

Active Lifestyles

CALENDAR HOUSE OF SOUTHTON



OCTOBER 2026

NEWSLETTER

FROM THE STAFF...

October brings the joy of apple picking, the thrill of fall fairs, and a chance to start planning for the colder months ahead. This fall, the Calendar House offers a variety of options for our members, including a new Social Connections program. We are excited to partner with Wheeler Clinic to create a supportive environment for those who may need assistance during transitional phases in their lives.

Join us on October 20th for a delightful Italian Celebration. Tickets are only \$15 per person and are available for purchase now. Our annual flu clinic will be held on Tuesday, October 6th for members and the public ages 19 and older. Please remember to bring your insurance card. Southington Community Services will host the Operation Stay Warm event here on October 23rd from 11:00 a.m. to 1:00 p.m. Members are invited to select cold weather apparel at no cost.

Lastly, we are proud to announce that the Town Council proclaimed September 14th as Edward S. Pocock Jr. Day, dedicating the Main Hall at the Calendar House in his honor.

-The Calendar House Staff

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



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Calendar House 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, October 9th from 9am-1pm

Learn ways to adjust for aging and health related driving issues. CT specific information is covered. \$20 for AARP Members; \$25 for Non AARP Members. Cash or check payable to AARP collected by instructor prior to start of class. Class sizes are limited. Call 860-621-3014 to register. An on-line course is also available. To register for online course visit: <https://www.aarpdriversafety.org/>

MEMBERSHIP MEETING

FEATURING

Nick Stargu and Nancy Trecina- After All Duo



Thursday, November 19th at 1:00pm

Nick Stargu and Nancy Trecina have been performing as the After All Duo for over 33 years. Nick has performed with Chuck Berry and many other accomplished musicians. This musical duo has won over the hearts of music lovers of all ages and has earned the admiration of critics and fans alike. Their musical eras range from as early as the 40's through the 80's. Playing with a full sound system, Nancy loves to go into the audience and they love to participate! Nick's portable keyboard allows him to walk around too.

Register at the front desk, by calling 860-621-3014 or online by Wednesday, November 18th.

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



In Memory of: **Jeff Driscoll**

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

CEAP

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Calendar House will begin processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) on October 14th and November 17th for households that heat with Eversource (electric or gas). Income guidelines: \$47,764 for a single individual and \$62,460 for a couple. There is no liquid asset test for the 2026/27 program year. In-person appointments are not being scheduled. Please bring your information to the Calendar House office, or place in the drop box at the front entrance. Provide two copies of all documentation, we cannot return original documents.

1. Proof of Current Income: INCOME INCLUDES: Social Security, SSI/SSDI: provide Social Security statement or most recent bank statement showing direct deposit; Pensions or Annuities: provide most recent check stub, statement from income source on their letterhead, or 1099-R; Veteran's Assistance: VA award letter, or most recent bank statement showing direct deposit; Income from family/friends: provide signed verification of support; Employment: provide 4 most recent pay stubs if paid weekly/2 most recent if paid monthly; Unemployment: provide proof of weekly benefits received from Dept. of Labor; IRA Distributions: provide recent check stub or bank statement showing direct deposit; self-employment (special form provided).

2. SNAP Recipients of SNAP must provide DSS proof of benefits letter.

3. Utility Bills: Electric Heat: Provide most recent Eversource bill. Natural Gas: Provide most recent Eversource Gas and Electric bill. Deliverable Fuel: Confirm your vendor participates in CEAP and provide most recent delivery ticket or statement and Eversource Electric bill.

4. New Applicants: Provide your phone number, copy of your driver's license, date of birth and social security number. If you have applied previously, but ANY of your contact information has changed, (ex: address or phone #) please provide the new information to us. Questions on CEAP? Call us at 860-621-3014. Thank you!

