

Active Lifestyles

CALENDAR HOUSE OF SOUTHTON



JANUARY 2026

NEWSLETTER

FROM THE STAFF...



Welcome 2026! The new year is always a time for reflecting on the past and looking forward to the future year. In saying that, we have some new programs starting this month and throughout 2026 for you to try!

Powerback Rehabilitation will be here on a bi-weekly basis conducting complimentary balance assessments and the other weeks they will be here to conduct exercise classes in the cardio room. These are programs that you will have to register for.

Pat Motolla is starting a new class, "Memoir: Who Will Tell Your Stories?" on January 27th. This is a 6 week series (more details inside). Tap into your past with this series.

If you are interested in learning more about your tech devices, the winter session for these classes is starting in February. These classes will help you learn the basics about cell phones, tablets, computers and so much more.

Dr. Wendy Hurwitz will be here to present on navigating grief. She was a medical researcher for ABC news, has spoken at the United Nations, and much more. She is an expert on stress and how to navigate it. Be sure to register for this valuable class.

February 6th the Low Cost Health and Wellness Vet Clinic will be here from 10am-1pm.

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!

The Calendar House Staff



2026

WHAT'S INSIDE

PAGE 3

Information

PAGE 5

Calendar of Events

PAGE 6

Weekly Activities/Health/
Tech

PAGE 7

Exercise Programs

PAGE 8

Programs/AARP Tax Aide

PAGE 9

What's New...

PAGE 10

This and That

PAGE 12

Travel





Better. Brighter. Stronger.

Whether you join us for a brief stay,
or call us home, we are here for you.

Summit at Plantsville Center for Health & Rehabilitation
provides a wide array of medical services including:

- Short-Term Rehabilitation
- Long-Term Care
- Memory Care
- Respite Care
- And so much more!



Scan to learn more

Call us today, 860.628.0364, to see what Summit can do for you.

**Summit at
Plantsville**
Center for Health & Rehabilitation

261 Summit Street
Plantsville, CT 06479
860.628.0364
summit-info@nathealthcare.com

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

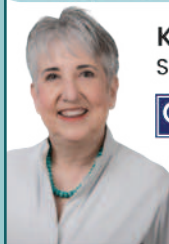


Authorized
Provider

SafeStreets

833-287-3502

Simplifying Home Transitions for Seniors



Kate Busch Gervais, SRES®
Senior Citizen Focused Realtor



Coldwell Banker Realty
Licensed in CT & MA

860.690.5467

kate@clearpathmoves.com

clearpathmoves.com

Get free
consultation!



Newly Renovated Rooms

The Bradley Home
and Porch

*Long-Term Care

*Respite Care

*Short-Term Rehab

Tour Today!
(203) 235-5716



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, January 9th from 9am-1pm

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/>

MEMBERSHIP MEETING

Installation of Officers

Featuring

Jukebox Bingo with

Aaron DeMarest



Thursday, January 29th at 1:00

Always a good time with Juke Box Bingo!! 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!!!

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 Monday, January 26th.



In Memoriam:

Members of the VanCor Family

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

CEAP

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Calendar House is processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) and Eversource (electric or gas). Income guidelines: \$47,764 for a single individual and \$62,460 for a couple. There is no liquid asset test for the 2025/26 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, 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 ; self-employment (special form provided).

2. SNAP 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!





COMPOUNDING PHARMACY

Family Owned

Fast, Friendly Service • Delivery Available

Call: 860-628-3972

609 North Main St., Southington, CT 06489



CLR Junk Removal
Recycling & Clean-up Professionals



203-306-9199

www.clrjunkremoval.com
clrjunkremoval@gmail.com

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
860-621-7323

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

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

**OUR COMMUNITY
NEWSLETTER**
OCTOBER EDITION



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!

✓ Ambulance ✓ Police ✓ Family

"STAY SAFE in the HOME YOU LOVE!" ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

md-medalert.com

STARTING AT
\$19⁹⁵
/mo.



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.**

• Senior Relocation • Downsizing • Estate Sales •

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.

