

Active Lifestyles

CALENDAR HOUSE OF SOUTHLINGTON



MARCH 2026

NEWSLETTER

FROM THE STAFF...

Greetings to Our Calendar House Members this March!

Spring is just around the corner, and we have a plethora of exciting programs lined up for you this month!

The photo above captures a new group we've formed at Calendar House. During Christmas, we crafted over 1,000 cards for seniors in our community, and in February, we created around 1,000 Valentine's cards for local seniors. This initiative is a wonderful way for Calendar House members to support seniors who may not be able to visit us at the center. These card-writing projects have been incredibly successful, providing our group with a positive sense of purpose. Our next endeavor will involve sending cards to our troops overseas. A heartfelt thank you to everyone who has participated!

Inside this newsletter, you will discover a variety of enjoyable events happening this month! We're even expecting a visit from the Easter Bunny! Look out for our St. Patrick's Day event, Polish Night in April, details about the Calendar House Golf League, and the Tony Longo 5th Centennial 8-Ball Tournament.

Our Trip Desk is brimming with exciting trips and events for the upcoming Spring and Summer. Be sure to stop by and see what they have to offer – there's something for everyone, including many day trips if overnight excursions aren't your preference.

Warm regards,

The Calendar House Staff

Please note: Active Lifestyles is available at Calendar House, Town Hall, the Municipal Center, Library and Senior Housing sites. It is also available at the calendarhouse.org website. To subscribe, please go to: www.mycommunityonline.com and type "Calendar House" near "Southington"; Click "latest newsletter" and "subscribe"; fill in your e-mail and name and you're all set!



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Calendar House - Southington, CT

06-5315

Welcome to Calendar House!!

Calendar House Mission Statement:

Calendar House, the Town of Southington's Senior Center is a multipurpose facility which provides a focal point in the community for residents 55 and older, and residents aged 18 and older, who are disabled, as defined by Social Security standards.

The Center's purpose is to serve as a resource center, providing a broad range of services and activities to meet the diverse social, physical and intellectual needs of older adults and disabled individuals.

This facility is unique in that our members and staff are encouraged to help implement various activities to reinforce positive attitudes and preserve individual dignity.

In pursuing its mission, this Center shall enhance an atmosphere of compassion, equality and mutual concern for all older adults and disabled individuals.



AARP Smart Driver

Friday, March 13th 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

FEATURING

Mick Iarusso



Thursday, March 26th at 1:00pm

Mick Iarusso plays guitar and sings a wide variety of hits from the past—Elvis, Johnny Cash, Beatles, Bobby Vinton, John Denver to name a few. Sinatra, Dean Martin and Tony Bennett are also in his set list. You'll be singing along to many favorites! Mick has delighted our Calendar House seniors before and we welcome him back.

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, March 23rd.



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.

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!





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Calendar House - Southington, CT

06-5315

MARCH 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 12:00 Realty 3 1:00 Graphoanalysis Class 1:00 Make Up for Mature Women	3 2:30-4:30 Wheeler Clinic	4	5 10:00 Powerback Exercise Equipment Orientation	6 11-1 Berkshire Hathaway Real Estate Information Table
9 9-1 Foot Clinic 10:00 Marisa Malone 12:00 Lunch and Learn 1:00 Graphoanalysis Class	10 1-3pm Best Care Senior Sevices Informational Table	11 9-11 Raymond Senior Planning Informational Table	12 10:00 Powerback Balance Assessments 1:00 Art Van Go	13 9-1 AARP Smart Driver Class
16 1:00 Graphoanalysis Class 1:00 Getting Comfortable with the Uncomfortable Conversations	17 1:30 St. Patricks Day Get Together	18	19 10:00 Powerback Exercise Equipment Orientaion 11:15 Wheeler Clinic	20 9-10 Berkshire Hathaway Real Estate Information Table 9:30 Veterans Coffee Hour
23 9-1 Foot Clinic 1:00 Graphoanalysis Class	24 10:00 Exotic Birds of the World	25	26 10:00 Powerback Balance Assessments 1:00 Membership Meeting Mick Iarusso	27 10:00 Probate Forum 1:00 Birthday Bingo
30 9-10 Diabetes and Pre-Diabetes Support Group 1:00 Graphoanalysis Class 1:30 Easter Bunny	31 12:00 Calendar House Book Club			