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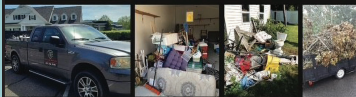
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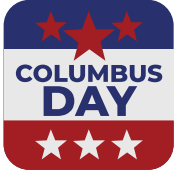
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Calendar House Senior Center, Southington, CT

06-5315

OCTOBER 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:30- Medicare Presentation	2 11-1 Berkshire Hathaway Real Estate Information Table
5 9-1 Foot Clinic 12:00-Realty 3 Information Table	6 9:00- Flu Clinic 2:30- Wheeler Clinic	7	8	9 9:00-AARP Smart Driver
12 CENTER CLOSED 	13 10:00-Asset Protection Program	14 9:00- Raymond Senior Planning Info Table NO BREAD FOR LIFE LUNCH SERVED	15 11:15 Wheeler Clinic	16 9-10 Berkshire Hathaway Real Estate Information Table
19 9-1 Foot Clinic	20 2:00 Italian Celebration	21	22	23 9:30 Veterans Coffee Hour 11:00-Operation Stay Warm 10:00-Paint Your Own Pottery
26 9-1 Foot Clinic 9:00-Pre/Diabetes Support Group 10:00-Anti-Inflammatory Diet	27 12:00- Calendar House Book Club	28	29	30 10:00- Probate Forum

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



Fall 2026 Tech Class Session

Registration starts on Monday, October 19th after 10:00 a.m. Please register in the Computer Lab on Mondays between 10:00 a.m. and 12:00 p.m. or on Wednesdays between 1:00-3:00p.m. before classes start. You can also register in the lobby outside of the scheduled times.

Moving to Windows 11- Tuesdays at 1pm from Nov 3rd-Dec 8th \$30 If you are moving to Windows 11 , you will need to understand the differences between both Windows 10 and 11. Learn how to safely use all of Windows 11 's features.

iPad and iPhone Basics- Thursdays at 10am from Nov 5th-Dec 17th-\$30 This course will cover the basics of using these devices. **You must own or borrow an iPad or iPhone and bring the device with the charger and cable to the class.**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Seated Yoga: 9:15 (\$8 drop-in fee) Line Dance: 9:30 Coloring Club 10-12 Computer Lab : 10-12 Sit 'n Be Fit: 11:15 Mahjong: 12:30—Need lessons? Call Lee Daley at 239-821-7760! Pickleball: 1-3pm (CXL 10/12) Cardio Drum: 2-2:30	Group Exercise: 9 & 10 Cribbage: 10–12 Sit 'n Be Fit: 11:15 Pickleball: 1-3 (CXL 10/20) Indoor Cornhole 1-2:30 Setback 1:00-3:00 Open Studio w/ Alex 2:30-4:15 (\$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 Cardio Drum: 2-2:30	T.O.P.S.: 8:30 Group Exercise: 9 & 10 Tap Dancing: 10-11 Powerback Balance (10/8 & 10/22) Powerback Exercise (10/1, 10/15, 10/29) Stained Glass Group: 10:30 Sit 'n Be Fit: 11:15 Hand & Foot Card Game: 12:30 (10/8 & 10/22) Party Bridge: 1-3:15 Pickleball: 1-3 Indoor Cornhole 1-2:30	Gentle Yoga: 9:30 (\$8 drop-in fee) (CXL 10/23) Sit 'n Be Fit: 11:15 (CXL 10/23) Bingo: 1:00 10/30 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in October. Register at the bingo table prior to 10/30 Cardio Drum: 2-2:30



HEALTH AND WELLNESS

FOOT CLINIC

Nurse Katie Goshdigian will be providing foot care on select Mondays in the health suite. Appointments are for 30 minutes and include basic foot assessment, nail trimming, nail filing, and filing of corns/calluses. Cost is \$30 payable to the nurse via cash or check made out to Foot Care RN. Please note clients with ingrown nails, history of leg/foot ulcers and diabetics taking medication need to seek foot care with their podiatrist or primary care provider. **Please call 860-621-3014 to schedule an appointment for 10/5, 10/19, 11/2 & 11/16 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, October 6th from 2:30 to 4:30 p.m., or Thursday, October 15th from 11:15 a.m.-1:15p.m.** For more info contact Magdalin Odoi at modoi@wheelerhealth.org or call 860-604-7448.

