

# Active Lifestyles

## CALENDAR HOUSE OF SOUTHLINGTON



APRIL 2026

# NEWSLETTER



## FROM THE STAFF...

The Calendar House team is thrilled to embrace the arrival of spring and its delightful weather! We have an exciting array of events and programs planned for this month and beyond.

We have two major events lined up this month: The Senior Conference and Resource Fair, and our inaugural in-house Polish Night! Additionally, the Mattatuck Museum will join us to share insights on the history of photography in Waterbury, and Diana Sheard will return to teach our members the art of felting.

We are introducing a new class with Cynthia Griffin and Daria Ann that combines sound healing and yoga. If you're seeking a holistic approach to relax your mind and body, this class is perfect for you!

Lastly, April is Volunteer Appreciation Month. Our center boasts an incredible and dedicated volunteer team. The Calendar House staff extends heartfelt thanks to each of you for your selflessness and commitment to our members. We are immensely grateful for everything you do to keep this organization vibrant and engaging. To honor everyone who has contributed throughout the year, we will be hosting a Volunteer Reception on April 28th. (Some of our volunteers are pictured above.)

— 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](http://calendarhouse.org) website. To subscribe, please go to: [www.mycommunityonline.com](http://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 Senior Center, Southington, CT

06-5315

## Welcome to Calendar House!!

### Calendar House Mission Statement:

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

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

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

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



### AARP Smart Driver

**Friday, April 10th 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

## David "G" Gocłowski



**Thursday, May 28th at  
1:00pm**

David G. is a solo vocalist/accordionist who brings music of performers such as Billy Joel, Bobby Vinton, George Benson, Frank Sinatra, Elvis, Dean Martin, Bobby Darin as well big band sounds of Glenn Miller, Tommy Dorsey and many more to captivate his audiences. His expert musical skills on the Roland Digital Accordion will make you want to clap, sing dance or tap to many favorite tunes!

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 Wednesday, May 27th.



### *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.*

### 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 (2025 info).

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

- You must have reached age 65 by December 31, 2025. (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: \$46,300 Single Individual; \$56,500 Married Couple.

- You must provide copies of documentation of all 2025 income; including your 2025 Income Tax Return (if filed), as well as a copy of your 2025 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.

Applications will be accepted after April 1st. The last day to apply is Wednesday, September 30th. To apply, please bring copies of your required 2025 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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Calendar House Senior Center, Southington, CT

06-5315

# APRIL 2026

## CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 10:00 Powerback Exercise Equipment Orientation	3 CENTER CLOSED <i>Good Friday</i>
6 9-1 Foot Clinic 10:00 Garden Club Program 12:00 Realty 3 1:00 Graphoanalysis Class	7 11:00 Congressman Larson 2:30-4:30 Wheeler Clinic	8 9-11 Raymond Senior Planning Informational Table 3:30 Polish Night	9 9-1 Senior Conference and Resource Fair 10:00 Powerback Balance Assessments	10 9-1 AARP Smart Driver Class
13	14 11:00 Matt on the Go! 1-3pm Best Care Senior Services Informational Table	15	16 10:00 Powerback Exercise Equipment Orientation 11:15 Wheeler Clinic	17 9-10 Berkshire Hathaway Real Estate Information Table 9:30 Veterans Coffee Hour
20 9-1 Foot Clinic 10:00 Probiotics 1:00 Felting Class	21 10:00 Poetry Reading America 250	22 1:00 Sound Healing and Yoga 2:00 Golf League Meeting	23 10:00 Powerback Balance Assessments	24 10:00 Probate Forum 1:00 Birthday Bingo
27 9-10 Diabetes and Pre- Diabetes Support Group	28 10:00 Volunteer Reception 12:00 Calendar House Book Club	29	30 10:00 Powerback Exercise Equipment Orientation	

**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**



### Spring 2026 Class Session

Register in the Computer Lab on Mondays between 10 and 12 AM or on Wednesdays between 1 and 3 PM before the classes start.

