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FROM THE STAFF...

Summer is about fun and we have some great events planned for June that we think you will enjoy!

Tuesday Trekkers is running again this month with Carol Langley. She has walks planned all over the state for you. Please note that this program does not run during July and August. It will restart again in September.

Maureen Murphy is taking a hiatus from teaching line dancing. There will be no teacher led line dance classes from May 26th through June 25th. Classes will resume on June 30th. Students are welcome to come during regularly scheduled times to practice if they wish.

We will be offering a one day Ukulele class with Julie Stepanek this month. Join her and learn some basics about playing the Ukulele!

Valentine the Clown will be here to educate us on the art of clowning. She will discuss different styles of clowns and what they do, the significance and meaning of their make-up, clowning rules and of course we will enjoy some of her legendary antics!

If you enjoy thought provoking films, we are offering a screening of a documentary called, *Human Forever*. The Calendar House

and LiveWell are partnering that evening to host this event and community discussion about living with dementia and how other countries support their loved ones with the condition.

If you have plants that you would like to swap out in your yard, join us for our first ever Plant Swap! Details are on page 9.

Ending the month we are offering presentations on ankle injuries and a family CPR class. More details on page 9.

A quick message from our Granny Squares Group. They are looking for more members to join. They meet every Wednesday from 10-12. This group meets and works on their fiber art projects. This is not an instructional program.

-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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ivasquez@4lpi.com
(800) 888-4574 x3105

ANTHONY LONGO

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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, June 13th from 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

JC/DC Entertainment

Joe Cannata and Dean Coutsouridis

Calendar House

Thursday, July 31st at 1:00 pm

BACK BY POPULAR REQUEST!! JC/DC is a duo made up of the two lead male singers from Connecticut's premier event band who play a wide variety of music that is enjoyed by listeners of all ages and tastes. Their song list includes music by The Beatles, Etta James, Bobby Darrin, Elvis, Linda Ronstadt, Abba, The Four Seasons, Temptations, Billy Joel, Earth, Wind and Fire, Michael Buble, and Neil Diamond to name a few! Our community partner, Raymond Senior Planning, will provide delicious cake for you to enjoy as well!

The Rotary Club of Southington will be doing a short presentation about their organization, how it impacts the community and how you can get involved..

Register at the front desk by calling 860-621-3014 or online by Tuesday, July 22nd.

Notice from the Town Clerks Office

The Town Clerks office would like you to be aware that they offer a program that will alert you of any potential fraud regarding your property. Please see below.

PropertyCheck

This is a free service that helps protect residents from potential property and mortgage fraud. Cott Systems PropertyCheck will automatically alert you of any land record recordings regarding the name(s) you specify. Create as many variations of your name as you want and select how you would like to receive notifications.

To register for this program go to southington.org, Town Clerks page. The program will be listed on the left of the page where you can register.

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 are currently accepting applications. The last day to apply is Tuesday, September 30th. 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.



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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.

ENRICHMENT CLASSES

MONDAY: Quilting Informal Work
Session 9—12pm
WEDNESDAY: Independent
Watercolor @ 1:30
**All other enrichment classes will resume
in the fall. Class registration information
will be published in the September
Active Lifestyles issue.**

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
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
Tuesday Trekkers

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 (CXL 6/18)
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 (6/12, 6/26)
Party Bridge: 1-3:15
Pickleball: 1-3 (XL 6/19+26th)
Scrabble: 1-3
Cardio Drum: 2-2:30
Breathwork and
Meditation: 1:00

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
*6/27 is Birthday Bingo!
Receive a free
card to play AND
a cupcake if your
birthday is in
June. Register at
the bingo table prior to 6/26*
Cardio Drum: 2-2:30



HEALTH AND WELLNESS

CHAIR MASSAGE

Enjoy a 10 min chair massage with licensed massage therapist Steve Casillas in the Health Suite. To make an appointment please contact Liz Chubet at chubete@southington.org or 860-621-3014 for his contact information. His fee of \$15 can be paid directly to him during the appointment.

