

Calendar House members enjoyed a lighthouse cruise on Long Island Sound in July!



WHAT'S INSIDE

Page 3

Highlights

- September Membership Meeting
- Renters' Rebate

Page 5

Weekly Activities/Nutrition

- Craft Workshops

Page 6

Monthly Calendar

Page 7

Exercise/Health

- The Orchards Blood Pressure Clinic Added!

Page 8

This 'n That/Dial-A-Ride

- Computer Class Registration
- Dial-A-Ride

Page 10

This 'n That

- Coffee 'n Desserts
- Painting w/ Caydence
- Diamond Art w/ Caydence
- Shadow Returns to Calendar House!

Page 12

Travel

- 2023 Trip Info!
- Contact Info

FROM THE STAFF...

Let's hope that the month of August is a little less rainy than July! Rain or shine, August tends to be a little quieter here at Calendar House with many members vacationing and enjoying the last full month of summer.

The Computer Learning Center @ Calendar House has a new schedule of computer/phone/tablet classes starting this month. Registration will be held on Monday, August 7th from 10 a.m.—12 Noon. Please see page 8 for the available classes.

In August, we welcome Southington High School student Caydence Mihai-Kimball as she volunteers her time and talents guiding our members through **painting** and **diamond art** projects on Tuesday and Thursday afternoons. Registration information is on page 10. There are also still seats available for the **Sea Turtle Needle Felting** and **Shell Decoupage Workshops** this month, see page 5 for details.

We are very excited to participate in the **CT Senior Cornhole Tournament** this month at the Bristol Senior Center. We have a great team assembled! The Calendar House "*Corn Cobs*" include Michael Early, Ralph Chin, Lynn Kapitan, Ray LeBrun, Bob

Ludecke, Mike Morin, Sharon Zimmer and Les Zimmer. If you don't have plans on August 2nd from 1-5 p.m., take a ride over to the Bristol Senior Center to cheer on your home team!

Coffee 'n Dessert topics this month range from learning about Egypt to nurturing caregiver well-being. Take a look at page 10 to see if there is a topic that interests you and sign up!

Looking ahead to September, the *Calendar House Membership Association* will be hosting a special **Membership Meeting and Picnic** on Thursday, September 28th featuring entertainment by "*The Elderly Brothers*." Save the date! Tickets go on sale Monday, August 28th for just \$5 per person. Hope to see you there!

~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!!

Beacon
Retiree Benefits Group LLC
AN ALERA GROUP COMPANY

YOUR GUIDING LIGHT TO
MEDICARE COVERAGE SOLUTIONS

Call Today For Your Review!
800-378-2585

710 Main Street, Suite 10, Plantsville, CT 06479 | www.BeaconMedicare.com

**FINDING THE BEST
INSURANCE OPTIONS
AVAILABLE TO YOU!**

We understand that insurance can be confusing. One of our main goals while working with our individual clients is to help them understand what choices fit their particular insurance needs and how we can help manage any issues that arise. We are available to assist you with all of your Medicare insurance needs.



48 Broad St. Plainville
860-747-2295

bailey-funeralhome.com

"Superior Service is Our Family Tradition"

CarePartners
of Connecticut
MEDICARE ADVANTAGE

**Protect your health
and your wallet**

Eric Bleimeister
Licensed Medicare Agent
CarePartners of Connecticut
eric_bleimeister@carepartnersct.com
1-860-713-4718

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348

ADVERTISE HERE

to reach your community



Call 800-477-4574



1.877.424.4641
hhcseniorservices.org

Connect to exceptional senior services

Hartford HealthCare Center for Healthy Aging
A resource and assessment center for seniors and their families

The Orchards at Southington
Independent and assisted living

Mulberry Gardens of Southington
Assisted living, adult day center and memory care services

Southington Care Center
Skilled nursing and rehabilitation

Jerome Home / Arbor Rose*
Assisted living, rehabilitation and health center, skilled nursing care

**An affiliate of Hartford HealthCare*

Hartford HealthCare
Senior Services



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.

