 7. Carol Langley is looking for someone to lead the walks/hikes in May. She will be out of state during that month. If you are interested please contact Liz Chubet at chubete@southington.org or call 860-621-3014.

We are excited for our Polish Night at the Aqua Turf on April 9th. Please buy your tickets at the front desk. They are \$35.00 each.

The Calendar House Golf League registration meeting is April 17th at 2:00. Please contact Liz Chubet before April 17th if you would like to register ahead of time.

The Renters Rebate program starts April 1st. Details are on page 3.

The 4th Annual Tony Longo Centennial 8-Ball Tournament will be held Tuesday, May 13th. Sign-up is the day of the match.

April is Volunteer Recognition Month. We would like to take this time to acknowledge our volunteers here at the Calendar House. So, a huge thank you to all of you who volunteer here. Your time is precious and we appreciate you spending it here helping us.

There is a beautiful original painting by member Diane McDonald being raffled off April 30th. Tickets can be purchased at the front desk for \$1.00 a piece.

In May, we will be starting a Myositis Support Group that will be meeting weekly. We have Diana Sheard coming back in May for another felting class. Stay tuned for more details.

One last thing... Southington Community Services and the Calendar House are partnering in a town wide coat drive called Operation Stay Warm. We are looking for clean, gently used winter coats and accessories in both adult and children's sizes. A collection bin will be located in the lobby.

Happy April!

-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!!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
 (800) 477-4574 x6348

ANTHONY LONGO

JUNIOR PARTNER

Cell: 203-927-2044 | Office: 203-712-7348



2 TRAP FALLS RD, STE 410
 SHELTON, CT 06484
 FFPCT.COM



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicommunities.com

IF YOU LIVE ALONE

MDMedAlert!
 At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance ✓ Police ✓ Family
 - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!" **CALL NOW!**



800.809.3570

md-medalert.com



Try us,
 you'll like us.

Hartford HealthCare
 Senior Services

Our communities:

The Orchards at Southington
 Southington, CT
 860.628.5656

Arbor Rose at Jerome Home*
 New Britain, CT
 860.229.3707

Cedar Mountain Commons
 Newington, CT
 860.665.7901

Mulberry Gardens
 Plantsville, CT
 860.276.1020

HHCSeniorServices.org

* Managed by Hartford HealthCare

You may have questions about whether assisted living is the right choice — for yourself, or for a loved one. Why not give it a try? Hartford HealthCare has four beautiful and conveniently located assisted living facilities that provide short-term and trial stays, of a few weeks or months, where you can experience all we have to offer, including:

- Beautiful studio, one- and two-bedroom apartments with kitchenettes in serene settings.
- Meals included.
- Live independently, knowing services such as assistance with daily living, medication and more are available if you choose.

Find out what it's like to do the things you love most without the worries of upkeep and security or the financial burdens of owning a home. **To learn more, call us today!**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

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, April 11th, 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

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



MEMBERSHIP MEETING

Featuring

The Elderly Brothers

Calendar House

Thursday, May 29th at 1:00 pm



Attend a brief business meeting followed by musical entertainment by The Elderly Brothers, Brian Gillie and Tom Stankus. They play piano and guitar. Among their repertoire are Jazz, Blues, Rock n Roll, Hollywood, Broadway, Swing, and dance tunes. They tickle the keys and sing the hits with a crisp radiance. You might even get on your feet and show us your great dance moves! Our community partner, Raymond Senior Planning, will provide delicious cake for you to enjoy as well!

Register at the front desk by calling 860-621-3014 or online by Tuesday, May 27th.

Please note the following:

- There has been a time change for our quilting group that meets on Monday. Karen will be here from 9-11am but the group can stay until noon to work on their projects.
- If you are interested in Bread for Life lunches here, you have to order them for the next week the Friday prior by noon. The details are listed on our website and on page 10 of the newsletter.

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 made in the calendar year prior to the year the renter applies (2024 info).

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

- You must have reached age 65 by December 31, 2024. (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: \$45,200 Single Individual; \$55,100 Married Couple.
- You must provide copies of documentation of all 2024 income; including your 2024 Income Tax Return (if filed), as well as a copy of your 2024 SSA-1099; utility payments; rent receipts or monthly rent statements (please do not send originals).
- **NEW APPLICANTS:** If you have not previously applied, please provide your SS#, phone number, and a copy of your drivers license OR proof of residency and date of birth.

