

Active Lifestyles

CALENDAR HOUSE OF SOUTHLINGTON



MAY 2026

NEWSLETTER



FROM THE STAFF...

Greetings Calendar House Members for May!

The images above showcase highlights from April, reflecting the diverse range of programs and events we offer at the Calendar House. We believe in providing a wide array of activities, trips, and series to spark your interest and encourage our members to explore new experiences.

May is shaping up to be an exciting month at the center! We will be hosting a three-part series on Italian cuisine with Anna Oliva, who was so fantastic last year that our members requested her return. Be sure to check the newsletter for details on her programs, and don't wait to sign up, as spots fill up quickly!

This month, we also have two fun events lined up: the Cinco de Mayo Party and the free Intergenerational Spring Fling at Kennedy Middle School. These celebrations will feature delicious food and entertainment—come join us!

On May 14th, we will host the 5th Tony Longo Centennial 8-Ball Tournament! More information can be found in the following pages. Additionally, mark your calendars for our 2nd Plant Swap on May 20th, a fantastic opportunity to enhance your garden and refresh your current plantings.

Looking ahead to June, we will launch our performing arts programs led by Hannah Bellows, a talented educator ready to ignite your creativity with choir, Shakespeare classes, and private voice lessons! More details are available inside.

-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!



WHAT'S INSIDE

PAGE 3

- Information

PAGE 5

- Calendar of Events

PAGE 6

- Weekly Activities/Health

PAGE 7

- Exercise/Programs

PAGE 8

- May Programs

PAGE 9

- Programs/Special Events

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



ADT
Authorized
Provider

SafeStreets

833-287-3502

Simplifying Home Transitions for Seniors



Kate Busch Gervais, SRES®
Senior Citizen Focused Realtor

CB 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 Pavilion

*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!**



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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, May 8th 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 are now being accepted. 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.





BEACON
PRESCRIPTIONS

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!




Realty 3CT
Helping Connecticut Citizens since 1980
860-621-7323
218 N Main Street, Southington, CT 06489

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

Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT **\$19⁹⁵** /mo.

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



800.809.3570 * md-medalert.com

ACCREDITED BUSINESS
BBB A+ Rating

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

Happy's INDOOR GOLF

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




MAY 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>OLDER AMERICANS MONTH</p> <p>CHAMPION YOUR HEALTH: MAY 2026</p>		<p>Look for little pop-up events throughout the month of May as we acknowledge Older Americans Month here at the Calendar House.</p>		<p>1 11-1 Berkshire Hathaway Real Estate Information Table</p>
<p>4 9-1 Foot Clinic 12:00 Realty 3 1:00 Mastering Italian Sauces</p>	<p>5 11:00 Lower Your Electric Bill 1:30 Cinco De Mayo Party 2:30-4:30 Wheeler Clinic</p>	<p>6 1:00 Vintage Jewelry Craft</p>	<p>7 10:00 Powerback Balance Assessments 4:00 Intergenerational Spring Fling</p>	<p>8 9-1 AARP Smart Driver Class</p>
<p>11 11:00 Artificial Intelligence Talk 1-3pm Best Care Senior Services Informational Table 1:00-Regional Italian Dishes</p>	<p>12 1-3pm Best Care Senior Services Informational Table 4:30 Senior Citizen Advisory Board Meeting</p>	<p>13 9-11 Raymond Senior Planning Informational Table</p>	<p>14 8:30 Tony Longo Pool Tournament 10:00 Powerback Exercise Equipment Orientation 1:00 SoCCa Art Van Go!</p>	<p>15 9-10 Berkshire Hathaway Real Estate Information Table 9:30 Veterans Coffee Hour</p>
<p>18 9-10 Diabetes and Pre-Diabetes Support Group 9-1 Foot Clinic 10:00 Let's Talk Energy with Eversource 1:00 Italian Desserts and Traditions</p>	<p>19</p>	<p>20 1:30 Plant Swap</p>	<p>21 10:00 Powerback Balance Assessments 11:15 Wheeler Clinic</p>	<p>22</p>
<p>25 CENTER CLOSED MEMORIAL DAY</p>	<p>26 12:00 Calendar House Book Club</p>	<p>27</p>	<p>28 10:00 Powerback Exercise Equipment Orientation 1:00 Membership Meeting</p>	<p>29 10:00 Probate Forum 1:00 Birthday Bingo</p>

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.

ENRICHMENT CLASSES
 MONDAY: Quilting Informal Work Session 9 –12pm
 Open Studio w/ Alex at 2:30 (\$10 drop-in fee)
 WEDNESDAY: Independent Watercolor
All other enrichment classes will resume in the fall. Class registration information will be published in the September Active Lifestyles issue.