CALENDAR HOUSE MEMBERSHIP MEETING AND PICNIC! SEPTEMBER 28TH ~ 1PM



Featuring...

THE ELDERLY BROTHERS!

Save the date! On Thursday, September 28th following a brief business meeting at 1 p.m., the Calendar House Membership Association will host a "Membership Picnic" featuring all of your cookout favorites along with entertainment by **The Elderly Brothers!** The fabulous duo of Brian Gillie and Tom Stankus will offer their interactive repertoire of ragtime, boogie-woogie, jazz, blues, rock 'n roll, Hollywood, Broadway, swing, and dance tunes for your listening enjoyment. These two musicians will tickle the keys and pound them when necessary as they sing the hits with a crisp radiance. You might even learn some cool dance moves! Whoa! Tickets for this very special Membership Meeting and Picnic are just \$5 per person and will go on sale Monday, August 28th at the Calendar House front desk.



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 (excluding telephone) made in the calendar year prior to the year the renter applies (2022 info).

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

- You must have reached age 65 by December 31, 2022. (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: \$40,300 Single Individual; \$49,100 Married Couple.
- You must provide documentation of all 2022 income; utility payments; rent receipts. (please do not send originals)
- **NEW APPLICANTS:** If you have not previously applied, please provide your phone number, and a copy of your drivers license OR proof of residency and date of birth.

Calendar House is now accepting paperwork. To apply, please bring copies of your required 2022 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.



AARP SMART DRIVER

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 is held from 9 am to 1 pm. (Please arrive by 8:45) Classes will be held September 8th and October 13th. (No class in August). Class sizes are limited. Please call 860-621-3014 for availability and to register. An on-line course is also available.

Please visit <https://www.aarpdriversafety.org/> to register.

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.





BEACON
PRESCRIPTIONS
COMPOUNDING PHARMACY
Family Owned
Fast, Friendly Service • Free Delivery
Call: 860-628-3972
609 North Main St., Southington, CT 06489

**Health Insurance
Medicare Plans**
**Confused about
Medicare Plans?**
Turning 65?
Some plans at 0 cost!
Steve Ardussi
860-309-4137
"Your Personal Benefits Advisor"
"Trusted and Local"

**Bobby Norrie
Real Estate Co.**
**NEEDS
LISTINGS!**
203-235-0391

Quality Living  Affordable Price
The Bradley Home
and Pavilion
Meriden, CT 06451
(203) 235-5716
www.thebradleyhome.org

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502

MEDICARE HEALTH INSURANCE FOR SENIORS

BEATA RAYMOND - Polish Agent
(203) 699-2611

WE HELP WITH MEDICARE AND RETIREMENT NEEDS

Medicare Advantage Plans, Medicare Supplement Plans,
Special Needs Plans, Medicaid, Access Health, IRA, 401K, Annuity, Roth IRA,
Life Insurance, Medicare and State Savings Programs

Raymond Senior Planning www.raymondseiorplanning.com • raymondseiorplanning@gmail.com



Visit us for a free consultation

360 North Main St., Ste. 5, Southington CT 06489
159 Broad St., New Britain CT 06053

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at careers@4lpi.com or www.4lpi.com/careers



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

CLC COMPUTER CLASSES

Summer 2023 Computer/Phone/Tablet
Registration Monday, August 7th 10 –12

Please see page 8 for available classes!

For class descriptions visit:

www.calendarhouse.org

and click on the “Tech Classes” tab, or
pick up a flyer at Calendar House!

ENRICHMENT CLASSES

Calendar House enrichment classes
(quilting, poetry, acrylic painting,
watercolor, and drawing)
will resume in the fall.

Watch for class registration information
and news on the return of the “Fine
Arts Expo” in our next issue!

MONDAY

Line Dance: 9:30
Computer Lab : 10-12
Sit 'n Be Fit: 11:15
Mahjong: 12:30— *Need lessons? Call Lee Daley at 239-821-7760!*
Pickleball: 1-3



Pick up a flyer at
Calendar House for
activity descriptions!

