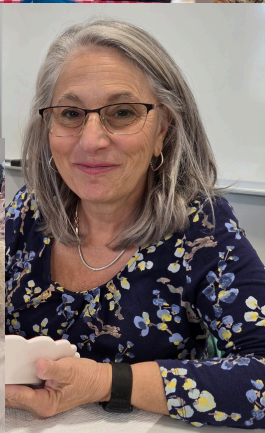


Active Lifestyles

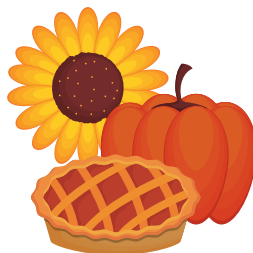
CALENDAR HOUSE OF SOUTHLINGTON



NOVEMBER 2026

NEWSLETTER

FROM THE STAFF...



The holiday season is just around the corner, and we'll be celebrating with family and friends over the next few months. It's a time for gratitude and reflecting on the wonderful aspects of our lives. We cherish our Calendar House as a second home and enjoy it alongside our Calendar House family.

As a valued family member, we encourage you to explore the new programs and events we have lined up. This month is packed with a variety of activities that will capture many of your interests. Anna Oliva, an engaging Italian educator, will be hosting two programs this month. Her sessions are always captivating and tend to fill up quickly. Michelle Richardson will lead a holiday charcuterie workshop, perfect for festive gatherings. Join us for The Harvest Tea Fundraiser on November 10th, a wonderful event benefiting Southington Community Services. If you love to travel, don't miss the 2027 Trip Presentation this month, where we'll outline the exciting trips our travel desk will be offering in 2027. Our friend Tom Kosturko will present "Whales of the World" on November 16th; his programs are also quite popular. Lastly, we are thrilled to introduce a unique event on November 18th: "Voices of Joy: Music and Poetry." This special occasion will highlight the talents and hard work of our Calendar House Singers and poetry students, sure to get you in the holiday spirit. A big thank you to Hannah Bellows, our choir instructor, and Pat Mottola, our poetry and painting instructor, for their dedication and collaboration on this program.

The Calendar House staff wishes you all a very Happy Thanksgiving!

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!

Nick Stargu and Nancy Trecina- After All Duo performing 1:00 on Thursday, November 19th at the Membership Meeting.



WHAT'S INSIDE

PAGE 3

- Information

PAGE 5

- Calendar of Events
- No Bake, Bake Sale

PAGE 6

- Weekly Activities/Health

PAGE 7

- Exercise/Programs

PAGE 8 and 9

- November Programs

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

IF YOU LIVE ALONE

MDMedAlert!™

\$1 Less Than
a day

- ✓ Ambulance/Police
- ✓ Family/Friends
- ✓ GPS & Fall Alert*

**CALL
NOW!**

800.890.8615 md-medalert.com



Simplifying Home Transitions for Seniors



Kate Busch Gervais, SRES®
Senior Citizen Focused Realtor



Coldwell Banker Realty
Licensed in CT & MA

860.690.5467

kate@clearpathmoves.com

clearpathmoves.com

Get free
consultation!



The **Bradley Home**
and Pavilion

Independent Living
Private Studio Apartments
Couple Suites
Private Full Bathrooms!

TOUR TODAY! (203) 235-5716

Try us,
you'll like us.



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!**

**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



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, December 11th from 8:45am- 1pm *please arrive at 8:45 am*

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:

**Lori-Ann Ferreira
Dolores Hall**

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!

APPLE VALLEY ELECTRIC

Working Very Hard Every Day To
Become Your Local Electrician



NO JOB TOO SMALL
860-302-2019

FREE Estimates
Licensed & Insured

CT LIC: 0198631-E1

www.applevalleyelectricct.com

**SENIOR &
MILITARY DISCOUNT**



COMPOUNDING PHARMACY

Family Owned

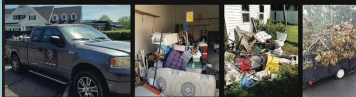
Fast, Friendly Service • Delivery Available

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

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



Advertise Here!

Increase visibility in your
community.