MONDAY
 Gentle Seated Yoga: 9:15 (\$8 drop-in fee)
 Line Dance: 9:30
 Computer Lab : 10-12
 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

TUESDAY
 Group Exercise: 9 & 10
 Cribbage: 10–12
 Sit 'n Be Fit: 11:15
 Pickleball: 1-3 (CXL 5/5)
 Cardio Drum: 2-2:30
 Open Studio w/ Alex 2:30-4:15 (\$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 (CXL 5/20)
 Cardio Drum: 2-2:30

THURSDAY
 T.O.P.S.: 8:30
 Group Exercise: 9 & 10
 Tap Dancing: 10-11
 Powerback Balance (5/7+5/21)
 Powerback Exercise (5/14+5/28)
 Stained Glass Group: 10:30
 Sit 'n Be Fit: 11:15
 Hand & Foot Card Game: 12:30 (5/14+5/28)
 Party Bridge: 1-3:15
 Pickleball: 1-3 (CXL 5/28)
 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
5/29 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in May. Register at the bingo table prior to 5/29.
 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 5/4, 5/18, 6/1, and 6/15 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, May 5th from 2:30 to 4:30 p.m., or Thursday, May 21st from 11:15 a.m.-1:15p.m. For more info contact Magdalin Odoi at madoi@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 May 15th. This month's support group will be held Monday, May 18th.**

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

5/14, and 5/28 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 & 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, 5/1 11am-1pm, 5/15 9-10 am Drop-in. Meet with Lisa Olson for any real estate questions you may have!

ALWAYS BEST CARE SENIOR SERVICES OF BRISTOL INFORMATION TABLE

Tuesday, May 12th 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, May 6th 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, May 4th 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, May 15th 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, May 29th, 10 to 11 a.m. Register online or call before Thursday, May 28th.****MAY PROGRAMS****MASTERING ITALIAN SAUCES WITH ANNA OLIVA****Monday, May 4th at 1:00pm**

Why do Italian sauces taste so extraordinary—even when they use just a few simple ingredients?

Join Italian-born cultural educator and public speaker Anna Oliva for a lively journey into the heart of Italy's most beloved culinary tradition: the sauce. From the butter-based creations of the north to the sun-ripened tomato sauces of the south, discover how geography, history, and family traditions shaped the flavors Italians cherish most.

Along the way, you'll uncover regional secrets, surprising food stories, and timeless kitchen wisdom that Italians have passed down for generations.

Whether you love to cook or simply enjoy learning about Italian culture, this engaging talk will change the way you think about Italian food. **Register online or by calling the front desk at 860-621-3014.**

CINCO DE MAYO PARTY

Tuesday, May 5th at 1:30pm Happy Cinco de Mayo! We are going to party at the Calendar House with Mexican Food, live Mexican entertainment, raffles, and fun!

You will enjoy hot appetizers, a full fajita bar, desserts, chilled water, and a festive punch.

A live Mariachi trio will entertain you during the event and we will have raffles at the end of the party. **Tickets go on sale Tuesday, April 7th. This event is only for Calendar House members and it's being subsidized by the Calendar House Membership Association. \$10pp**

LEARN HOW TO LOWER YOUR ELECTRIC BILL

Tuesday, May 5th at 11:00am Electricity Supply rates increased on January 1st so bring a recent copy of your electric bill and learn how choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), can review your bill, explain how to choose a supplier and answer questions

about the Standard Service Generation Supply and rates, licensed electric suppliers, the redesigned electric bill, discounts for Hardship Customers and any question you have about Connecticut's electric rates and policies. **Please register by Monday, May 4th online or by calling the front desk at 860-621-3014.**

VINTAGE JEWELRY CRAFT PROJECT

Wednesday, May 6th at 1:00pm Create one of a kind floral creations using vintage & recycled jewelry & frames. Perfect for Mother's Day. Attendees are encouraged to bring some of their own old, broken or unwanted jewelry pieces to make it more personalized (but not necessary).

Bring scissors & a shoe box top or bigger to use for a work space & to bring home your masterpiece!

The fee for this class is \$30 cash due at the time of registration. Please register by Monday, May 4th.

INTERGENERATIONAL SPRING FLING

Thursday, May 7th 4:00pm Join the JFK Middle School Community for a Fun-Filled Evening!

Hey there! Come hang out with folks of all ages for a super fun night! We've got music by Billy Jones, tasty pizza, and yummy treats. Plus, it's a great way to welcome spring with your friends. The best part? It's all free, thanks to the Membership Association. **Just make sure you sign up by Monday, May 4th online or by calling the front desk at 860-621-3014.**

BEYOND PASTA: EXPLORING REGIONAL ITALIAN DISHES WITH ANNA OLIVA

Monday, May 11th at 1:00pm When people think of Italian food, they often think of pasta—but Italy's culinary traditions go far beyond it.