We will begin accepting paperwork on April 1st. We will begin processing applications on April 16th. To apply, please bring copies of your required 2024 income, utility and rent documentation to Calendar House, 388 Pleasant Street, Southington, CT. 06489, or simply drop your paperwork in a sealed envelope in the secure drop box located at the entrance of the Calendar House building Attn: Rent Rebate. Please make sure to include your phone number so that we can reach you if we have any questions. For more information please call 860-621-3014.



BEACON
PRESCRIPTIONS
 COMPOUNDING PHARMACY
 Family Owned
 Fast, Friendly Service • Delivery Available
 Call: 860-628-3972
 609 North Main St., Southington, CT 06489

**Health Insurance
 Medicare Plans**
**Confused about
 Medicare Plans?**
 Turning 65?
 Some plans at 0 cost!
Steve Ardussi
 860-309-4137
 "Your Personal Benefits Advisor"
 "Trusted and Local"

Newly Renovated Rooms
 The Bradley Home
 and Pavilion
 *Long-Term Care
 *Respite Care
 *Short-Term Rehab
 Tour Today!
 (203) 235-5716



Raymond Senior Planning
203-699-2611

**WE HELP WITH MEDICARE, MEDICARE SAVINGS
 PROGRAM AND RETIREMENT NEEDS**
Call us for a free consultation!
 360 North Main Street, Suite 5, Southington CT 06489
 195 West Main Street, New Britain CT 06052
 www.raymondseiorplanning.com • raymondseiorplanning@gmail.com

**Place Your Ad Here and
 Support our Community!**

Instantly create and
 purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

**ADT-Monitored
 Home Security**

Get 24-Hour Protection
 From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

Day One Living

Embracing new beginnings with confidence.

Our senior transition specialists take care of it all

- Senior relocation
- Estate Sales
- Packing
- Move Management
- Home Clean-Outs
- Resetting
- Downsizing
- and MORE



Caring Transitions of Central CT

CaringTransitionsCentralCT.com | (860) 406-8197 | dalfano@caringtransitions.com

2024 Caring Transitions, All rights reserved. Each office is independently owned and operated. Services & prices may vary.

WE'RE HIRING!
AD SALES EXECUTIVES



**BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

Margie Chupron, REALTOR

Diane Epps, REALTOR

Ready to downsize?

Call today to explore
 senior-friendly homes that fit
 your lifestyle and make the
 transition easy!



Helping Connecticut Citizens since 1980
 860-628-7223



**SHORT
 STAFFED?**

Place an ad here to find
 new local talent for your
 business.

CALL 800-477-4574



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Calendar House - Southington, CT

06-5315

ALL DAY, EVERY DAY @ CALENDAR HOUSE

Pool Players/Ping Pong
Cardio Room
Active Walkers (Walking Track)
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

Visit: www.calendarhouse.org
and click on the "Tech Classes" tab
for class information.
Computer Lab Hours:
Mondays: 10 a.m.—noon
Wednesdays: 1—3 p.m.

WINTER/SPRING ENRICHMENT CLASSES

MONDAY: Drawing w/ Sue @ 10
Time change* Quilting with Karen @ 9
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—4/8, 4/15, 4/22, 4/29)
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 (4/10, 4/24)
Party Bridge: 1-3:15
Pickleball: 1-3
Scrabble: 1-3
Cardio Drum: 2-2:30
Gentle Movement: 1:00

FRIDAY

Gentle Yoga: 9:30 (\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
4/25 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in April! Register at the bingo table prior to 4/25.
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, April 30th. **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, April 14th and 28th 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 Health Suite. 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.