PRE-DIABETES/DIABETES SUPPORT GROUP

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

Topics we can and will discuss (depending on your needs and questions): -Prediabetes, Diabetes, the basics or advanced -Nutrition and the DIET to control Glucose -Monitoring + CGM (continuous Glucose Monitoring) -Exercise and the Why -Medications & Complications -How to Cope, Emotions, Problem Solving -Resources available, 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.**

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

This drop-in class is offered Monday, Wednesday and Friday at 2 p.m. During this group exercise class you will follow along with specially selected YouTube videos that run from 20 to 30 minutes. (10 students max)

INDOOR CORNHOLE

This is a drop-in program on Tuesdays and Thursdays from 1:00-2:30pm.

POWERBACK EXERCISE EQUIPMENT
ORIENTATION CLASSES

10/1, 10/15, 10/29, 11/12 and 11/19 10:00 am or 11:00 am 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.**

EXPERIENCE A 4-WEEK JOURNEY OF RENEWAL & PEACE

Mondays 10:20 – 11:00 AM October 5, 12, 19, & 26

Join Cynthia Griffin, experienced Yoga Instructor and Wellness Educator, for a serene four-week series designed to help you unwind. Through soothing guided meditations and calming breathwork techniques, you

will learn to quiet the mind, release tension from the body, and restore peace to your spirit.

Key Benefits of Guided Meditation:

- Clearer focus & mental clarity
- Reduced stress, anxiety, and anger
- Stronger immune system
- Improved digestion & overall vitality
- Fall into Relaxation with Beginner's Meditation
- No Experience necessary
- Increased energy & inner balance
- Greater physical & mental stamina

\$5 per class (paid directly to the instructor) Drop-In.

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 (no class 10/23)

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, 10/2 11am-1pm, 10/16 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

CANCELED FOR OCTOBER 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, October 14th 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, October 5th at 12:00 p.m.

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, October 23rd at 9:30am* date and time change

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

CALENDAR HOUSE SINGERS- Join us on Tuesday 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 holiday-themed performance. **Please feel free to email Choir Director Hannah Bellows any questions at hannah@PrestigePerformingArts.com, or text her at (860) 358-0152. \$10 per class pay directly to the instructor.**

RAYMOND SENIOR PLANNING MEDICARE PROGRAM

Thursday, October 1st at 10:30 a.m. Join us for the Raymond Seminar Planning meeting to review the Annual Open Enrollment 2027 changes. We will discuss key Medicare updates for 2027 and what you need to know for the upcoming enrollment period.

Register online or by calling 860-621-3014.

SOUTH CENTRAL HEALTH DISTRICT COMMUNITY VACCINE CLINIC

Tuesday, October 6th from 9:00-11:00 a.m. The South Central Health District in partnership with Stop and Shop are hosting this vaccine clinic. The vaccines that will be available are:

- Flu (High Dose, Flublock, and Regular)
- Covid-19
- RSV
- Pneumonia
- Shingles

This clinic is for anyone age 19 and over. Please bring your insurance card.

ASSET PROTECTION IN THE CASE OF LONG TERM CARE WITH ATTORNEY HALLEY ALLAIRE

Tuesday, October 13th at 10:00 a.m. This presentation explores pre-planning and crisis planning for both couples and individuals. Whether you're looking ahead to secure your future or facing an immediate need for care, understanding your options is crucial. We'll cover strategies to protect your assets, including the use of trusts, annuities, and other financial instruments. Additionally, we'll discuss eligibility requirements for Medicaid and how to navigate its complexities while preserving your estate. Join us to gain valuable insights and peace of mind for you and your loved ones. **Register online or by calling 860-621-3014 by Friday, October 9th.**



ITALIAN CELEBRATION

Tuesday, October 20th from 2:00-4:00 p.m. Let's celebrate Italy right here at the Calendar House! Everyone will enjoy an Italian meal by Ragozzino's Deli & Catering. The menu includes: Penne Pasta, Meatballs, Sausage and Peppers, Chicken Parmesean, Roast Beef, Green Beans, Roasted Potatoes, Bread and Butter, Beverages, Coffee and Dessert.