In this fascinating presentation, Anna Oliva takes you on a flavorful journey across Italy to explore the iconic dishes that define each region. Discover why risotto became the pride of Northern Italy and how the diverse dishes of central and southern Italy reflect centuries of history, geography, and cultural influence.

Through captivating stories and cultural insights, you'll see how geography, tradition, and local pride shaped what Italians eat from north to south. **Please register online or by calling the front desk at 860-621-3014 by Friday, May 8th.**

ARTIFICIAL INTELLIGENCE PRESENTATION WITH PAUL A. KRIKSCIUN

Monday, May 11th at 11:00am Paul A. Kriksciun believes technology should empower people, not intimidate them, which is why he's made it his mission to make artificial intelligence accessible to everyone. With years of experience helping organizations navigate complex technology, Paul has discovered his true passion:

explaining AI in ways that actually make sense. He approaches the topic like a conversation with friends, patient, enthusiastic, and always finding the right analogy to make things click. **Please register online or by calling the front desk at 860-621-3014 by Friday, May 8th.**

Socca-Art Van Go: Floral Printmaking

Thursday, May 14th from 1:00-3:00pm Participants work with waterbased inks and foam plates to create white line prints on paper. Be inspired by Spring blossoms for your composition in your prints. Fee is \$20pp. **Please pay cash at the time of registration. Register at the front desk by Wednesday, May 13th.**

Let's Talk Energy with Eversource

Monday, May 18th at 10:00am Join representatives from Eversource in a discussion about your energy bill. They will cover:

- What makes up your electric and gas bill
- Supplier options (electric)
- Explore available assistance programs, discounts and payment plans. **Please register online or by calling the front desk by Friday, May 15th.**

Sweet Indulgences: Italian Desserts and Traditions

Monday, May 18th at 1:00pm End the series on a sweet note with a delightful journey into the world of Italian desserts.

Join Italian-born cultural educator Anna Oliva as she explores the traditions, stories, and regional specialties behind some of Italy's most beloved sweets. From Sicily's famous cannoli to classic pastries enjoyed across the country, discover how desserts in Italy are deeply connected to celebration, family, and cultural tradition.

Please register online or by calling the front desk at 860-621-3014 by Friday, May 15th.

Plant Swap

Wednesday, May 20th from 1:30-3:00pm Are your Hostas growing out of control? Are your lilies dominating your garden? Dig them up and bring them to our plant swap!

- When: Bring your plants to swap starting at 12:45 PM.
- What to Expect: We will provide tables and bags for you to take your new plants home.

This is an excellent opportunity to enhance the variety in your planting beds at no cost! Join us in the Main Hall—feel free to drop in! Bring some plants, take some plants! **Drop-in.**

NEW PROGRAMS COMING IN JUNE!

Calendar House Singers- Join us on Monday afternoons from 12:30-2:00 PM to sing, dance (optional), learn, and enjoy music with your community! The Calendar House Singers will be a blended show choir, where all singers will learn choral music and music concepts, and interested singers will learn fun, show-choir-style choreography! The session will conclude with a summer-themed performance. Please feel free to email Choir Director Hannah Bellows any questions at hannah@PrestigePerformingArts.com, or text her at (860) 358-0152. **Pre-pay \$10 per session, \$15 drop in rate. 12 week session.**

Exploring Shakespeare- Join us on Tuesday mornings at 10:00 AM to analyze and appreciate William Shakespeare's poetry and plays, in writing and performance! Each week, we will dive into a new passage, studying how Shakespeare's writing style informs the reader of its meaning and how it should be expressed on stage. If the class is interested, we may end the session with a public reading, where participants can demonstrate what they have learned! Please feel free to email Choir Director Hannah Bellows any questions (and/or summer song suggestions!) at hannah@PrestigePerformingArts.com, or text her at (860) 358-0152. **Pre-pay \$10 per session, \$15 drop in rate. 12 week session.**

Private Voice Lessons- Book private voice lessons right here at The Calendar House! You'll work one-on-one with Hannah Bellows, a health-focused voice teacher with over a decade of experience. You can learn new singing techniques, address any vocal issues you are experiencing, and find out what your voice can do! Along the way, you'll discover the holistic, healing power of investing in your voice, your self-expression, and your creativity. Contact Hannah directly to book lessons at \$60 for 60 minutes, \$45 for 45 minutes, or \$30 for 30 minutes.

Email: hannah@PrestigePerformingArts.com - Text or Call: (860) 358-0152.

Get Ready to Compete

Southington Calendar House Fifth Annual "Tony Longo Centennial 8-Ball Tournament"
If you enjoy playing pool and want a little friendly competition, please 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 to advance while the loser's bracket will play 1 of 1 match to advance. Pizza will be provided for lunch.