Advertise Here!

Contact Mary Hoffman

mhoffman@4LPi.com

(800) 950-9952 x6340



**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



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



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

Calendar House Senior Center, Southington, CT

06-5315

NOVEMBER 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9-1 Foot Clinic 10:00- Connection Cafe 12:00-Realty 3 Information Table 1:00 Anna Oliva- Beliefs and Superstitions	3 12:00 Lunch and Learn- Parkinson's Disease Essentials 2:30 Wheeler Clinic	4	5 2:00- Stuff a Baked Potato and Trivia Party	6 11-1 Berkshire Hathaway Real Estate Information Table
9 1:00 Anna Oliva- Italian Holiday Traditions	10 11:00-Always Best Care of Bristol Informational Table 2:00- Harvest Tea 2:30- Wheeler Clinic 4:30- Senior Citizen Commission Meeting	11 CENTER CLOSED  VETERANS DAY	12 1:00- 2027 Trip Presentation 1:00-Wreath Charcuterie Workshop	13
16 9-1 Foot Clinic 1:00- Whales of the World Presentation	17	18 1:30-Voces of Joy: Music and Poetry	19 11:15 Wheeler Clinic 1:00-Membership Meeting	20 9-10 Berkshire Hathaway Real Estate Information Table 9:30 Veterans Coffee Hour 1:00-Birthday Bingo
23 11:00- Author Talk Barbie Gradia	24 12:00- Calendar House Book Club	25	26 CENTER CLOSED  Happy Thanksgiving	27 CENTER CLOSED
30 9:00-Pre/Diabetes Support Group	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, <u>388 Pleasant Street, Southington, CT. 06489</u> or drop off at the front office, and THANK YOU ever so much!			

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



ALL DAY, EVERY DAY @ CALENDAR HOUSE

Pool Players/Ping Pong
Cardio Room
Active Walkers (Walking Track)
Outdoor Pickleball (weather permitting)
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 -All Levels 9 –12pm
TUESDAY: Intro. to Gouache 10:00am-12:00pm
Calendar House Singers 12:30-2:30 pm (\$10 drop-in fee)
Open Studio w/ Alex at 12:30 (\$10 drop-in fee)
WEDNESDAY: Poetry for Everyone 10:00-11:30am
Granny Squares 10:00am-12:00pm
Acrylic Painting 12:00-2:00pm
Watercolor with Alex Caron 1:00-3:00pm
THURSDAY: Beginning/Advanced Drawing 10:00am-12:00pm
Beginning/Advanced Drawing 12:00-2:00pm

MONDAY

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
Cardio Drum: 2-2:30



TUESDAY

Group Exercise: 9 & 10
Cribbage: 10–12
Sit 'n Be Fit: 11:15
Pickleball: 1-3
(CXL 11/10)
Indoor Cornhole 1-2:30
Setback 1:00-3:00
Open Studio w/ Alex 12:30-2:30
(\$10 drop-in fee)



WEDNESDAY

Gentle Seated Yoga: 9:15 (\$8 drop-in fee)
Line Dance: 9:30
Pinochle: 9:30-11:30
Granny Squares: 10-12
Reiki (by appt. only)
Sit 'n Be Fit: 11:15
Set Back: 12:30-3
Computer Lab: 1-3
Pickleball: 1-3
Cardio Drum: 2-2:30



THURSDAY

T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Powerback Balance
(11/5 & 11/19)
Powerback Exercise
(11/12 & CXL 11/26)
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Hand & Foot Card Game: 12:30 **(11/12 & CXL 11/26)**
Party Bridge: 1-3:15
Pickleball: 1-3 **(CXL 11/12 & 11/19)**
Indoor Cornhole 1-2:30

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
11/20 is Birthday Bingo!
Receive a free card to play AND a cupcake if your birthday is in November. Register at the bingo table prior to 11/20
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 11/2, 11/16, 12/7 & 12/21 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, November 3rd from 2:30 to 4:30 p.m., or Thursday, November 19th from 11:15 a.m.-1:15p.m.** For more info contact Magdalin Odoi at modoi@wheelerhealth.org or call 860-604-7448.