APRIL 2025 MONTHLY CALENDAR

6

| | | | | | | |
|------------------|--|---|---|--|---|------------------|
| / <u>SUN</u> | / <u>MON</u> | 1 <u>TUES</u> | 2 <u>WED</u> 1:00 <i>Orthopedic Injury Prevention</i> | 3 <u>THURS</u> | 4 <u>FRI</u> 11:00-1:00 <i>STOKES Counseling Services Info Table</i> | 5 <u>SAT</u> |
| 6 <u>SUN</u> | 7 <u>MON</u> | 8 <u>TUES</u> <i>Tuesday Trekkers</i> | 9 <u>WED</u> 10:00 <i>New Member Meet and Greet</i> 5:00 <i>Polish Night</i> | 10 <u>THURS</u> | 11 <u>FRI</u> 9:00-10:00 <i>Real Estate "Info Table"</i> 9:00-1pm <i>AARP Smart Driver Class</i> 9:30-10:30 <i>John E. DeMello Sr. Veterans Coffee Hour</i> | 12 <u>SAT</u> |
| 13 <u>SUN</u> | 14 <u>MON</u> 9:30-11:30 <i>Wheeler Clinic Outreach</i> | 15 <u>TUES</u> <i>Tuesday Trekkers</i> | 16 <u>WED</u> <i>Reiki, by appt. only</i> 9-11 <i>Raymond Senior Planning Info Table</i> | 17 <u>THURS</u> 1:00 <i>Senior Self Care</i> | 18 <u>FRI</u> CENTER CLOSED  | 19 <u>SAT</u> |
| 20 <u>SUN</u> | 21 <u>MON</u> 1:00 <i>Aquatic Birds of CT</i> | 22 <u>TUES</u> <i>Tuesday Trekkers</i> | 23 <u>WED</u> <i>Reiki, by appt. only</i> 1:00 <i>Lip Gloss Workshop</i> | 24 <u>THURS</u> | 25 <u>FRI</u> 10:00- <i>Probate Forum</i> 11:00-1:00 <i>STOKES Counseling Services Info Table</i> 1:00 <i>Birthday Bingo</i> | 26 <u>SAT</u> |
| 27 <u>SUN</u> | 28 <u>MON</u> 9:00 <i>Diabetes and Pre-Diabetes Support Group</i> 9:30-11:30 <i>Wheeler Clinic Outreach</i> | 29 <u>TUES</u> <i>Tuesday Trekkers</i> 12:00 <i>Calendar House Book Club</i> | 30 <u>WED</u> <i>Reiki, by appt. only</i> 10:00-11:00 <i>Blood Pressure Clinic</i> | | | |

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. (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! *As always, we ask that you leave your dogs at home for these excursions.*

April 8th- Hammonasset Beach. Meet at 9:30 at the

Calendar House to carpool or at West Beach at 10:30. We will walk to Meigs Point. On the return trip we will have lunch on a pier over the water.

April 15th-Scovill Reservoir, Wolcott. Meet at 9:15 at the Calendar House or 10:00 St. Pius Church parking lot. Plan to walk around the reservoir. Bring lunch and a beverage. Approximately 4 miles.

April 22nd-Earth Day. Meet at the Dog Park, We will walk to Plantsville Center picking up litter along the trail. Please wear gloves, bring hand sanitizer, bucket or old reusable bag, No plastic bags please. We need someone to take pictures. We will take a break at the coffee shop. Everyone is responsible for their purchase.

April 29th-McClean Refuge, Simsbury. Meet at 9:00 at the Calendar House to carpool or meet at main entrance off Rte. 10/202 at 10:00. Easy walk/hike on an old dirt road to Governor McClean fishing cabin where we will have lunch and return to the main parking area.

Call 860-621-3014 or register at the front desk!

Carol will not be available to lead walks/hikes in May. If anyone would like to lead a hike please let Liz Chubet know at the Calendar House.

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.

GENTLE MOVEMENT, BREATHWORK & MEDITATION w/ Cynthia

This drop-in class can be done in a chair or on a yoga mat. No experience necessary to explore the many benefits of being in the moment with gentle easy movements, breathwork and meditation. Each week you will learn different aspects of these calming techniques. Please wear comfortable clothing. Your first class is free, then pay \$8 to the instructor, payable to Cynthia Griffin.



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, April 11th, 9-10 a.m. Drop-in.



STOKES Counseling Services Information Table W/ Amber Borges

Friday, April 4th and 25th, 11 am -1 pm. Drop-in.

New Member Meet 'n Greet

Wednesday, April 9th, 10 to 11 a.m.

Register online or call by April 8th.

John E. DeMello Sr. Veterans Coffee Hour

Friday, April 11th, 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 the Calendar House Senior Center. **April 11th will substitute for April 18th due to Good Friday.**

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

- *There will be no "Sew Days" on Fridays for Quilts of Valor until tax season is over.*

Probate Forum

w/Matthew Jalowiec, Probate Judge

Friday, April 25, 10 to 11 a.m. Register online or call before Thursday, April 24th.