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 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.





Compassionate Counsel, Proven Results

860-259-1500

Attorney Halley C. Allaire

Services we provide: Medicaid | Asset Protection | Care Coordinator
Trusts | Probate | Real Estate Closings

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



VNanfito
Roofing and Siding Inc.

860-621-6898

Your Local
Home Improvement
Contractor

- Roofing • Siding
- Decks • Windows
- Doors • Remodeling

60+ Years of
Quality Service

Lic. #0570192

VNANFITO.com

Little
space.
Big
impact.

Advertise here

Call 800-950-9952



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



Chiropractic • Nutrition • Acupuncture
Spinal Decompression

OUTSTANDING
REPUTATION IN
HOLISTIC HEALTH CARE

RayaClinic.com

(860) 621-BACK

Total Health & Wellness

Let This Be The Year You
Change The Way You Hear



**Myranda
Lombardi**
Hearing
Instrument
Specialist

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

**ALL NEW PATIENTS WILL RECEIVE
THE FOLLOWING:**

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



VOTED BEST
HEARING SPECIALIST

MEDICAID
ACCEPTED

Bristol Hearing Aids, LLC

72 Pine St., Bristol • 860-506-3720

www.bristolhearingaids.com

Plainville Community PHARMACY
the Heart of our Community



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

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

WE PROVIDE OUR PATIENTS WITH:

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

Flu Shots Available

Fast, Free Delivery to Your Door on Prescriptions

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

860.222.9422



170 East Street | Plainville | www.plainvillierx.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

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 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

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**

Fri/Aug 28th TWIN LOBSTERS AT STUDENT PRINCE RESTAURANT AND A SHOW- Enjoy a twin lobster OR Prime Rib lunch. Afterwards enjoy Freddie Marion as he performs songs of the greats like Wayne Newton, Kenny Rogers and many more! After lunch and the show spend time at MGM Springfield Casino (no bonus). **\$153pp**

Wed/Sept 16th RIVERBOAT CRUISE ON WEBSTER LAKE - Enjoy a 90 minute scenic tour of Webster Lake on the Indian Princess, a 19th century Mississippi Riverboat. Before the cruise, you will have lunch at Samuel Slaters Restaurant. After the cruise we will stop at the local general store at Douglas Orchards to shop for local produce and baked goods. **\$152pp**

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**

Wed/ August 19th 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 8th JUKEBOX 45 SHOW BAND: DooWop Show Celebrate decades of classic hits with Jukebox 45! Roast Beef/ Chicken Francais Aqua Turf- \$57pp

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

HIGHLIGHTED TRIPS

SEPTEMBER 13-20TH UTAH’S MIGHTY 5 NATIONAL PARKS

This trip includes roundtrip airfare from Bradley International Airport, 8 nights accommodation in 3 star hotels and 13 meals. The itinerary includes: Capitol Reef, Canyon Lands, Bryce Canyon, Grand Canyon National Park, Monument Valley with Navajo guide, a Navajo cookout, A Moab 4x4 Jeep Tour, Colorado River boat ride and so much more. **\$4499 single \$3799 double**

SEPTEMBER 22ND -25TH CAPE COD ESCAPE

This trip includes round trip motor coach transportation, 3 nights accommodation at Courtyard by Marriott in Hyannis, and 6 meals. The itinerary includes: 5 course dinner aboard the Cape Cod Central Railroad, a lobster dinner ,a guided tour of Hyannis, a guided tour of Martha’s Vineyard, and so much more! **\$1575 double, \$1455 triple, \$1925 single**

SEPTEMBER 23rd-25th SIGHT AND SOUND THEATRE- JOSHUA- Live on Stage

Travel to Amish Country on a motor coach for a 3 day getaway. When you arrive in Lancaster you will tap into your creative side at Board and Brush and then check into your 4 star hotel and enjoy your dinner there. The next day you will enjoy a guided tour of the Amish Farmlands, have lunch on your own before attending the new production of *Joshua* . Dinner is included after the show. The last day you will be heading to Philadelphia where you will enjoy a guided walking tour before heading back to the Calendar House. **\$845 double \$815 triple \$1015 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.**

DIRECTOR

Dawn Sargis

dawn.sargis@southingtonct.gov

PROGRAM COORDINATOR

Elizabeth Chubet

elizabeth.chubet@southingtonct.gov

ADMINISTRATIVE ASSISTANT II

Tiffany Atkins

tiffany.atkins@southingtonct.gov

ADMINISTRATIVE ASS’T/DRIVER

Dawn Sousa

dawn.sousa@southingtonct.gov

P/T RECEPTION DESK

David Harrington

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.white12@gmail.com

Find us on Facebook

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

Like and follow to learn more!