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, June 25th. **Drop in!**

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 curious, newly diagnosed or have been managing for years, this group offers education, support, and practical tips. Topics include prediabetes, diabetes basics, nutrition, medications, exercise, monitoring and coping strategies. Betsy will answer your questions and offer discussion on: "I feel fine, why and how should I pay attention?" 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 **Cancelled for June.**

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. **There will be no Reiki in July.**

JUNE 2025 MONTHLY CALENDAR

6

<u>1</u> SUN	<u>2</u> MON	<u>3</u> TUES <i>Tuesday Trekkers</i> 9:00-11 <i>Chair Massage</i> 2:30- <i>Myositis Support Group</i>	<u>4</u> WED 1:00- <i>Caregiving: Guilt and Duty</i>	<u>5</u> THURS 10:00- <i>Ukulele Class</i>	<u>6</u> FRI	<u>7</u> SAT
<u>8</u> SUN	<u>9</u> MON 1:00 - <i>Clownjucation with Valentine the Clown</i>	<u>10</u> TUES <i>Tuesday Trekkers</i> 9:00-11- <i>Chair Massage</i> 2:30- <i>Myositis Support Group</i>	<u>11</u> WED	<u>12</u> THURS 12:00- <i>Realty 3 Information Table</i> 5:00- "Forever Human" <i>Screening and Discussion</i>	<u>13</u> FRI 9:00-1:00- <i>AARP Safe Driver</i> 1:00- <i>Hot Dog Bingo</i>	<u>14</u> SAT <i>Town Clerk Rabies Clinic</i>
<u>15</u> SUN	<u>16</u> MON	<u>17</u> TUES <i>Tuesday Trekkers</i> 9:00-11- <i>Chair Massage</i> 2:30- <i>Myositis Support Group</i>	<u>18</u> WED 9-11- <i>Raymond Senior Planning Info Table</i> 1:00-2:30 - <i>John E. DeMello Sr. Veterans Coffee Hour</i>	<u>19</u> THURS 9:00- <i>AARP Smart DriverTEK</i> 1:00- <i>Plant Swap</i>	<u>20</u> FRI 9-10- <i>Real Estate Info Table</i>	<u>21</u> SAT
<u>22</u> SUN	<u>23</u> MON 12:00-1:00- <i>Lunch and Learn-The Warning Signs of Dementia</i>	<u>24</u> TUES <i>Tuesday Trekkers</i> 9:00-11- <i>Chair Massage</i> 2:30- <i>Myositis Support Group</i> 12:00- <i>Calendar House Book Club</i>	<u>25</u> WED <i>Reiki, by appt. only</i> 9-11- <i>Raymond Senior Planning Info. Table</i> 10-11- <i>Blood Pressure Clinic</i>	<u>26</u> THURS 1:00 - <i>Ankle Injury Prevention</i>	<u>27</u> FRI 10:00- <i>Probate Forum</i> 1:00- <i>Birthday Bingo</i>	<u>28</u> SAT
<u>29</u> SUN	<u>30</u> MON 1:00- <i>Hands Only CPR & First Aid Training</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.*

Register by calling 860-621-0314 or at the front desk.

- **Tuesday, June 3rd**– Old Lyme, CT. Meet at Calendar House to carpool. 10:00 Old Lyme Rte. 156 Hole in the Wall parking lot. We plan to walk along the ocean on a paved walkway. Approximately 3.5 miles. Subway for lunch and then walk to a used book store.
- **Tuesday, June 10th**– Meet at the Calendar House at 8:30am to carpool. Take a bus ride to New Haven. 9:00am Cheshire Green on Rte. 10. Plans to take the 9:29am bus into New Haven. Senior tickets cost about \$2. We will walk to the Yale Campus where we will share the expense of a pizza for

lunch and stop at some shops.

- **Tuesday, June 17th**– Sessions Woods-Burlington. We will meet at 9:30am at the Calendar House to carpool or meet at Sessions Woods for 10:15am. We will visit the Wildlife Center and then walk 3.5 mi. Please bring a lunch and beverage.
- **Tuesday, June 24th**– Savin Rock, West Haven. Meet at Calendar House at 9:30 to carpool, meet at 10:30am at Jimmie's parking lot at Savin Rock. We will walk a paved walkway and return to Savin Rock. Please bring a lunch and beverage.

There will be no hikes during the summer. If there is some place you would like to go for a hike in the Fall, please let Liz Chubet at the Calendar House know.