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



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: Quilting w/Milinda 9 –12pm
 TUESDAY: Poetry w/ Pat at 10:00
 Acrylic Painting w/Pat at 12:00
 Open Studio w/ Alex at 2:30 (\$10 drop-in fee)
 WEDNESDAY: Beginner Drawing w/ Alex at 10:00
 Independent Watercolor w/Penny at 1:30
 THURSDAY: Advanced Drawing w/ Alex at 10
 Beginner/Advanced Drawing with Color w/Alex at 12

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 3/30)
 Cardio Drum: 2-2:30

TUESDAY

Group Exercise: 9 & 10
 Cribbage: 10–12
 Sit 'n Be Fit: 11:15
 Pickleball: 1-3
(CXL 3/17)
 Cardio Drum: 2-2:30
 Open Studio w/ Alex
 2:30-4:14
 (\$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 (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
(3/12+3/26)
 Powerback Exercise
(3/5+3/19)
 Stained Glass Group: 10:30
 Sit 'n Be Fit: 11:15
 Hand & Foot Card Game:
 12:30 (3/10+3/24)
 Party Bridge: 1-3:15
 Pickleball: 1-3 (CXL 3/26)
 Scrabble: 1-3
 Cardio Drum: 2-2:30

FRIDAY

Gentle Yoga: 9:30
 (\$8 drop-in fee)
 Sit 'n Be Fit: 11:15
 Bingo: 1:00
3/27 is Birthday Bingo!
Receive a free card to
play AND a cupcake if
your birthday is in
March. Register at the
bingo table prior to
3/27.
 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 March 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, March 3rd from 2:30 to 4:30 p.m., or Thursday, March 19th 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, the Continuation of discussing THE 2026 STANDARDS OF CARE, and the benefits of the Mediterranean diet, 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 March 27th.**

REIKI HEALING 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.**

MARCH 2026 WEEKLY EXERCISE/PROGRAMS 7

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. All equipment will be provided. This drop-in class is offered Monday through Friday at 2 p.m. (10 students max)

POWERBACK EXERCISE EQUIPMENT ORIENTATION CLASSES

March 5th and 19th 10:00am or 11:00am time slots

Come exercise with our Occupational Therapists (OTs) and Physical Therapists (PTs) and learn to use a variety of gym equipment and weights.

We'll guide you through multiple exercise stations focused on different areas of the body.

Our therapists will help you:

- Learn to build strength safely
- Learn personalized exercises
- Maintain independence & enhance quality of life

All fitness levels welcome!

You must have an appt to attend the class.

GENTLE SEATED CHAIR YOGA w/ CYNTHIA

Mondays 9:15-10:15 a.m \$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 & 10a.m. and Thursdaysw/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, March 6th 11am-1pm, 20th, 9-10 a.m. Drop-in. Meet with Lisa Olson for any real estate questions you may have!

ALWAYS BEST CARE SENIOR SERVICES OF BRISTOL INFORMATION TABLE

Tuesday, March 10th from 1-3pm 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, March 11th 9:00-11:00 am.

The staff at Raymond Senior Planning will be in the Calendar House lobby to answer questions you may have on all things Medicare! Drop-in.

REALTY 3 INFORMATION TABLE

Monday, March 2nd 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, March 20th 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, March 27th, 10 to 11 a.m. Register online or call before Thursday, March 26th.



MARCH PROGRAMS

MAKE UP FOR MATURE WOMEN

Monday, March 2nd at 1:00pm 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 by Friday, February 27th. No fee.

LUNCH AND LEARN-MUSIC OF OUR LIVES

Monday, March 9th at 12:00pm Join us for a special program exploring how music has shaped our memories, emotions, and life stories. From beloved classics to unforgettable tunes, we'll listen, reminisce, and share how songs connect us to meaningful moments from our past. This interactive and uplifting session celebrates the powerful role music plays in bringing joy, comfort, and connection at every stage of life.



Presented by Heather Hitchcock, CDP, Legacy Living Program Director at the Summit at Plantsville.