TUESDAY

Group Exercise: 9 & 10
Open Art Studio: 10-12
(\$10 drop-in)
Cribbage: 10–12
Sit 'n Be Fit: 11:15
Painting w/Caydence: 1-3
(8/8, 8/15, 8/22, 8/29)
Pickleball: 1-3



WEDNESDAY

Gentle Seated Yoga: 9:15
(\$8 drop-in fee)
Line Dance: 9:30
Granny Squares: 10 -12
Sit 'n Be Fit: 11:15
Computer Lab: 1-3
Pickleball: 1-3



THURSDAY

T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Canasta: 12:30
(8/3, 8/17, 8/31)
Diamond Art w/
Caydence: 1-3
(8/10, 8/17 & 8/24)
Party Bridge: 1-3:15
Pickleball: 1-3

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
**8/25*
Birthday Bingo
Free card to play if your
birthday is in August!

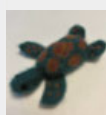


CRAFT WORKSHOPS

These “beachy” themed workshops are perfect for summer. Spaces are filling fast!

SEA TURTLE NEEDLE FELTING

Monday, August 14th 10 a.m. –12 Noon

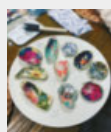


Join Diana Sheard to practice *or* learn needle felting! We will create a sweet little sea turtle! We will talk, laugh and needle away, and you can take him home that day! Cost is \$15 per person and all supplies are included.

Class maximum is 15. **Pay to register** at the Calendar House front desk now through Friday, August 11th, or until filled. Cash payment only, please.

SHELL DECOUPAGE WORKSHOP

Tuesday, August 15th 1-3 p.m.

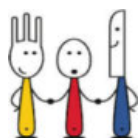


Join Victoria Woolard from Still Waters USA for this fun summer workshop. You will use real shells from CT, MD, and RI in this craft. You can give them as a gift, use as a ring tray, or even just display them in your home. There will be a variety of patterns to choose from.

Once you learn how to make them you won't want to stop! The cost of the workshop is \$30 per person. Cash or check payable to Still Waters USA accepted. The class maximum is 15 students. **Pay to register** at the Calendar House front desk now through Friday, August 11th, or until filled.

NUTRITION





CALENDAR HOUSE CAFÉ



The nutrition program is limited to individuals age 60+. Suggested donation is \$2.50/meal. Menus are available in the dining hall, the Calendar House office, or on-line by visiting www.calendarhouse.org. Meals are served promptly at 12 noon, Monday-Friday. **Late arrivals cannot be accommodated.** Meals must be ordered two business days in advance. To order, call 860-621-6738, or see Janet Turner in the dining hall between 10 am and 1 pm.

AUGUST 2023 MONTHLY CALENDAR

6

<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>
	1  	2 Foot Clinic by App't Only	3 10-11 Shadow visits Calendar House! 1-5 CT Senior Cornhole Tournament @ Bristol Senior Center 1:30 Coffee & Dessert "It's All About Egypt"	4	5	
6 <u>SUN</u>	7 10-12 Computer/ Phone/Tablet Class Registration	8	9	10	11	12 <u>SAT</u>
13 <u>SUN</u>	14 9:30-11:30 Wheeler Clinic Outreach 10-12 Sea Turtle Needle Felting w/ Diana Sheard	15  1-3 Decoupage Sea Shells w/Still Waters USA	16 1:30 Coffee & Dessert "Don't Fall for Medicare Advertisements!"	17	18	19 <u>SAT</u>
20 <u>SUN</u>	21	22	23 1:30 Coffee & Dessert "Nurturing Caregiver Well Being"	24	25 10-11 Probate Forum 1:00 August Birthday Bingo 	26 <u>SAT</u>
27 <u>SUN</u>	28 9:30-11:30 Wheeler Clinic Outreach	29 12:00 Book Club w/Cynthia Manchak	30 10-11 Free Blood Pressure Clinic by The Orchards	31		

DROP IN DAILY! 8:30 — 4:30
 Pool * Ping Pong
 Cardio Room * Sit 'n Be Fit
 Stained Glass * Active Walkers
 Library/Puzzle Makers
 Coffee 'n Conversation
 See page 5 for ordering info
 for Calendar House Café Lunch!