Enjoy authentic Italian entertainment by Gianpaolo. Born in Catania, Italy, Gianpaolo DiGrazia is a coveted and rare Italian Dramatic Tenor who has delighted many audiences throughout the USA & Europe.

The Dramatic Tenor Voice is the rarest and most powerful of all Tenor Voices compared to Lyric and Spinto voice parts.

Gianpaolo has studied exclusively with the Bel Canto Maestro of The Hartford Conservatory of Music with specific focus on the Dramatic Tenor Range and Technique as set forth in The Original Bel Canto Scuola Di Bologna Italy, the only true Operatic Technique of many Dramatic Opera Greats as Mario DelMonaco "The Bull", Franco Corelli, & Placido Domingo...All Dramatic Tenors !

Tickets go on sale on Tuesday, September 22nd for \$15 cash per person. This event is for Calendar House members only.

This event is generously subsidized by the Calendar House Membership Association.

OPERATION STAY WARM

Friday, October 23rd from 11:00-1:00 p.m. We are pleased that Southington Community Services will be here to host their Operation Stay Warm event for our members! Members are welcome to choose winter coats and accessories and share seasonal cheer with music, light refreshments and a raffle! All items are available at no cost. **Drop in.**

THE ANTI-INFLAMMATORY DIET WITH MARISA MALONE RD

Monday, October 26th at 10:00 a.m. Join Marisa, your very own dietitian from the ShopRite of Southington in a presentation on the anti inflammatory diet. Did you know that what you eat directly relates to the inflammation in your body which directly relates to your health! Samples are included. **Register online or by calling the front desk at 860-621-3014 by Friday, October 23rd.**

Socca Art Van Go-Paint Your Own Pottery

Friday, October 30th at 10:00 a.m. SoCCA is coming to the Calendar House for a special Paint Your Own Pottery experience. Participants will choose the pottery piece they would like to paint, Making it uniquely their own with favorite colors, patterns, and designs. Every piece will be a reflection of its artist. **Register in person by Thursday, October 29th. \$20 cash fee due at time of registration.**

Setback at the Calendar House

Tuesdays: 1:00-3:00pm

Wednesdays: 12:30-3:00pm

How to Register for Setback:

- Call 860-621-3014 to register on the morning you would like to play.
- Space is limited to the first 28 players to register.
- You MUST register each week.
- You are limited to register for one day each week so that more people can play.
- If you forgot to register, you will be able to play IF space allows.

UPCOMING EVENTS:

- 11/2 and 11/9 Italian Culture Expert Anna Oliva
- 11/3 Lunch and Learn: Your Story Matters
- 11/5 Baked Potato Event
- 11/10 Harvest Tea
- 11/12 Charcuterie Wreath Class
- 11/16 Whales of the World
- 11/23 Book Discussion with Barbie Gradia
- 12/3 Holiday Party at The Aqua Turf Club

**Calendar House "No Bake" Bake Sale**

2026 marks the 20th year of the Calendar House Membership Association's annual fundraiser! Watch for a special mailer this month, or pick up a donation envelope in the lobby! All donations received will subsidize special programs, events and entertainment held throughout the year for YOU, the Calendar House members. If you are able to donate any amount, your generosity is truly appreciated! Checks can be made payable to "Calendar House Membership Association." Please mail to: Calendar House, 388 Pleasant Street, Southington, CT. 06489 or drop off at the front office, and **THANK YOU** ever so much!