PRE-DIABETES/DIABETES SUPPORT GROUP

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

Topics we can and will discuss (depending on your needs and questions): -Prediabetes, Diabetes, the basics or advanced -Nutrition and the DIET to control Glucose -Monitoring + CGM (continuous Glucose Monitoring) -Exercise and the Why -Medications & Complications -How to Cope, Emotions, Problem Solving -Resources available, the Continuation of discussing THE 2026 STANDARDS OF CARE, and the benefits of the Mediterranean diet, available & your questions answered Betsy will present a topic each month relevant to the time of year **By: Betsy Gaudian MSN, RN-BC, RDN, CDCES. This free group will meet on the last Monday of each month (unless indicated otherwise) from 9:00-10:00 a.m. at the Calendar House. Sign up at the front desk, call 860-621-3014, or register online by visiting schedulesplus.com/chs.**

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

11/12, 11/19, 12/3 and 12/17th 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.

POWERBACK REHABILITATION BALANCE ASSESSMENTS

November 11/5, 11/19, 12/3 and 12/17th from 10:00am-12:00pm

Free balance assessments from 10am-12pm every other Thursday in the Health Suite. Powerback's Occupational Therapy (OT) and Physical Therapy (PT) teams are here to help you begin the new year with improved balance, strength, and mobility.

JOIN US FOR:

- FREE balance screening
- FREE strength assessment
- Tips to reduce fall risk
- Q&A with licensed OT & PT professionals

WHY SHOULD YOU GET SCREENED?

- Improve safety in your daily activities
- Catch early signs of weakness or imbalance
- Strategies to stay independent

Contact the front desk at 860-621-0314 for an appointment.

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.**

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, 11/6 11am-1pm, 11/20 9-10am Drop-in. Meet with Lisa Olson for any real estate questions you may have!

ALWAYS BEST CARE SENIOR SERVICES OF BRISTOL INFORMATION TABLE

Tuesday, November 10th at 11:00am

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

CANCELLED UNTIL JANUARY 2027

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, November 2nd 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, November 20th at 9:30am

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

CANCELLED NOVEMBER AND DECEMBER

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@PreigePerformingArts.com, or text her at (860) 358-0152. \$10 per class pay directly to the instructor.

CONNECTION CAFE'

Monday, November 2nd at 10:00am

Calendar House and Wheeler Clinic have partnered to create a program that addresses topics regarding the emotional well being of our older population. Each month we will discuss challenges and ways to support and address them. This is the perfect program for anyone that is going through a transitional time in their life or may be feeling socially disconnected. **Please join us by calling 860-621-3014 or by registering online.**

ANNA OLIVA ITALIAN EDUCATOR-ITALIAN BELIEFS AND SUPERSTITIONS

Monday, November 2nd at 1:00pm

Join Italian-born public speaker and cultural educator Anna Oliva for a lively and entertaining journey into the intriguing world of Italian beliefs and superstitions. Through stories, cultural insights, and historical context, discover how these traditions developed and why many are still recognized today.

Please register online or by calling 860-621-3014.

LUNCH AND LEARN-PARKINSON'S DISEASE: THE ESSENTIALS

Tuesday, November 3rd at 12:00pm

Come out for a free educational program. Presented by American Parkinson Disease Association (APDA) Program Director, Holly Seymour. Learn about Parkinson's Disease, APDA's free resources for those living with Parkinson's disease and their care partners. Come and join our friendly PD community where we are living better together. Lunch provided by The Summit.

Please register by Friday, October 30th online or by calling 860-621-3014.

BAKED POTATO AND TRIVIA EVENT

Thursday, November 5th at 2:00pm

We are partnering with the Bradley Home to bring you this fun filled afternoon! We will be serving fresh, hot baked potatoes that you can stuff with various toppings, mulled cider with other beverages, a nice, warm autumn dessert plus trivia and prizes! Tickets are on sale now at

\$10 cash pp. Please register by Monday, November 2nd.

ANNA OLIVA -ITALIAN HOLIDAYS AND TRADITIONS

Monday, November 9th at 1:00pm

From cherished Christmas and Easter traditions to summer celebrations and other special moments throughout the year, we'll explore the customs that make Italy's calendar so rich, colorful, and unique.