ON THE MEND
MEDICAL SUPPLIES & EQUIPMENT

**Providing Solutions to
Live More Independently**



Stair Lifts & Ramps
Mobility Scooters & Chairs
Reclining Lift Chairs
Portable Oxygen
Hospital Beds
Barrier-Free Showers
Bathroom Safety
Rentals & Much More!



Visit a store near you!

We deliver! Call us for a Home Safety Assessment!

385 Main St. S, Suite 102
Southbury, CT 06488
203-262-0383

50 Spring St
Southington, CT 06489
860-777-1042

280 N Bedford Rd, Suite 101
Mount Kisco, NY 10549
914-483-3605

onthemendmedical.com



Come Golf All Year Long!

Located in Downtown Southington
860-916-9539
happysindoorgolf.com
hello@happysindoorgolf.com



Coffee + Golf Membership

\$99/mo for Unlimited Golf + Free Coffee

Seniors Only Leagues

\$19/week per player - Compete & Win!

**Always Best Care Solely
Provides Non-Medical Care**



Always Best Care
senior services

22 Pine Street, Suite 213
Bristol, CT 06010

860-261-4405

ABCOfGreaterBristol.com
pdowney@abc-seniors.com

Registered with the Department of Consumer Protection | HCA 0000461

All offices independently owned and operated

Keeping loved ones safe at home since 1996




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

Calendar House - Southington, CT

06-5315

JANUARY 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Art /Enrichment Classes Start Dates: Quilting Class - Mondays from 10am-12pm. Starts 2/3, ends 4/14. No class 2/16 Poetry -Tuesdays from 10-11:30 am. Starts 2/3, ends 4/14. Acrylic Painting - Tuesdays from 12-2 pm. Starts 2/3, ends 4/21. Beginner Drawing -Wednesdays from 10am-12pm. Starts 2/4, ends 4/8. Watercolor - Wednesdays from 1:30-3:30pm. Starts 2/4, ends 4/8. Advanced Drawing -Thursdays from 12:00-2:00pm. Starts 2/5, ends 4/9.			1  CENTER CLOSED	2 9-10 Berkshire Hathaway Real Estate Information Table
5 12:00 Realty 3 1:00-New Years Disco Party	6 10:00 Wheeler Presentation 2:30-4:30 Wheeler Clinic 2:30 Astrology	7	8 1:00 Art Van Go	9 9-1pm AARP Smart Driver Class 10:00-Better Together
12 9-2 Foot Clinic 1:00 Graphoanalysis 1:00-Tips for Navigating Grief	13 4:30- Senior Citizen Commision Advisory Board meeting	14 12:00 Lunchtime Movie Matinee	15 10:00- Powerback Balance Assessments 11:15-1:15 Wheeler Clinic	16 9-10 Berkshire Hathaway Real Estate Information Table 9:30 Veterans Coffee Hour
19  CENTER CLOSED	20 2:30 Astrology	21 9-11 Raymond Senior Planning	22 10:00 Powerback Excerise Class	23 1:00- Hot Dog Bingo
26 9-2 Foot Clinic	27 12:00 Calendar House Book Club 2:00 Memoir Class	28	29 10:00 Powerback Balance Assessments 1:00 Membership Meeting	30 10:00 Probate Forum 1:00 Birthday Bingo

Daily Drop Ins from 8:30-4:30
Pool, Ping Pong, Sit 'n Be Fit, Active Walkers,
Cardio Room, Library, Puzzle Makers, Coffee
and Conversation



Winter 2026 Tech Class Session

Moving to Windows 11- Tuesdays at 1pm from Feb 3rd-Mar 10th-\$30 If you are moving to Windows 11 , you will need to understand the differences between both Windows 10 and 11. Learn how to safely use all of Windows 11 's features.

iPad and iPhone Basics- Thursdays at 10am from Feb 5th-Mar 12th-\$30 This course will cover the basics of using these devices. **You must own or borrow an iPad or iPhone and bring the device with the charger and cable to the class.**