Orthopedic Ankle Injuries and How to Prevent Them

Wednesday, April 2nd at 1:00 pm Join Dr. Megan Wolf from Comprehensive Orthopedics and Sam McMullen PT from Physical Therapy and Sports Medicine Centers for a presentation on ankle injury prevention in general, and how it

relates to pickleball injuries. **Please register by Tuesday April 1st online or by calling 860-621-3014.**

Polish Night at the Aqua Turf

Wednesday, April 9th 5:00-9:00 pm. Join the Calendar House on Wednesday, April 9th from 5—9 pm (Dinner served at 6 pm) in the Aqua Turf Glass Room. Ticket price is \$35 per person and has been generously subsidized by the Calendar House Membership Association. Tickets are on sale through Tuesday, April 1st.


THERE WILL BE NO ASSIGNED SEATING FOR THIS EVENT. OPEN SEATING ONLY.

On the Menu—Served Family Style, House Garden Salad, Penne Bolognese, Roasted Pork Loin, Pierogis, Kielbasa and Sauerkraut, Potato, Vegetable, Ice Cream w/ Caramel Topping, Cash Bar Available


Have fun listening and dancing to music provided by Bryon Daley. Remember to bring cash for the raffle! Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior.

Tickets can be purchased at the front desk for \$35.00 each. Cash or check payable to Calendar House.

Senior Self Care with Holly Hansen of Wheeler

 **Clinic Thursday, April 17th 1:00pm** Wheeler's Southington Behavioral Health Outreach Project is offering a self-care workshop. Self-care is crucial for everyone to help navigate stress and improve their quality of life. This dynamic, engaging and interactive session invites participants to understand the neuroscience of stress and explore the benefits of engaging in self-care activities that will lead to better dimensions of overall well-being and improved health. Participants will identify and evaluate various coping strategies and develop individualized self-care plans for them to implement on a daily basis.

Aquatic Birds of Connecticut

Monday, April 21st at 1:00pm Join Tom Kosturko and learn fun facts about aquatic birds such as the number of different aquatic bird species that are either permanent residents or migratory in Connecticut.  Also, the life span of our most common aquatic birds in Connecticut and other characteristics, such as mating, nesting and eating habits.

There will be a slideshow presentation and a very heartwarming rescue story. **Please register online or by calling the front desk by Thursday, April 17th.**

Lip Gloss Making Workshop

Wednesday, April 23rd at 1:00pm

Join us in using the most organic and clean ingredients to make your own lip gloss!

We will have a few different color options to choose from as well. \$35.pp. **Please register in person with cash or check payable to Still Waters USA before April 17th.**

MAY PROGRAMS

Myositis Support Group

Tuesday, May 6th from 2:30-3:30pm

This is for any members interested in a support group for those diagnosed with autoimmune symptoms. This is an 8 week program facilitated by Jacki Willametz, RN. The topics covered will be medical terms, types of autoimmune diseases, sharing amongst members, and guest speakers covering related topics.

Week 1:

- Welcome
- Fundamentals (group rules and facilitator function)

Please register in person or online by May 5th.

Make-Up for Mature Women

Thursday, May 15th from 1:00-3:30pm \$20.00 pp

Discover the best make-up techniques for your specific concerns. Explore make-up products and tools that will elevate your routine. Topics of discussion will include: keeping your makeup and brushes clean and sanitary, using the right tool for the right application, choosing the right concealer and foundation for your skin tone color, contouring, highlighting, blushing, and so much more.

Please bring a notebook and pen. Participants are encouraged, but not required to bring their personal make-up and brushes for a professional evaluation. Participants are encouraged, BUT NOT required to attend make-up free.

Please register in person by Tuesday, May 13th. Pay \$20.00pp when registering.



SAVE THE DATE

Southington Calendar House Fourth Annual Tony Longo Centennial 8-Ball Tournament

If you enjoy playing pool and want a little friendly competition please plan to join the Fourth Annual Southington Calendar House "Tony Longo Centennial 8-Ball Tournament" scheduled for Tuesday, May 13, 2025 (backup date if needed is Friday, May 16, 2025). All Southington Calendar House members are welcome to participate. Sign-up is the day of the match from 8:30AM until 9:30AM in the pool room. Rules review will start at 9:30AM followed by random draw of players and matches. The tournament is a double elimination format. The winner's bracket will play 2 of 3 racks while the loser's bracket will play 1 of 1 match. Pizza will be provided for lunch.