And, of course, no Italian celebration is complete without food! Along the way, we'll discover some of the special dishes, sweets, and food traditions connected to these occasions—and the stories behind them.

Seats are limited—come experience a year of Italian celebrations without leaving town! Please register online or by calling 860-621-3014.

HARVEST TEA

Tuesday, November 10th at 2:00pm

Join us for a delightful afternoon with friends at this year's tea party! We will provide a variety of light snacks, desserts, and a selection of seasonal teas.

We are thrilled to welcome our special guest, Christina Volpe, curator of the Barnes Museum. She will present an engaging discussion on teas during the Victorian Era.

Register at the Calendar House. Tickets are \$20 per person. Cash only.

All proceeds will be donated to Southington Community Services.

2027 TRIP PRESENTATION

Thursday, November 12th at 1:00pm

The Trip Desk volunteers and Tyler from Tours of Distinction will discuss trips they will be offering for 2027! The presentation will take place in the Main Hall. **Drop-in.**

WREATH CHARCUTERIE WORKSHOP

Thursday, November 12th at 1:00pm

Join Michelle Richardson and design your own wreath charcuterie board to take home!

Included:

13" Bamboo Board

Cheese

Meat

Fruit

Register and pay \$39 cash in person by Monday, November 9th.

WHALES OF THE WORLD PRESENTATION

Monday, November 16th at 1:00pm

Enjoy this presentation by Tom Kosturko about whales from all over the world.

You will learn:

- Classifications and number of species
- Lifespan, size and weight
- Evolution and closest living land relative
- Whales now extinct and threats to their existence
- Characteristics, intelligence and behaviors of Whales.
- Whale Tales: Stories about whales, some locally here in Connecticut and elsewhere.

Please register online or by calling 860-621-3014 by Friday, November 13th.

VOICES OF JOY -MUSIC AND POETRY

Wednesday, November 18th at 1:30pm

Let the music fill your heart and the words inspire your spirit! The Calendar House Senior Center invites you to enjoy a special program celebrating the timeless pleasures of music and poetry. Our Calendar House Singers will share the joy of singing through a selection of lovely melodies and familiar favorites, while poetry readings by the Calendar House Poets will bring beauty, humor, wisdom, and reflection to the occasion. Together, music and poetry offer a wonderful way to revisit cherished memories, express our feelings, and appreciate the simple joys that enrich our lives. Come enjoy an uplifting gathering filled with song, meaningful words, and the warmth of friendship. It will be a celebration of creativity, connection, and the joy that music and poetry bring to us at every stage of life.

Join us for an enjoyable time of harmony, inspiration, and shared delight! Register online or by calling 860-621-3014.

AUTHOR TALK WITH BARBIE GRADIA

Monday, November 23rd at 11:00am

Join local author Barbara (Barbie) Jean Gradia and learn how she wrote, edited, and published her own book. She will also discuss how her personal experiences with her faith saved, affected her, and inspired her to share her story.

Please register online or by calling 860-621-3014.

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 no daily limit of meals for the RW Solutions program for November.

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.





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

Bristol Hearing Aids, LLC

72 Pine St., Bristol • 860-506-3720

www.bristolhearingaids.com

**MEDICAID
ACCEPTED**

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.lpiconmunities.com

Calendar House Senior Center, Southington, CT

06-5315

NOVEMBER 2026 TRAVEL

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

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

2027

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

2027 Trip Presentation

Thursday, November 12th at 1:00pm

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

Drop-in event.

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 dbi (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 dbi**

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 dbi (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.**

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 FRONT DESK

David Harrington

F/T BUS DRIVERS

Paula Ofiara Pocock & Christie Boucher

P/T BUS DRIVERS

Bob Donia & Bruno Gagne

SENIOR SERVICE AIDE

Andrea Barrett

andrea.barrett@southingtonct.gov

TRIP DESK COORDINATOR

Lana White

lane.white28@gmail.com

Find us on Facebook

[@SouthingtonCalendarHouse](#)

Like and follow to learn more!