Android Phone Basics- Thursdays at 10am from Feb 5th-Mar 10th This course will help you learn how to navigate important features of your Android phone such as texting, email, taking photos, videos and much more. **This course is NOT for iPhones.**

One on One Training-At an agreed time and date-\$10 per 2 hour session

MONDAY

Gentle Seated Yoga: 9:15
(\$8 drop-in fee)
Line Dance: 9:30
Computer Lab : 10-12
Breathwork and Meditation:
10:30 (\$4 drop-in fee)
Sit 'n Be Fit: 11:15
Mahjong: 12:30—Need
lessons? Call Lee Daley at
239-821-7760!
Pickleball: 1-3 (CXL 1/5)
Cardio Drum: 2-2:30

TUESDAY

Group Exercise: 9 & 10
Chair Massage 9-11
Cribbage: 10-12
Sit 'n Be Fit: 11:15
Pickleball: 1-3
Cardio Drum: 2-2:30
Open Art Studio: 2:30-4:30
(\$10 drop-in fee)



WEDNESDAY

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



THURSDAY

T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Powerback Balance 10
(1/15+1/29)
Powerback Exercise 1/22 10
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Hand & Foot Card Game: 12:30
(1/15)
Party Bridge: 1-3:15
Pickleball: 1-3 (CXL 1/29)
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
1/30 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 1/30.
Cardio Drum: 2-2:30



HEALTH AND WELLNESS

FOOT CLINIC

Nurse Katie Goshdigian will be providing foot care on select Mondays in the health suite. Appointments are for 30 minutes and include basic foot assessment, nail trimming, nail filing, and filing of corns/calluses. Cost is \$30 payable to the nurse via cash or check made out to Foot Care RN. Please note clients with ingrown nails, history of leg/foot ulcers and diabetics taking medication need to seek foot care with their podiatrist or primary care provider. **Please call 860-621-3014 to schedule an appointment for January 12th and 26th, February 9th and 23rd between 9am-1:30pm.**

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).

WHEELER CLINIC HEALTH OUTREACH People impacted in any way by mental health problems and/or substance use disorders can drop in to visit Magdalin Odoi, Sr. Community Health Outreach Coordinator, to discuss treatment options, and receive education and resources on **Tuesday, January 6th from 2:30 to 4:30 p.m., or Thursday, January 15th from 11:15 a.m.-1:15p.m.** For more info contact Magdalin Odoi at modoi@wheelerhealth.org or call 860-604-7448.

PRE-DIABETES/DIABETES SUPPORT GROUP

Whether you have Pre-Diabetes or Diabetes, either new or for some time: IF YOU WOULD LIKE UPDATED INFORMATION, TIPS, TRICKS, SUPPORT, THESE SESSIONS ARE FOR YOU !

Topics we can and will discuss (depending on your needs and questions): -Prediabetes, Diabetes, the basics or advanced -Nutrition and the DIET to control Glucose -Monitoring + CGM (continuous Glucose Monitoring) -Exercise and the Why -Medications & Complications -How to Cope, Emotions, Problem Solving -Resources available & your questions answered Betsy will present a topic each month relevant to the time of year **By: Betsy Gaudian MSN, RN-BC, RDN, CDCES. This free group will meet on the last Monday of each month (unless indicated otherwise) 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 by February 23rd (NO JANUARY MEETING) .**

CHAIR MASSAGE/REIKI HEALING Ten Minute Chair Massages with licensed massage therapist Steve Casillas are available on Tuesday mornings. The fee is \$15, paid directly to Steve. **To schedule or cancel, contact Steve at 860-329-1609.** Forty-five minute Reiki Healing Sessions with Jennifer Michnowicz are available on varying days. The fee is \$30, paid directly to Jennifer. **To schedule or cancel, contact Jennifer at 860-919-7365.**

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 and Wednesdays from 9:15-10:15 a.m. Fridays at 9:15 Gentle Yoga \$8 drop-in fee. 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.**

BREATHWORK & MEDITATION w/ CYNTHIA Mondays from 10:30-11:00am 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.