CALENDAR HOUSE GOLF LEAGUE

The Calendar House Golf League (CHGL) will hold a registration meeting on **Thursday April 17, 2025 at 2 P.M.** at the Calendar House for anyone interested in playing 9 holes of golf on Tuesday mornings. CHGL plays at Hawks Landing and the league is open to all members of The Calendar House and residents of Southington age 55+ looking to play golf and have fun. This is a pay-as-you-play league starting the first week of May. At the registration meeting we will discuss pricing, rules and format of play. If interested you can sign up at the Calendar House prior to the April 17th meeting. See Liz Chubet at the Calendar House. Give her your name, phone number, email and the non-refundable dues payment of \$50 either in cash or a check payable to The Calendar House Golf League or CHGL. If you have a partner, please supply their name and phone number. We can assign a partner if needed. Additional sign-ups will take place at the meeting on April 17th. Not interested in playing every week? We do have a need for substitutes to fill in during the season. If you have questions regarding the League send an email to chgold388@gmail.com

NUTRITION

CHANGES TO CALENDAR HOUSE CAFÉ

Due to recent federal funding cuts there have been changes to the Nutrition Program provided by RW Solutions at Calendar House Senior Center. **RW Solutions** now serves lunch 3 days per week on Monday, Tuesday and Friday. **Southington Bread For Life** serves meals at Calendar House two days per week on Wednesday and Thursday. Meals for both programs must be pre-ordered and will be served at noon. See below for details on each program.

RW Solutions — Serving Monday, Tuesday and Friday. Meals are limited to individuals age 60+. A completed form-5 from the State of CT Department of Social Services/Elderly Division is required to participate. Please see the Café Manager for a form. A donation of \$3.00 per meal is suggested. Meals must be ordered by Tuesday at noon for Friday and for the following Monday and Tuesday. See the Café Manager or call 860-621-6738 to order or cancel a meal. **There is a daily limit of 25 meals.** Once that limit is reached, a private pay meal may be ordered at a cost of \$5.50, payable at the time of order. Refunds will not be made for cancellation of private pay meals.

Bread For Life — Serving Wednesday and Thursday. Please order meals by Friday at noon for the **following** Wednesday and Thursday at the Calendar House front desk or by calling 860-621-3014. **There is a daily limit of 25 meals.** A suggested donation of \$3 to **Southington Bread For Life** will be accepted when you receive your meal.

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.



Compassionate Counsel, Proven Results

860-259-1500

Attorney Halley C. Allaire

Services we provide: Medicaid | Asset Protection | Trusts | Probate
Real Estate Closings | Care Coordination | VA Aid and Attendance

For more information visit www.allaireelderlaw.com | 271 Farmington Ave, Bristol, CT 06010



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348



Lisa Olson
REALTOR®

860-406-1365

lisaolson.bhhsneproperties.com
LisaOlson@bhhsne.com

Integrity • Heart • Honesty

BERKSHIRE HATHAWAY
HomeServices
New England Properties
Berkshire Hathaway HomeServices
New England Properties
142 N Main Street
Southington, CT 06489

We Buy Houses

Any Condition, AS-IS, Hassle Free,
Easy Closings, Local & Professional



860-589-4663
www.VRGHomeBuyers.com

"Principal is a real estate licensee"

Let This Be The Year You Change The Way You Hear



Myranda Lombardi
Hearing Instrument Specialist

"Let me analyze your hearing to give you the instrument that you need and can afford!"

ALL NEW PATIENTS WILL RECEIVE THE FOLLOWING:

- FREE Comprehensive Hearing Evaluation
- FREE Video Otoscopic Exam
- FREE Hearing Aid Evaluation
- Custom Ear Molds & Fittings
- Hearing Aid Batteries & Repair
- Financing Available
- Most Insurance Accepted



VOTED BEST HEARING SPECIALIST

MEDICAID ACCEPTED

Bristol Hearing Aids, LLC

72 Pine St., Bristol • 860-506-3720

www.bristolhearingaids.com

Plainville Community PHARMACY

the Heart of our Community



We offer medication packaging and delivery - at no extra cost.
Don't settle for less! Have all your medications in one place.

Prescription Transfers are easy - call us and we'll take care of the rest!