Lunch sponsored by Summit at Plantsville, an affiliate of National Health Care Associates. **Please register by Friday, March 6th.**

MARISSA MALONE-LEARN ABOUT PROBIOTICS

Monday, March 9th at 10:00am Join Marisa your very own dietitian in a presentation all about probiotics! Learn what they are, their importance in your health and where to find them in your diet! **Register online or by calling the front desk at 860-621-3014 by Friday, March 6th.**

SoCCa-ART VAN GO! PAPER ORIGAMI SCULPTURE

Thursday, March 12th at 1:00pm Explore the fascinating technique of Origami with sculpting with paper. The ancient Asian art has many facets to explore, where participants can expect to sculpt birds, animals and flowers from one or more sheets of decorative paper. **Please register at the front desk by Wednesday, March 11th. Please pay \$10 cash per person when registering.**

LUNCH AND LEARN- GETTING COMFORTABLE WITH THE UNCOMFORTABLE CONVERSATIONS

Monday, March 16th at 1:00pm Planning ahead often requires having difficult but important conversations. Discussing options for property, long-term care, getting finances in order, and making final arrangements can be challenging topics to address with our loved ones. Join us as we learn how to become more comfortable with these uncomfortable conversations.

A light lunch will be served. **Please register online or by calling 860-621-3014 by Thursday, March 12th.**

ST PATRICKS DAY GET TOGETHER

Tuesday, March 17th at 1:30pm Top of the mornin' to you! Join us for a very informal St. Patrick's Day party in the Main Hall.

We have the pleasure of having Anita Siarkowski playing Irish classics on her accordion with Cynthia Herron reading excerpts from Anita's books. These books are full of comedic puns and experiences from Anita's life. It will be an event full of laughter, music and fun! **The Calendar House Membership Association is sponsoring the refreshments during the event. Please register by Friday, March 13th online or by calling 860-621-3014.**

EXOTIC BIRDS OF THE WORLD

Tuesday, March 24th 10:00-11:30 am

Join Tom Kosturko from Compassion Homecare LLC for an educational program on exotic birds of the world.

This program will include:

Fun facts and other great information.

Trivia questions to see who really does have a bird brain of knowledge as we go along from slide to slide.

Sound bytes of many of these amazing exotic birds of the world.

He will share the story of the survival and adaptation of the South American Monk Parrots here in Connecticut.

Tom's presentations are interactive and he includes many slides illustrating each bird he is talking about. **Please register online or by calling the front desk at 860-621-3014 by Monday, March 23rd.**

USE LINUX INSTEAD OF WINDOWS

Tuesday, March 24th at 1:00pm Linux Mint provides a stronger built-in security than Windows 11, helping protect against viruses and unwanted changes. Learn about this operating system as an alternative to Windows. **Register by Monday, March 23rd.**

PICTURES WITH THE EASTER BUNNY

Monday, March 30th at 1:30pm Join Franciscan Ever There Care in the Calendar House lobby and have your picture taken with the Easter Bunny! Relive a fond (or maybe not so fond?!?) childhood memory, then share your picture with family and friends! There will be complimentary blood pressure screenings and of course some Easter treats! **No registration is necessary, just drop in!**

APRIL PROGRAMS

POLISH NIGHT

Wednesday, April 8th 3:30pm at the Calendar House Main Hall

We are bringing Polish Night to the Calendar House!

Menu: Cheese and Crackers, Vegetable Platter, A Taste of Poland Platter (kielbasa, sauerkraut, pierogi, stuffed cabbage), Variety of desserts, Chilled water, Punch, Coffee and Tea. Enjoy appetizers, A Taste of Poland plate by Colossal Kielbasa, drinks, desserts, and authentic Polish music by David Goclowski. **Tickets will go on sale Friday, March 6th. \$12pp. This event is subsidized through the Calendar House Membership Association.**

Dial-a-Ride transportation is available with advanced notice.

SCARF (SENIOR CONFERENCE AND RESOURCE FAIR)

Thursday, April 9th from 9:00am-1:00pm The Senior Conference and Resource Fair (SCARF), sponsored by New Season In Life, is an informative and engaging event designed to provide seniors and their families with valuable resources and insights. This event offers a unique opportunity to connect with industry experts and local businesses that specialize in senior care. This event will feature a conference with four expert-led 20-25 minute sessions, culminating in a town hall style Q&A session and a light lunch for networking. **Please register online or at the front desk at 860-621-3014 by Wednesday, April 8th.**

CALENDAR HOUSE GOLF LEAGUE !

Yes, we are thinking of warmer days and leaves on the trees as we get ready for a fabulous season of golf and making new friends.

SAVE THE DATE: Wednesday April 22, 2026 at 2PM for the Calendar House Golf League's (CHGL) registration meeting.