SUPPORT OUR ADVERTISERS!

SIT 'n BE FIT

A gentle, 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 am. (20 students max)

TUESDAY/THURSDAY GROUP EXERCISE

These exercise classes include cardio, strength, and balance. Please bring hand weights to class. Classes are held on Tuesdays at 9 & 10 am with Kim and on Thursdays at 9 & 10 am with Marcia. **Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register.** (12 students max)

BETTER BALANCE w/LEANN

****Better Balance will not be held for the month of August. Class will resume on Wednesday, September 6th.**** Work on balance related skills including reaction time, pivotal movements, center of gravity, weight shifting, ankle strengthening & mobility, multi-sensory training, and functional training for everyday life. Wednesdays from 1-1:30 pm. **Please call the office at 860-621-3014 no earlier than 8:30 am the day of class to register.** If we reach 6 participants for the 1 pm. class, a second class will be

added from 1:45 –2:15 pm. ***Students must be able to stand and walk unassisted for 30 minutes****

SEATED & GENTLE YOGA w/ CLEMENTINE

Each class offers poses modified and tailored to meet the needs of the student. The benefits of yoga are endless! Increase your strength and mobility while enhancing your flexibility and balance. Your mind becomes calm and more focused and your breathing is deeper. You will feel refreshed and regenerated! Drop-in Wednesday at 9:15 am for seated yoga and Friday at 9:30 am for gentle yoga. Class runs one hour. Please wear non-slip shoes and comfortable clothes! Your first class is always FREE, then pay **\$8 per class to instructor, Clementine Delaney.**

MINDFULNESS & MOVEMENT & RESTORATIVE YOGA w/ LIZ will resume in the fall. New schedule to be announced soon!



FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month from 11 am to 12 Noon. (no clinic scheduled for August)
- By *The Orchards* at Calendar House on the last Wednesday of each month (8/30) from 10—11 am.

No registration is necessary for either clinic, just drop in!

HEARING SCREENINGS



Myranda LaPira, HIS, of Bristol Hearing Aides L.L.C. provides free ear exams and hearing tests at Calendar House. Please call 860-621-3014, or stop at the front desk to schedule for Friday, September 8th between 10 am and 1 pm (no screening held in August). Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is **NOT** available.

WHEELER CLINIC HEALTH OUTREACH

People impacted in any way by mental health problems and/or substance use disorders can drop in to visit Holly, Sr. *Community Health Outreach Coordinator*, to discuss treatment options, and receive education and resources at Calendar House on the 2nd and 4th Mondays of the month from 9:30 - 11:30 am. (8/14 and 8/28). For more information please contact Holly Hansen at hrhansen@wheelerclinic.org or call 860-604-7448.

T.O.P.S. CLUB



T.O.P.S. (Taking Off Pounds Sensibly) meets at Calendar House on Thursday mornings at 8:30 am for weigh-in and a weekly meeting. Thinking about losing weight, but don't know where to start? Join this encouraging group and they will be happy to help get you started!

3 STEPS FOR AVOIDING DEHYDRATION

1. Maximize fluid intake

Drinking eight to ten glasses of water each day during the summer is important. It's advice most people know they should follow, but don't always do. If the taste of water isn't appealing to you, foods with a high water content can help you stay hydrated. Popsicles, melon, apples, pears, pineapple, cucumbers, tomatoes, carrots, and leafy greens are a few foods to include in your diet all year round.

2. Limit alcohol consumption

Summer is a season for outdoor celebrations. Many of these parties include alcoholic beverages. Unfortunately, alcohol contributes to dehydration. When outdoors in the summer sun, you should limit alcoholic beverages or avoid them completely.