Pay \$4 to the instructor, payable to Cynthia Griffin.

If you take the Chair Yoga class right before this class you pay only \$2 drop-in fee.

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)

SEATED & GENTLE YOGA w/ CLEMENTINE

Drop-in Wednesdays 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.

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, January 2nd 11am-1pm, 16th, 9-10 a.m. Drop-in. Meet with Lisa Olson for any real estate questions you may have!

BEST CARE SENIOR SERVICES OF BRISTOL INFORMATION TABLE

Tuesday, January 13th from 11am-1pm Meet with Patrick Downey to discuss resources and services available from Best Care Senior Services to help you age at home. Drop in.

RAYMOND SENIOR PLANNING INFORMATION TABLE

Wednesday, January 21st 9:00-11:00 am.

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

Monday, January 5th 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. Drop in.

JOHN E. DEMELLO SR. VETERANS COFFEE HOUR

Friday, January 16th at 9:30 am

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!

PROBATE FORUM

w/Matthew Jalowiec, Probate Judge

Friday, January 30th, 10 to 11 a.m. Register online or call before Thursday, January 29th.



AARP Tax-Aide

Income tax assistance will be available by appointment only at Calendar House for individuals or couples to file their 2025 income tax returns with AARP Tax-Aide. Appointments will be held on Tuesday & Friday mornings from 9-11 a.m. beginning Tuesday, February 10th through Friday, April 10th. You may call 860-621-3014 beginning Tuesday, January 20th to schedule an appointment. Trained, certified AARP-TCE Volunteer Tax Counselors will assist you in preparing your personal 2025 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.

JANUARY PROGRAMS

ASTROLOGY FOR BEGINNERS

Tuesday, January 6th and 20th from 2:30-4:00pm Come join Ron Goski, local astrologer and explore the past, present and potential futures based upon PLANETARY GEOMETRY. **Please register by the Friday before each class.**

ART VAN GO- PAINTED PAPER COLLAGE

Thursday, January 8th at 1:00pm Enjoy the fascinating technique of creating collage artwork with painted papers. Participants will sketch a landscape composition and use painted papers to introduce color and value by piecing and gluing together the elements for collage artwork.

The fee is \$20 cash pp paid at the time of registration. Please register in person at the front desk by Wednesday, January 7th.

BETTER TOGETHER: THE IMPORTANCE OF SOCIAL CONNECTION AND HOW IT SUPPORTS EMOTIONAL AND PHYSICAL HEALTH

Friday, January 9th at 10:00am The need to connect and belong is as essential as food, water, and shelter. Yet, as we age, our circle of friends and support often grows smaller—people move away, we lose touch, or loved ones pass on. Join us for an informative presentation on the importance of social connection as we age and practical ways to rebuild community, nurture relationships, and enhance overall emotional and physical well-being. **Please register by Thursday, January 8th.**

Presented by Southington Behavioral Health Outreach Project, a Wheeler Clinic program supported and funded by the Bradley H. Barnes & Leila U. Barnes Memorial Trust at the Main Street Community Foundation.

TIPS FOR NAVIGATING GRIEF

Monday, January 12th at 1:00pm Grief is a natural response to a loss.

We can grieve a person, an animal, any living thing, a home, a situation, or an idea.

When feelings of grief arise, how can we maintain or regain our balance?

This program will provide information and tips to navigate grief, followed by questions from audience members.

Join us for information, tips, and discussion on navigating grief. **Please register online or by calling the front desk at 860-621-3014 by Friday, January 9th.**

About Dr. Wendy Hurwitz:

A graduate of Yale University School of Medicine, Dr. Wendy Hurwitz is a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. She has a forthcoming book on stress.

She translates the latest and most sophisticated scientific research into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances. Dr. Hurwitz has provided training for AT&T, Unilever, Lowe Worldwide, the FDNY, and has been an invited guest speaker at the United Nations.

