

# Active Lifestyles

## CALENDAR HOUSE OF SOUTHLINGTON



JUNE 2026

# NEWSLETTER



## FROM THE STAFF...

Greetings to June Calendar House Members!

Summer is upon us, bringing the perfect opportunity for travel, indulging in ice cream on warm days, tackling some yard work, and visiting the Calendar House, where friends gather and exciting new programs await!

The images above showcase a fantastic partnership between the Orchard Valley Garden Club and the SHS VOAG program. Together, they planted two beautiful new trees in front of the Calendar House, and we extend our heartfelt thanks for such a wonderful gift to our center.

This month marks the launch of our performing arts programming, featuring instructor Hannah Bellows for these pay-as-you-go classes. More details can be found in the newsletter.

We are thrilled to celebrate America 250 with you! We have two special programs that honor this significant time in history. Christina Volpe, the curator from the Barnes Museum, will take us back in time to explore Southington during that era. Additionally, we will host the delightful Herron Family Singers, who will perform patriotic songs for everyone to enjoy.

The outdoor Pickleball court is now complete and ready for use! This wonderful addition to our center is sure to be enjoyed frequently.

-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!



## WHAT'S INSIDE

PAGE 3

- Information

PAGE 5

- Calendar of Events

PAGE 6

- Weekly Activities/Health

PAGE 7

- Exercise/Programs

PAGE 8

- June Programs

PAGE 9

- June/July Programs

PAGE 10

- This and That

PAGE 12

- Travel





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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, June 12th 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

## The Elderly Brothers



**Thursday, July 30th at 1:00pm**

BACK BY POPULAR DEMAND, Brian Gillie and Tom Stankus on piano and guitar will dazzle you with their enthusiasm and natural talents as entertainers. Among their repertoire are Jazz, Blues, Rock 'n Roll, Hollywood, Broadway, swing, dance tunes. They tickle the keys and sing the hits with a crisp radiance and some comedy mixed in! You might even get on your feet and show us your cool dance moves.

Register at the front desk, by calling 860-621-3014 or online by Monday, July 27th.

Our community partner, Raymond Senior Planning will provide delicious cake for you to enjoy as well!



### 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.

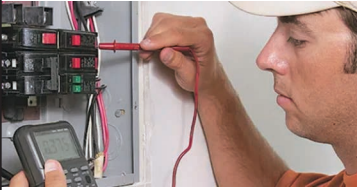
Applications are now being accepted. The last day to apply is Wednesday, September 30th.

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.



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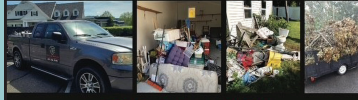
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Calendar House Senior Center, Southington, CT

06-5315

# JUNE 2026

## CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9-1 Foot Clinic 10:00 CH Coloring Club 12:00 Realty 3 12:30 Calendar House Singers 1:00 Energy Efficiency	<b>2</b> 10:00 Exploring Shakespeare 2:30 Wheeler Clinic	<b>3</b> 1:30 Jukebox Bingo	<b>4</b> 10:00 Powerback Balance Assessments 12:00 Watercolor Class	<b>5</b> 11-1 Berkshire Hathaway Real Estate Information Table
<b>8</b> 10:00 CH Coloring Club 12:30 Calendar House Singers	<b>9</b> 10:00 Exploring Shakespeare 1-3pm Best Care Senior Services Informational Table	<b>10</b> 9:00 Raymond Senior Planning Info Table 1:00 Elder Fraud	<b>11</b> 10:00 Powerback Exercise Equipment Orientation 11:00 Charcuterie Board Class	<b>12</b> 9-1 AARP Smart Driver Class
<b>15</b> 9-1 Foot Clinic 10:00 CH Coloring Club 12:30 Calendar House Singers	<b>16</b> 10:00 Exploring Shakespeare	<b>17</b> 1:00 Barnes Museum America 250 Outback Fundraiser	<b>18</b> 10:00 Powerback Balance Assessments 11:15 Wheeler Clinic	<b>19</b> 9-10 Berkshire Hathaway Real Estate Information Table
<b>22</b> 10:00 CH Coloring Club 12:30 Calendar House Singers	<b>23</b> 10:00 Exploring Shakespeare	<b>24</b>	<b>25</b> 10:00 Powerback Exercise Equipment Orientation	<b>26</b> 10:00 Probate Forum 1:00 Birthday Bingo
<b>29</b> 9-10 Diabetes and Pre-Diabetes Support Group 12:30 Calendar House Singers 1:30 Herron Family Singers	<b>30</b> 10:00 Exploring Shakespeare 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](http://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)  
 THURSDAY: Watercolor with Alex Caron  
 12:00-2:00 (\$10 drop-in fee)