Enjoy your summer and be safe! - Carol



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.**

BREATHWORK & MEDITATION w/ CYNTHIA

Thursdays from 1:00-1:45 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.

MONTHLY PROGRAMS

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!*



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

Friday, June 20th, 9-10 a.m. Drop-in. Meet with Lisa Olson for any real estate questions you may have!

Raymond Senior Planning

Wednesday, June 18th from 9:00-11:00am

Beata Raymond will be in the Calendar House lobby to answer questions you may have on all things Medicare! Drop-in.

Realty 3 Information Table

Thursday, June 12th 12:00-1:30pm

Margie Chupron and Diane Epps, both Realtors® with Realty 3 CT, are excited about the opportunity to connect with members of the senior community who may have questions about the Southington real estate market.

John E. DeMello Sr. Veterans Coffee Hour

Wednesday, June 18th from 1:00-2:30

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. *No registration is required, just drop in! Coffee Hours will not be held for the months of July and August. We are changing the June date of the coffee hour from Friday June 20th to Wednesday, June 18th at 1:00 pm.*

Probate Forum

w/Matthew Jalowiec, Probate Judge

Friday, June 27th, 10 to 11 a.m. Register online or call before Thursday, June 26th.

JUNE PROGRAMS

Myositis Support Group

Tuesdays, from 2:30-3:30pm (meets weekly)

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.

Caregiving: Guilt and Duty

Wednesday, June 4th at 1:00pm. Join us for an enlightening discussion that delves into the emotional landscape of caregiving. This presentation will explore the nuances of guilt and duty often experienced by caregivers.

Gain insights and tools to better manage the complex responsibilities and emotions that come with caregiving.

Register online or call 860-621-3014 by Tuesday, June 3rd.

Ukulele Class

Thursday, June 5th from 10:00 am-12:00pm Want to try an instrument that is fun and relatively easy to play? Learn the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own. Register online or call 860-621-3014 by Monday, June 2nd. *This class has been sponsored by the Calendar House Membership Association.*

Clownjucation with Valentine the Clown

Monday, June 9th at 1:00pm. Come join us and see how a clown turns into a clown with some explanation and education along the way. Have some fun afterward! Please register online or call 860-621-3014 by Friday, June 6th. *This program has been sponsored by the Calendar House Membership Association.*

***Screening of “Human Forever “ and
Community Talk Back***

Thursday, June 12th at 5:00 pm. Please join us and our partners from Livewell for this unique opportunity to view this award winning documentary titled “Human Forever”. This film was created by Teun Toebes and filmmaker Jonathan de Jong.

“24-year-old humanitarian activist Teun Toebes has a mission: to improve the quality of life of people living with dementia. He has been living in a nursing home for years when he decides to take this mission to the next level.

Along with filmmaker and producer Jonathan DeJong, Tuen travels the world exploring towns, cities and people who are looking to support living well with dementia.”

After viewing the movie, participate in a community discussion about how people live with dementia and what we can do to create a supportive, engaging community for them.

Please register online or call the front desk at 860-621-3014 by Tuesday, June 10th.

AARP- SmartTEK Class

Thursday, June 19th 9:00-10:30 am. Smart DriverTEK is a FREE 90 minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind. Please register by Wednesday, June 18th online or by calling 860-621-3014.

Plant Swap

Thursday, June 19th from 1:00-3:00pm Are your Hostas getting too big? Are your lilies taking over your yard? Dig some up and bring them to the plant swap! Bring in the plants you would like to swap starting at 12:45pm. We will provide the tables and bags to bring plants home in. This is a great way to add variety to your planting beds at no cost! This event will be held in the Main Hall. **Drop in**

Lunch and Learn– Warning Signs of Dementia w/ NHCA and Care at Home by JFS

Monday, June 23rd at 12:00pm I Lost My Keys... Again. When Is It More Than Just Forgetfulness? We all misplace our keys or forget a name now and then—but how do you know when forgetfulness might be something more? This engaging and practical presentation explores the difference between normal age-related memory lapses and the early signs of Alzheimer’s disease. Join Heather Hitchcock, CDP from Care at Home by JFS as she discusses what to look for, when to be concerned, and how to take the next steps if you notice changes in yourself or someone you love. Lunch sponsored by NHCA. Lunch consists of Turkey sandwich, chips cookie, and a bottle of water. **Please register online or by calling 860-621-3014 by Wednesday, June 18th.**