2027 Trip Presentation

Thursday, November 12th at 1:00pm



Join the Trip Desk volunteers and Tyler from Tour of Distinction for a presentation on trips for 2027.

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 16 meals on Mondays and Tuesdays 28 meals on Fridays.

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 33 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.





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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 under the trips tab! Flyers are available for pick-up in the “rounder” in the lounge area. Questions? Contact Lana White at lane.white12@gmail.com. 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/November 10th SARAH THE FIDDLER- Sarah has a special place for old time music. She combines all sorts of genres and is joined by 2 other accompanists. Roast Beef/ Pan Seared Salmon \$57pp (Aqua Turf drive on your own)

Wed/Dec 9th A TRIBUTE TO THE PLATTERS- This outstanding group of vocalists performs all of the Platters greatest hits with stunning accuracy. Enjoy a family style meal that includes salad, pasta, roast turkey, baked scrod, vegetable, rolls, dessert and coffee. \$99pp (Aqua Turf drive on your own)

Sun/Dec 13th 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/March 9th 2027 ST PATRICK'S DAY CELEBRATION Padraig Allen and The Mclean Avenue Band have taken the Irish American music and entertainment scene by storm with their wonderful arrangements of pop, rock, and folk songs, intertwined with traditional Irish tunes and upbeat melodies! Corned Beef and Cabbage/ Pan Seared Salmon \$59pp (Aqua Turf drive on your own)

*All Aqua Turf events are drive yourself

TRIPS IN 2027

APRIL 26TH - MAY 6TH 2027, BEST OF MOROCCO- KASBAHS, SOUKS AND CAMELS

Experience the very best of Morocco on this small group tour. Visit the current and former capitals of the country - mystical Marrakech, fascinating Fez, and royal Rabat. Discover the oases and kasbahs of the remote south. Go for a camel ride in the desert. Shop in colorful souks, lose yourself in ancient maze-like medinas and be entertained by belly dancers and snake charmers. Sip mint tea in the Sahara, and walk through mud-brick villages lost in time that are set against the stunning backdrop of the desert and Atlas Mountains. **\$4,799 pp dbl (airfare incl.)**

JUNE 27TH - JULY 7TH 2027, ATLANTIC CANADA EXPLORER

Discover the wonders of Canada's eastern provinces on this nine-day tour that takes you from the windswept cliffs of Nova Scotia to the rich cultural tapestry of New Brunswick. Experience the warm hospitality and hearty lifestyle of the Nova Scotians, feast on succulent Atlantic lobster and hear captivating tales of the sea as you travel along the iconic Cabot Trail. Visit the famed Green Gables Heritage Place, the inspiration behind Lucy Maud Montgomery's beloved Anne of Green Gables series, wander through historic Charlottetown and admire its charming architecture, reflecting the city's rich colonial history and marvel at the magnificent Bay of Fundy, home to the world's highest tides and Hopewell Rocks sculpted by the powerful tides over time. **\$3,699 pp dbl**

September 21st-26th 2027, The Great Buffalo Round-Up in the Black Hills

Discover the wild heart of the American West! Stroll through the legendary streets of Deadwood, uncover the secrets behind Black Hills gold, and stand in awe before the iconic faces of Mount Rushmore. Hop aboard the historic 1880 Train and wind your way through breathtaking mountain vistas. Dive into the adventure of the Great Buffalo Round-up, where untamed beauty surrounds you and herds of buffalo thunder across the open plains.

This is your chance to live the legend. **\$3,599 pp dbl (airfare incl.)**

LOCATION & STAFF

388 Pleasant St.
Southington, CT 06489
Phone: 860-621-3014
www.calendarhouse.org
HOURS: 8:30 a.m.—4:30 p.m.
Monday—Friday

In case of INCLEMENT WEATHER, all delays and/or closings will be posted under the name CALENDAR HOUSE on WFSB Channel 3 and on the www.wfsb.com website. **Calendar House DOES NOT follow Southington Public Schools for closings and delays.**

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