**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  
 Coloring Club 10-12  
 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 6/29)  
 Cardio Drum: 2-2:30

### TUESDAY

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 2:30-4:15 (\$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 6/3 + 6/17)  
 Cardio Drum: 2-2:30

### THURSDAY

T.O.P.S.: 8:30  
 Group Exercise: 9 & 10  
 Tap Dancing: 10-11  
 Powerback Balance (6/4+6/18)  
 Powerback Exercise (6/11+6/25)  
 Stained Glass Group: 10:30  
 Sit 'n Be Fit: 11:15  
 Hand & Foot Card Game: 12:30 (6/11+6/25)  
 Party Bridge: 1-3:15  
 Pickleball: 1-3 (CXL 6/18)  
 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  
**6/26 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in June. Register at the bingo table prior to 6/26.**  
 Cardio Drum: 2-2:30

## HEALTH AND WELLNESS

### 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 6/1, 6/15, 7/6, and 7/13 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, June 2nd from 2:30 to 4:30 p.m., or Thursday, June 18th from 11:15 a.m.-1:15p.m.** For more info contact Magdalin Odoi at [madoi@wheelerhealth.org](mailto: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](http://schedulesplus.com/chs) by June 26th.**

**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**

**6/11, and 6/25 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](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, 6/5 11am-1pm, 6/19 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, June 9th 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, June 10th 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, June 1st 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**

**Thursday, June 18th at 1:30pm \*date and time change\* for special event.**

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, June 26th, 10 to 11 a.m. Register online or call before Thursday, June 25th.**

## **JUNE PROGRAMS**

**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 \$7 per session, \$10 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 \$7 per session, \$10 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.**

## **ENERGY EFFICIENCY WITH EVERSOURCE**

**Monday, June 1<sup>st</sup> at 1:00pm** Topics that will be covered:

- Understanding Energy Efficiency: Learn about programs that help improve home energy use.
- EnergizeCT offers:
- Home energy assessments
- Rebates to make your home more comfortable
- Supports a cleaner, more sustainable future
- Programs to Help Manage Energy Bills: Explore available assistance programs, discounts and payment plans
- We're here to help you find the best solution for your needs

**Register on the e-newsletter from the Calendar House.**

## **JUKEBOX BINGO**

**Wednesday, June 3<sup>rd</sup> at 1:30pm**

Get ready for Jukebox Bingo!! There are no numbers in this game, they're gone! We have replaced the 75 numbers with 75 songs. On each bingo card there are 25 song titles and no two cards are the same. As the game begins, we play 25 seconds of a song. The player then checks their card and if the song is there, mark it off. The first one to match the bingo pattern, yells BINGO!!!! Don't worry if you don't know the name of the song - The song names are eventually shown on the video screen. It's simple, fun, and free to play.

**Register at the front desk or by calling 860-621-3014 or online by Monday, June 1st.**

## **ELDER FRAUD PRESENTATION**

**Wednesday, June 10<sup>th</sup> at 1:00pm** Scams targeting elderly adults are on the rise! Come join members of the Division of Criminal Justice for a talk about Elder Financial Fraud. The discussion will cover different types of scams that are commonly used, how to stay safe from these scams, and what to do if you find yourself involved in a scam. **Please register online or by calling the front desk at 860-621-3014.**



paid at time of registration. Please register by Monday, June 8th.

of scams that are commonly used, how to stay safe from these scams, and what to do if you find yourself involved in a scam. **Please register online or by calling the front desk at 860-621-3014.**

### **CHARCUTERIE BOARD MAKING CLASS**

**Thursday, June 11th at 11:00 am** Join us for a hands-on interactive charcuterie class and take home your very own charcuterie board. You will make a salami rose, tomato heart, provolone flower, and more! Everything is included for an hour of fun! **\$30 cash fee per person due at time of registration. Registration ends Wednesday, June 10th.**

### **BARNES MUSEUM AMERICA 250 PROGRAM**

**Wednesday, June 17th at 1:00 pm** Join the Barnes Museum for a look at Southington during the American Revolution. Through local stories and historic records, this program explores the lives of Revolutionary War soldiers, their families, and the everyday people who experienced the war here in town.