CHGL is a mixed league and plays 9 holes at Hawks Landing GC on Tuesday mornings beginning the first week of May. The league is open to all members of The Calendar House and residents of Southington age 55+ looking to play golf and have fun.

Would you rather be a substitute? Stay tuned because we do have a need for substitutes to fill in during the season.

Watch for all the details in the April issue of the Calendar House Newsletter.

SAVE THE DATE SOUTHINGTON CALENDAR HOUSE FIFTH ANNUAL "TONY LONGO CENTENNIAL 8-BALL TOURNAMENT"

If you enjoy playing pool and want a friendly challenge, please plan to join the Fifth Annual Southington Calendar House "Tony Longo Centennial 8-Ball Tournament" scheduled for Thursday May 14th, 2026. Additional details will be available in April.

NUTRITION

RW Solutions 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.

Both programs offer envelopes so donations can be made anonymously.

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.





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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 28th CITY ISLAND LOBSTER HOUSE- Extravagant Lunch Feast and time on Arthur Ave. Take the bus to City Island, a hidden gem along Long Island Sound. Enjoy an incredible lunch at City Island Lobster House. Menu includes appetizers, pasta course, entree and carafes of wine. Afternoon shopping on Arthur Ave. **\$171pp**

Thurs/May 21st CULINARY INSTITUTE OF AMERICA Caterina de Medici Restaurant- Located in Hyde , NY take a tour of Roth Hall and participate in an interactive demonstration while you are there. Enjoy a full course luncheon too. **\$170pp**

Wed/June 10th NEW YORK BOTANICAL GARDEN-Enjoy the special Flower Power exhibit, tour the other gardens with your All Gardens pass. Lunch on your own in the cafe'. Stroll Arthur Ave too! **\$133pp**

Mon/July 13th SAIL BOSTON 2026- This trip includes, round trip motor-coach, free time in Quincy Market, a narrated tour of Boston Harbor aboard the Spirit of Boston, a full buffet aboard the ship and an up close look at the Tall Ships on display! **\$199pp**

Sun/July 26th 20TH INTERNATIONAL SEA GLASS FESTIVAL-Begin the trip with lunch at the Steak Loft. Then you will head to Mystic Seaport Museum where you will enjoy a self paced tour of the historic ships, shop and support the International Sea Glass Association then take a relaxing tour of the Mystic River on the Sabino. **\$154pp**

Tues/ March 10th ST. PATRICKS DAY The McLean Avenue Band and Irish Step Dancers! Corned Beef and Cabbage/Baked Cod. Aqua Turf **\$57pp**

Tues/ April 14th ROCK N ROLL HEAVEN Dave Colucci gives a spectacular show paying tribute to music legends that left us too soon. Chicken Kathryn/ Baked Ham. Aqua Turf **\$57pp**

Tues/ July 14th NORTH COUNTY BAND Nominated for 2023 New England Music Awards “Country Act of the Year”. BBQ Chicken Thighs/ Baked Cod Aqua Turf **\$57pp**

Tues/ August 11th “YOUNG AT HEART-FEET SO SMART” Dance from Disco to Ballroom with Richie Mitnick. Lots of Line Dancing too! Baked Cod/Chicken Marsala Aqua Turf **\$57pp**

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

HIGHLIGHTED TRIPS

JULY 14-17TH CAPE COD ESCAPE

3 night accomodations at Courtyard by Marriott Hyannis, 6 meals, round trip motorcoach, 5 course dinner aboard the Cape Cod Central RR, 1 lobster dinner, guided tours of Hyannis, Provincetown, Martha’s Vineyard, Dune Buggy Tour, and so much more.

From \$1455 pp triple, \$1575pp double, \$1925pp single.

AUGUST 5-6TH SARATOGA

2 day tour of Saratoga Springs, Lake George, and Glens Falls, NY. Accomodations at the Queensbury Hotel in Glens Falls. Enjoy a 2.5 hour dinner cruise aboard the Lac du St. Sacrament, free time on Main Street in Saratoga, reserved grandstand seats at the racetrack and so much more!

From \$495 pp triple, \$535 pp double, \$655 pp single.

SEPTEMBER 7-16TH A CRUISE ALONG THE DANUBE RIVER

Roundtrip airfare, 1 night pre-cruise accommodation in Budapest, 7 nights on the M/S Geoffrey Chaucer, 20 meals, 9 excursions, and so much more! See sights in Hungary, Slovakia and Austria.

From \$4499 pp double, \$5399 pp 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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