INTRODUCTION TO GRAPHOANALYSIS

Monday, January 12th at 1:00pm Did you know that over 50 traits can be identified in your handwriting? Learn more by joining Pat Senich, a Certified Graphoanalyst, with 55 years of experience for this fascinating introduction to graphoanalysis. Pat will be running a series of classes in February. **Please register by Friday, January 9th online or by calling the front desk at 860-621-3014.**

LUNCHTIME MOVIE MATINEE- THE APARTMENT

Wednesday, January 14th at 12:00pm Enjoy this classic movie with friends. Bring your lunch or snacks if you would like. We will supply a small snack, coffee, tea and chilled water.

Insurance worker C.C. Baxter (Jack Lemmon) lends his Upper West Side apartment to company bosses to use for extramarital affairs. When his manager Mr. Sheldrake (Fred MacMurray) begins using Baxter's apartment in exchange for promoting him, Baxter is disappointed to learn that Sheldrake's mistress is Fran Kubelik (Shirley MacLaine), the elevator girl at work whom Baxter is interested in himself. Soon Baxter must decide between the girl he loves and the advancement of his career. Register online or by calling 860-621-3014 by Tuesday, January 13th.

NEW! POWERBACK REHABILITATION BALANCE ASSESSMENTS

Thursday, January 15th at from 10am-12pm in the Health Suite. Powerback's Occupational Therapy (OT) and Physical Therapy (PT) teams are here to help you begin the new year with improved balance, strength, and mobility.

JOIN US FOR:

- FREE balance screening
- FREE strength assessment
- Tips to reduce fall risk
- Q&A with licensed OT & PT professionals

WHY SHOULD YOU GET SCREENED?

- Improve safety in your daily activities
- Catch early signs of weakness or imbalance
- Strategies to stay independent

Contact the front desk at 860-621-0314 for an appointment.

NEW! POWERBACK REHABILITATION EXERCISE CLASS

Thursday, January 22nd at 10:00 Come exercise with our Occupational Therapists (OTs) and Physical Therapists (PTs) using a variety of gym equipment and weights every other Thursday.

Our therapists will help you:

- Build strength safely
- Learn personalized exercises
- Help you maintain independence & enhance quality of life

All fitness levels welcome! Space is limited to 10 participants. Please register online or by calling 860-621-3014 by Wednesday, January 21st.

HOT DOG BINGO SPECIAL

Friday, January 23rd at 1 p.m. Let's all get together for some winter time Bingo fun! Enjoy a hot dog, chili, sauerkraut, pickle and chips followed by our regular weekly Bingo! **Tickets are just \$1 per person (\$2 if you want two hot dogs) and go on sale in the Calendar House office on Tuesday, December 30th through Friday, January 16th or until sold out!** ! The ticket price for this Hot Dog Bingo Special has been subsidized with Memorial Donations received in loving memory of Calendar House member, Jeff Driscoll.

NEW! MEMOIR: WHO WILL TELL YOUR STORIES?

Tuesday, January 27th at 2:00

One of the saddest sentences I know is "I wish I had asked my grandmother about that." Or my grandfather. Or my mother. Create a valuable gift for future generations with this stimulating class, led by Pat Mottola. Memoirs are like a snapshot in time that preserve the memories you cherish. Specific moments that influenced your life? Family traditions you treasure? Memoirs give us a deeper understanding of our own experiences as well as an important window into our past as we create a rich legacy for our children, grandchildren, and great grandchildren.

This is a 6 week series. Fee: \$10 per class. Please pay directly to the instructor. Register online or by calling the front desk at 860-621-3014 by Monday, January 26th.



SPOTLIGHT ON BERNIE MAKAITIS November 2025

Bernie began attending the PreDiabetes/ Diabetes Support and Education monthly meetings on March 25th 2025.

He reports that the things that helped him included losing a lot of weight (#78), exercising more, eating more quality foods, cutting out a lot of junk food, and reducing things like cake and ice cream.

His A1c dropped 3% and his three diabetes medicines were discontinued.