**Please note that this program is open to the public. Please register online or by calling the front desk at 860-621-3014.**

### **HERRON FAMILY SINGERS AMERICA 250 PROGRAM**

**Monday, June 29th at 1:30pm** Join the Herron Family Singers for an afternoon of America's beloved patriotic songs. Enjoy the talent of this remarkable family while indulging in refreshments. **This event is open to the public. Please register online or by calling 860-621-3014 by Friday, June 26th.**

## **JULY PROGRAMS**

### **PORTRAIT CLASS WITH JOHANNE BEERBAUM**

**Tuesday, July 7th at 1:00pm** Learn the basics of making a representative portrait of your loved one (person or pet) development of perspective, and shadows for a likeness. Paper and drawing materials will be provided with different media available. Tricks of the trade will be explained to develop a way to most easily build a likeness from the general start to the specifics. Try to bring a few pictures (hopefully 8x10 inches...either a photo or magazine pictures you like). You will be taught basic anatomy measures and specific changes to the likeness you bring in. **Fee of \$15 per person due at time of registration. Please register in person by Monday, July 6th.**

### **RETIREMENT PLANNING AND WEALTH SEMINAR PRESENTED BY AMERICAN SENIOR SERVICES**

**Monday, July 13th at 11:00am** During this seminar the presenters will go over these topics and more.

- Understanding Pension Options
- Proper Asset Allocation
- Comprehensive Income Planning
- Estate and legal Planning and many more topics.

Refreshments will be served. **Please register online or by calling the front desk at 860-621-3014 by Friday, July 10th.**

### **OLLI-OSHER LIFELONG LEARNING INSTITUTE PRESENTATION**

**Monday, July 20th at 1:00pm** Discover OLLI at UConn—right here in Southington!

We're excited to visit the Southington Senior Center to share an inside look at the Osher Lifelong Learning Institute (OLLI) at UConn—a vibrant community offering non-credit classes, engaging lectures, and social opportunities designed for adults 50+ who love learning and staying connected.

Come meet us, explore sample courses, learn how membership works, and hear about in-person and online options that fit a variety of interests and schedules. A sample class will also be presented. We'll also highlight financial assistance and easy ways to get involved.

Bring your curiosity—and bring a friend!

Questions? Contact us at [osher@uconn.edu](mailto:osher@uconn.edu) or 475-222-6261.

**Please register by Friday, July 17th online or by calling the front office.**

### **SUMMERTIME MOCKTAIL PARTY**

**Wednesday, July 22nd at 1:30 PM**

Join us for an afternoon filled with fun, delicious food, and delightful mocktails! The Calendar House is collaborating with Southington Community Services, Always Best Care Senior Services of Greater Bristol, and Worldwide Wines to host this fantastic event.

- Discover how to craft refreshing mocktails
- Enjoy tasting samples
- Savor delicious appetizers to complement the experience
- Enter for a chance to win exciting raffle baskets!

**Tickets are \$15 per person (cash only). Registration begins Monday, June 22nd at the front desk at 860-621-3014.**

**All proceeds will support Southington Community Services.**

## 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

**Fri/Aug 28<sup>th</sup> 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**

**Thurs/Sept 10<sup>th</sup> AMARANTE’S SEA CLIFF- THE VOICE OF YESTERDAY** Enjoy this bus trip to Amarante’s Sea Cliff and a live show! Tony Cono is a young and talented performer bringing back hits from Frankie Valli, Elvis Presley, Frank Sinatra, and so many others. A delicious lunch is included. **\$120pp**

**Wed/Sept 16<sup>th</sup> RIVERBOAT CRUISE ON WEBSTER LAKE -** Enjoy a 90 minute scenic tour of Webster Lake on the Indian Princess, a 19<sup>th</sup> 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**

**Sun/Dec 13<sup>th</sup> CHRISTMASTIME-** The Reagle Music Theatre Players present *Christmastime*. This annual holiday presentation is a spectacle of sight and sound. Enjoy a pre-show lunch at The Chateau Restaurant. This restaurant is a local favorite and has been family owned since 1933. **\$192 pp**

**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 Aqua Turf- **\$57pp**

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

### 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 22ND -25<sup>TH</sup> 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-25<sup>th</sup> SIGHT AND SOUND THEATRE- JOSHUA- Live on Stage

Travel to Amish Country on a motor coach for a 3 day getaway. 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](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

Dawn Sargis

[dawn.sargis@southingtonct.gov](mailto:dawn.sargis@southingtonct.gov)

### PROGRAM COORDINATOR

Elizabeth Chubet

[elizabeth.chubet@southingtonct.gov](mailto:elizabeth.chubet@southingtonct.gov)

### ADMINISTRATIVE ASSISTANT II

Tiffany Atkins

[tiffany.atkins@southingtonct.gov](mailto:tiffany.atkins@southingtonct.gov)

### ADMINISTRATIVE ASS’T/DRIVER

Dawn Sousa

[dawn.sousa@southingtonct.gov](mailto: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](mailto:lane.white12@gmail.com)

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