Registration is also possible at the Lobby desk outside the above times.

**Windows 11 Basics - Tuesdays at 1 PM from 5 May 2026 to 9 Jun 2026** - \$30 Become comfortable with all you need to know to manage a Windows 11 computer to search the internet, communicate by E-Mail and Zoom and manage photos, files and folders. This class will start with the basics of Windows 11 computer management including controlling updates, show you how photos on your tablets and phones can be downloaded to your computer. Then open up the world of the big wide web.

**Linux Mint Basics - Fridays at 1 PM from 8 May 2026 to 29 May 2026** - \$20 Learn how to use the safe and secure Linux Mint alternative to Microsoft Windows. Join us for a tech focused session exploring Linux Mint's free, open source ability to handle virtually all everyday tasks. Learn the advantages of this operating system and how to fulfill all your normal activities. Discover and understand the key differences between Linux and Windows in a supportive, hands on environment.

**iPad and iPhone Basics - Thursdays at 10 AM from 7 May 2026 to 11 Jun 2026** - \$30 This 6-week course will cover the basics of using the iPad & iPhone: their components & navigation tools, settings, app management, Safari for browsing, emailing, phoning & messaging, camera & photos, entertainment, and more. You must own or borrow an iPad or iPhone and bring the device with the charger and cable to the class.

**One-on-One Training - At an agreed time and date** - \$10 per 2 hour session Private, Individual, One-on-One training is available for any technical topic including Smartphones and Tablets, Email, Internet, Files & folders, Troubleshooting, Online Applications and Forms - at times and dates agreed upon with the appropriate instructor for \$10 per session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Cardio Drum: 2-2:30	Group Exercise: 9 & 10 Cribbage: 10–12 Sit 'n Be Fit: 11:15 Pickleball: 1-3 Cardio Drum: 2-2:30 Open Studio w/ Alex 2:30-4:14 (\$10 drop-in fee)	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 (CXL 4/8, 4/22) Cardio Drum: 2-2:30	T.O.P.S.: 8:30 Group Exercise: 9 & 10 Tap Dancing: 10-11 Powerback Balance (4/9+4/23) Powerback Exercise (4/2,4/16,4/30) Stained Glass Group: 10:30 Sit 'n Be Fit: 11:15 Hand & Foot Card Game: 12:30 (4/14+4/28) Party Bridge: 1-3:15 Pickleball: 1-3 (CXL 4/9) Scrabble: 1-3 Cardio Drum: 2-2:30	Gentle Yoga: 9:30 (\$8 drop-in fee) Sit 'n Be Fit: 11:15 Bingo: 1:00 <b>4/24 is Birthday Bingo!</b> <b>Receive a free card to play AND a cupcake if your birthday is in April.</b> <b>Register at the bingo table prior to 4/24.</b> 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 April 6<sup>th</sup>, 20<sup>th</sup> and May 4<sup>th</sup> and 18<sup>th</sup> 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, April 7<sup>th</sup> from 2:30 to 4:30 p.m., or Thursday, April 16<sup>th</sup> from 11:15 a.m.-1:15p.m.** For more info contact Magdalin Odoi at [modoi@wheelerhealth.org](mailto: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](http://schedulesplus.com/chs) by April 24<sup>th</sup>.**

**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.**

## **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**

**April 2nd, 16th, and 30<sup>th</sup> 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 apt 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](http://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, April 14th 11am-1pm, 17th, 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, April 7th 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, April 8<sup>th</sup> from 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, April 6th 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, April 17th 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, April 24th, 10 to 11 a.m. Register online or call before Thursday, April 23rd.**

## **APRIL PROGRAMS**

### **SPRING FLORAL ARRANGING CLASS PRESENTED BY THE ORCHARD VALLEY GARDEN CLUB**

**Monday, April 6<sup>th</sup> at 10:00 am** Learn how to create a beautiful spring flower arrangement to brighten your home or give as a gift!