THAT'S WHAT YOU CALL LIFESTYLE CHANGES THAT SUCCEED FROM MAKING BETTER CHOICES FOR HEALTH ! I run 4 support groups in Southington, Plainville, New Britain, and Bristol and Bernie stands out as a pure success story and in fact a superstar. He received a Certificate of Accomplishment at the November 24th session @ 9:00 AM.

Betsy Gaudian MSN, RN-BC, RDN, CDCES

NUTRITION

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.

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 30 meals.** A suggested donation of \$3 to **Southington Bread For Life** will be accepted when you receive your meal.

DIAL-A-RIDE

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.





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
Ileana Vasquez

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



Lisa Olson
REALTOR®

860-406-1365

lisaolson.bhhsneproperties.com

LisaOlson@bhhsne.com

Integrity • Heart • Honesty



**BERKSHIRE
HATHAWAY**
HomeServices

New England Properties

142 N Main Street
Southington, CT 06489



NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.

Visit www.mycommunityonline.com



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

Bristol Hearing Aids, LLC

72 Pine St., Bristol • 860-506-3720

www.bristolhearingaids.com

**MEDICAID
ACCEPTED**

Plainville Community PHARMACY



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.plainvillrx.com



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

Calendar House - Southington, CT

06-5315

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.

2026

Tues/ April 14th ROCK N ROLL HEAVEN Dave Colucci gives a spectacular show paying tribute to music legends that left us too soon. Elvis, Buddy Holly, Bobby Darrin and other artists will be featured. Chicken Kathryn/ Baked Ham. Aqua Turf **\$57pp**

Thurs/ May 14th THE NEW YORK BEE GEES The New York Bee Gees are the ultimate Bee Gees tribute band. They will perform all of their classic 70's hits and some of their early works. You will enjoy coffee and donuts upon arrival and then a delicious lunch. Arrival at 11:30am Aqua Turf **\$99pp**

Tues/ July 14th NORTH COUNTY BAND Nominated for 2023 New England Music Awards “Country Act of the Year”. North County Band brings their act to Aqua Turf after being featured on News 12 CT and WNHU Radio’s “The Nashville Sound”! Line Dancing instructions will be provided, no experience needed! BBQ Chicken Thighs/ Baked Cod **\$57pp**

**All Aqua Turf events are drive yourself.*

HIGHLIGHTED TRIPS

MAY 21ST CULINARY INSTITUTE OF AMERICA CATERINA DE MEDICI RESTAURANT

Upon arrival go behind the scenes of the Culinary Institute of America(CIA) and get an inside look into the world of food. Participate in an interactive demonstration where you will explore the science of taste. You will tour Roth Hall and enjoy a full course luncheon at their Caterina de Medici Restaurant . You will then have some free time to explore their gift shop and bakery. **\$170pp**

JULY 15th SAIL 250 BOSTON TALL SHIPS 2026

Marks the 250th anniversary of our nation’s founding in 1776. For this milestone occasion, a fleet of the world’s most magnificent international tall ships and military ships, will gather in the port of Boston as a part of Sail250. The day will start at Maggiano’s for lunch and then you will board the riverboat, The Lexington for a narrated cruise about the magnificent vessels that are here for this historic event. **\$183pp**

JULY 19-26TH BERMUDA AND NOVA SCOTIA CRUISE ON THE NCL BREAKAWAY

Embark on the NCL Breakaway in Boston and cruise to Nova Scotia where you will enjoy local sightseeing. After your day in Nova Scotia, you will the start your cruise down to Bermuda where you will spend 2 nights. from **\$1499 twin-1929 balcony twin pp.**

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

Tiffany Atkins
atkinst@southington.org

ADMINISTRATIVE ASS'T/DRIVER

Dawn Sousa
sousad@southington.org

P/T FRONT DESK

David Harrington
harringtond@southington.org

F/T BUS DRIVERS

Paula Ofiara Pocock & Christie Boucher

P/T BUS DRIVERS

Bob Donia+Bruno Gagne

TRIP DESK COORDINATOR

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

Find us on Facebook

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

Like and follow to learn more!