WE PROVIDE OUR PATIENTS WITH:

- Comprehensive Medication Reviews
- Immunizations/Flu Shots
- One-on-One Pharmacist Counseling
- Medical Supplies
- Weekly Blister Packs for Seniors
- Diabetic Supplies and Management

Flu Shots Available

Fast, Free Delivery to Your Door on Prescriptions

M - F: 9 am - 7 pm Sat: 9 am - 2 pm Sun: Closed

860.222.9422



170 East Street | Plainville | www.plainvillierx.com





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 . 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.

2025

Thurs/ May 15th, DANCING DREAM ABBA TRIBUTE BAND-Aqua Turf -\$97pp

Tues/May 20th, BOSTON DUCK TOUR, Tour includes round trip motor coach, admission to the New England Aquarium, lunch at Maggiano’s, the Boston Duck Tour and gratuities for driver and tour director. **\$179 pp**

Fri/June 6th MENOPAUSE 2 THE MUSICAL –Cruising Through “The Change” The tour includes reserved orchestra seats, round trip motor-coach, dinner, tour director and gratuity. **\$160. pp**

Fri/June 20th-NEWPORT FLOWER SHOW-Enjoy the flower show at Rosecliff Mansion and free time in Newport. **\$115pp**

Wed/June 25 SUMMER BREEZE Amarante’s Sea Cliff Luncheon Show. Enjoy a delicious lunch and wonderful entertainment on this beautiful waterfront property. **\$115pp**

Fri/July 4th JAMES TAYLOR AT TANGLEWOOD Celebrate the 4th of July with the music of James Taylor at Tanglewood. Enjoy fireworks after the concert. **\$199. pp**

Tues/Aug 5th RELAX ON THE RIVER...THE GRISWOLD INN, RIVERQUEST CRUISE Dine at the historic Griswold Inn located in Essex, CT. The “Gris” is the oldest operating Inn in the country since 1776. Afterwards, enjoy a 60 min. cruise down the CT River Valley. You will enjoy beautiful historical sights. **\$149.pp**

Wed/Aug 13th THEATRE BY THE SEA PRESENTING “HAIRSPRAY” Show and lunch at George’s of Galilee in RI. **\$182pp**

Tues/Aug 19th CAROLE’S KINGS TRIBUTE classics from the 60s and 70s with dinner at the Aqua Turf **\$97pp**

- **Tues/April 8th NORTH COUNTY BAND/** Dinner and music –Aqua Turf **\$55pp**
- **Tues/July 8th ITALIAN NIGHT/** Dinner and music– Aqua Turf **\$55pp**
- **Tues/Aug 12th SONG, DANCE AND ROMANCE** Dinner and music-Aqua Turf **\$55pp**
- **Tues/Sept 9th JUKEBOX 45 SHOW BAND:DOOWOP SHOWS** Dinner and music-Aqua Turf **\$55pp**

*** ALL AQUA TURF EVENTS ARE DRIVE YOURSELF**

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.

DIRECTOR

Dawn Sargis
sargisd@southington.org

PROGRAM COORDINATOR

Elizabeth Chubet
chubete@southington.org

ADMINISTRATIVE ASSISTANT II

Roxanne Avitabile
avitabiler@southington.org

ADMINISTRATIVE ASS’T/DRIVER

Dawn Sousa
sousad@southington.org

P/T RECEPTION DESK

David Harrington
harringtond@southington.org

F/T BUS DRIVERS

Paula Ofiara Pocock & Christie Boucher

P/T BUS DRIVERS

Ed Pocock & Bob Donia

TRIP DESK COORDINATOR

Lana White 860-621-3779 or
lane.white28@gmail.com

“HIGHLIGHTED TRIPS”



May 19-23 TORONTO, NIAGARA Trip includes 4 night accommodations, round trip motor coach, Tours of Distinction tour director, 8 meals. Enjoy Alexandra Bay, NY and 1,000 island cruise. A bit of Toronto and Niagara Falls and wine tasting. **\$1849. pp double \$2449. single**

Sept 29-Oct 7th SNAPSHOT: LONDON AND PARIS. Tour includes Roundtrip airfare from Boston, roundtrip transfer from Calendar House, 7 nights accommodations, 11 meals, sightseeing per itinerary, transportation throughout tour, tour director and gratuities. **\$4,299 pp double**

Find us on Facebook

[@SouthingtonCalendarHouse](https://www.facebook.com/SouthingtonCalendarHouse)

Like and follow to learn more!