Enjoy a fun, relaxed class with step-by-step guidance. No experience needed.

**All supplies are included but please bring a small paring knife.**

**Registration fee is \$15. Please pay at the time of registration. Register early, space is limited to 10 members.**

### **POLISH NIGHT**

**Wednesday, April 8<sup>th</sup> 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 Gocłowski. **Tickets will go on sale Friday, March 6<sup>th</sup> \$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.**

### **MATT ON THE GO! THE HISTORY OF PHOTOGRAPHY IN WATERBURY**

**Tuesday, April 14<sup>th</sup> at 11:00** Learn about the history of photography in Waterbury and how local factories and businesses played a role in the evolution of photography. Local histories and personal stories from the families who played a part in this history take you on a journey across 200 years. **Please register online or by calling 860-621-3014 by Monday, April 13th.**

### **MARISA MALONE-LEARN ABOUT PROBIOTICS**

**Monday, April 20<sup>th</sup> at 10:00am** Join Marisa, your friendly dietitian, for an informative and accessible presentation on probiotics! This session is designed to demystify probiotics, explaining their definition, highlighting their numerous health benefits, and providing practical, easy-to-follow tips on incorporating them into your daily diet for improved well-being. Don't miss this opportunity to enhance your health knowledge and make smart choices for a healthier you! **Register online or by calling the front desk at 860-621-3014 by Friday, April 17th.**

### **FELTING CLASS WITH DIANA SHEARD**

**Monday, April 20th at 1:00 pm**

Join us for a creative afternoon where you'll not only learn the art of felting but also leave with a charming keepsake to brighten up your home. This hands-on workshop is perfect for both beginners and those with some felting experience. Enjoy a relaxing atmosphere, meet fellow craft enthusiasts, and take home a delightful felted bird nestled in a quaint teacup. Spaces are limited, so be sure to reserve your spot early and immerse yourself in this delightful crafting adventure. **Please pay \$13 cash at**

the time of registration.

**AMERICA 250: A CELEBRATION OF U.S. POETS LAUREATE-PRESENTED BY PAT MOTTOLA, POET LAUREATE OF CHESHIRE, AND THE CALENDAR HOUSE POETRY CLASS**

**Tuesday, April 21st at 10:00am** Poets capture the spirit of their times, so that poetry becomes not only an art form but also a living archive of the American experience. Come see (and hear) how U.S. Poets Laureate provide a cultural tapestry of our country throughout the decades, in this educational and entertaining program. **Please register online or by calling the front desk at 860-621-3014 by Monday, April 20th.**

**VOLUNTEER RECEPTION**

**Tuesday, April 28<sup>th</sup> from 10:00-11:30 am** April marks National Volunteer Month, and we invite you to join us in expressing our gratitude to all the volunteers at Calendar House. Your contributions are invaluable, and many of our programs would not be possible without your hard work. To honor your dedication, we are hosting a reception. Coffee, tea, juices, and breakfast pastries will be provided. We look forward to celebrating with you!  
**No registration required.**

**COMING UP IN MAY:**

- **Cinco de Mayo Party**
- **Secrets of the Italian Kitchen Series with Anna Oliva**
- **Plant Swap**
- **Vintage Jewelry Craft Project**
- **Artificial Intelligence Presentation and so much more!**

**Chalk up for Fun**

**Southington Calendar House Fifth Annual "Tony Longo Centennial 8-Ball Tournament"**

If you enjoy playing pool and want a little friendly competition please plan to join the Fifth Annual Southington Calendar House "Tony Longo Centennial 8-Ball Tournament" scheduled for Thursday, May 14, 2026 (backup date if needed is Friday, May 15, 2026). All Southington Calendar House members are welcome to participate. Sign-up is the day of the match from 8:30AM until 9:30AM in the pool room. Rules review will start at 9:30AM followed by random draw of players and matches. The tournament is a double elimination format. The winner's bracket will play 2 of 3 racks while the loser's bracket will play 1 of 1 match. Pizza will be provided for lunch.