Orthopedic Ankle Injuries and How to Prevent Them

Thursday, June 26th 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 Wednesday, June 25th online or by calling 860-621-3014.**

Hands Only CPR & First Aid Training

Monday, June 30th at 1:00pm Join South Central Health District for a Hands Only CPR & First Aid training! Exposure to CPR builds confidence, creates a culture of preparedness, & reduces anxiety surrounding emergency response. In the training you will learn how to identify when CPR is needed, perform effective hands-only CPR, learn how to operate an AED, and how to recognize and respond to choking in adults or children. **Please register by Friday, June 27th online or by calling 860-621-3014.**

NEW Self Care Program Highlights

There are many ways to care for ourselves that do not require much expense or time. It does require a commitment to yourself though. Life can be very fast paced and stressful so it is important to keep ourselves healthy in mind, body and spirit.

Each month we will highlight programs that can help you destress, engage, and enrich your life. We have many gentle Yoga classes that are adaptable to many levels of mobility. Our 2 Yoga instructors Clementine Delaney and Cynthia Griffin are seasoned teachers that can help beginners learn and progress in their classes.

What is Yoga and Meditation all about at the Calendar House? Our motto is all are welcome. We will guide you on how to connect to body, mind, and spirit. Our goal is to help you feel your best while having a wonderful community of others like you that want to thrive in the second half of life.

We offer a different approach so you can choose what suits you best and experience the benefits of Yoga.

Our yoga classes include gentle movements, stretching, strength building, and improving balance and mobility. The calming affects can destress the mind, increase concentration and a sense of wellbeing.

At The Calendar House there are so many ways offered to do Yoga. It can be a very gentle class on a mat on Fridays or done in a chair or with supports of a wall exercise bar on Mondays and Wednesdays. We cater to all levels of experience so you feel safe and supported.

Breathwork and Guided Meditation Class at Calendar House is like a peaceful afternoon siesta away from the hustle and bustle of life.

The easy breathwork and meditation techniques taught in class are simple and a great tool to use in class and also in everyday life to relax and calm the body, help you sleep better and build overall wellness and balance exercises.

Cynthia Griffin and Clementine Delaney

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 advanced notice.

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 . 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

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**

Wed/Aug 13th THEATRE BY THE SEA PRESENTING “HAIRSPRAY” Show and lunch at George's of Galilee in RI. Menu includes: Clam Cakes, NE Clam Chowder with choice of Baked Cod or Chicken Breast with mushrooms and sun-dried tomatoes in a mustard cream sauce, or Pasta Primavera, seasonal sides and dessert. Entrée choice in advance. **\$182pp**

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

Thurs/Sept 11th LUNCHEON SHOW AT THE FARMINGTON POLO CLUB Enjoy “Yesterday Once More” A Tribute to The Carpenters and a lovely lunch on the grounds of the beautiful Farmington Polo Club. Dinner included. **Drive on your own. \$97pp**

Wed/Oct 15th LYNDHURST IN THE FALL Enjoy lunch at The Old 76 House in Tappan, New York before taking a guided tour of Lyndhurst Mansion in Tarrytown. **\$160pp**

Wed/Dec 10th KENNY AND DOLLY-A SMOKY MOUNTAIN CHRISTMAS This is a tribute show that recreates the amazing talents of Kenny Rogers and Dolly Parton at the Aqua Turf Club. Dinner included. **\$97pp**

- * **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**
- * **Tues/Nov 11th JIMMY MAZZ -FEVER 'N CHILLS SHOW** Tom Jones and Karen Carpenter tribute. Dinner included. Aqua Turf **\$55pp**

***All Aqua Turf events are drive yourself.**

“HIGHLIGHTED TRIPS”



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**

Nov 29th-Dec 6th A NASHVILLE & SMOKY MOUNTAINS CHRISTMAS
Tour includes Roundtrip airfare, tickets to ICE, Grand Ole Opry, Country dinner and Christmas Show, Delta River Flatboat ride, 4 nights in Gatlinburg and Asheville. Country Music Hall of Fame, Dollywood, etc. **\$3799 pp double/ \$4719 single**

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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