**Calendar House Golf League Information**

The Calendar House Golf League (CHGL) will hold a registration meeting on Wednesday April 22, 2026 at 2 P.M. at the Calendar House for anyone interested in playing 9 holes of golf on Tuesday mornings starting the first week of May.

CHGL is a mixed league, plays at Hawks Landing and is open to members of The Calendar House and residents of Southington, age 55+ looking to play golf and meet new people.

At the registration meeting we will discuss pricing, rules, format of play and key dates.

Note: We have plenty of openings but due to the popularity of this league we must limit the total number of players. Returning players from 2025 will be added to the roster as they register then we will add new members.

CHGL non-refundable dues is \$50 payable at time of registration in cash or a check payable to The Calendar House Golf League or CHGL.

Returning League members can register starting April 1<sup>st</sup> by submitting the non-refundable dues of \$50 at the Calendar House.

New members can register starting April 15<sup>th</sup>. (Dues are refundable if the roster is full)

Calendar House front desk staff or Liz Chubet can register you. Submit your name, phone number, email and the dues payment.

Have a partner? If you have a partner, please supply their name and phone number. We can assign a partner if needed. Additional sign-ups will take place at the meeting on April 22nd.

Substitute League Member: We do have a need for substitutes to fill in during the season. So, if you are interested contact us for more information.

If you have questions regarding the League send an email to [chgold388@gmail.com](mailto:chgold388@gmail.com)

Looking forward to a great season of golf and making friends.



## 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](http://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 9:00 a.m. and 2:30 p.m. Monday -Thursday. 9:00 a.m.-12:30 p.m. on Fridays.

**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 Senior Center, 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](http://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 28<sup>th</sup> 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 21<sup>st</sup> 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 10<sup>th</sup> 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 13<sup>th</sup> 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 26<sup>th</sup> 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/ July 14<sup>th</sup> 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 11<sup>th</sup> “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**

**Wed/ August 19<sup>th</sup> SUMMER NIGHTS A Grease Tribute Band** Summer Nights is a part tribute band part dinner theatre experience. They will perform the hits of the movie Grease and open with an Olivia Newton John tribute. Chicken Parm/Baked Scrod Aqua Turf **\$99pp**

**Tues/ September 8<sup>th</sup> JUKEBOX 45 SHOW BAND: DooWoP Show** Celebrate decades of classic hits with Jukebox 45! Roast Beef/ Chicken Francais **\$57pp**

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

## HIGHLIGHTED TRIPS

### **AUGUST 5-6<sup>TH</sup> SARATOGA**

2 day tour of Saratoga Springs, Lake George, and Glens Falls, NY. Accommodations 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 7-16<sup>TH</sup> 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.**

### **OCTOBER 6-14<sup>TH</sup> YOSEMITE AND THE WILD WONDERS OF CALIFORNIA’S NATIONAL PARKS**

Roundtrip airfare, 8 nights’ accommodations, sightseeing per itinerary, tour director, baggage handling, and all gratuities **From \$3,999 pp double, \$4,999 single.**

## LOCATION & STAFF

388 Pleasant St.  
 Southington, CT 06489  
 Phone: 860-621-3014  
[www.calendarhouse.org](http://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](http://www.wfsb.com) website. **Calendar House DOES NOT follow Southington Public Schools for closings and delays.**

### DIRECTOR

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Paula Ofiara Pocock & Christie Boucher

### P/T BUS DRIVERS

Bob Donia+Bruno Gagne

### TRIP DESK COORDINATOR

Lana White 860-621-3779 or  
[lane.white12@gmail.com](mailto:lane.white12@gmail.com)

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