3. Avoid caffeinated beverages

Caffeine is a diuretic. This means when you indulge in sodas, iced coffee drinks, and energy drinks, fluids pass through your system faster. That can contribute to dehydration. (Source: LPI)

Computer Learning Center @ Calendar House Summer 2023 Computer/Tablet/Phone Classes

Registration Date: Monday, August 7th, 10 a.m.—12 Noon



Registrations will be accepted at Calendar House for the Computer/Tablet/Phone classes listed below. After the main registration date, registration for any remaining class seats will also be accepted in the Computer Lab between 10:00 and 12:00 on Monday mornings or between 1:00 and 3:00 on Wednesday afternoons until the start date of the applicable class. For full class descriptions, please visit <https://www.calendarhouse.org/schedule.php>

Manage your Computer — Tuesdays at 1 PM from 15 Aug 2023 to 19 Sep 2023 - \$30

Search for Ancestors On-line — Tuesdays at 10 AM from 15 Aug 2023 to 29 Aug 2023 - \$15

iPad and iPhone Basics — Thursdays at 10 AM from 17 Aug 2023 to 21 Sep 2023 - \$30

Android Phone Basics — Wednesdays at 10 AM from 16 Aug 2023 to 20 Sep 2023 - \$30

Use your Voice to Control Smartphone — Mondays at 1 PM from 14 Aug 2023 to 28 Aug 2023 - \$15

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

Additional Help — Free help on any technical topic is available on a first come - first served basis during the Lab periods on Mondays between 10:00 and 12:00, and Wednesdays between 1:00 and 3:00.

DIAL-A-RIDE TRANSPORTATION



The Calendar House DIAL-A-RIDE provides transportation at no charge for Southington residents aged 55+ and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, there are some specific guidelines to be followed. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

•The Governor has ended the Public Health Emergency Declaration for **COVID-19**. However, we still ask if you are feeling unwell, have a cough or a fever to **please stay home**. Although not required, we highly encourage the use of masks on the bus, especially when respiratory illnesses are circulating at high levels. These suggestions are in place for rider safety, as well as the safety of our drivers. Thank you for your cooperation and understanding.

•**Medical Appointments:** Calendar House provides rides for dialysis, medical and dental transportation. 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. Please schedule any **in-town medical appointments** between the hours of 8:30am—2:30pm.

• **Out-of-town medical transportation** will be provided as follows, please plan accordingly: 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 am — 1 pm.

• **Shopping, Personal and Hair Appointments:** Please schedule for Tuesdays and Thursdays ONLY. Contact the office at 860-621-3014 to schedule at least one week in advance.

• **Monday through Friday:** Rides are provided to & from Calendar House for activities, programs, appointments and lunch with at least one week advance scheduling.

• Please call **860.621.3014** to make your appointments or if you have any questions. Thank you!



Compassionate Counsel, Proven Results

860-259-1500

Attorneys Stephen O. Allaire & Halley C. Allaire

Services we provide: Medicaid | Asset Protection | Trusts | Probate
Real Estate Closings | Care Coordination | VA Aid and Attendance

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



Exceptional non-medical care services in a familiar environment: **YOUR HOME**



About us

Seniors sometimes need a bit of help whether that means a simple reminder of medications or something more significant as live-in care. Euro Homecare is on a mission to provide affordable, quality, non-medical health care in a home-based environment.

WE OFFER:

COST EFFECTIVE SOLUTIONS
LIVE-IN 24 HOUR or HOURLY
HIGH QUALITY ASSURANCE

WE PROVIDE:

PERSONAL CARE & COMPANION
HOME CARE OR LIVE-IN
DEMENTIA/ALZHEIMER CARE

LICENSED, BONDED, INSURED
We are in the unique position to provide continuity of caregivers should there be a transition from private pay to Title 19/Medicaid

24/7 Call us
860.793.9944

COME VISIT OUR OFFICE AT
17 PIERCE STREET IN PLAINVILLE

WWW.EUROHOMECARE.NET



Lisa Olson
REALTOR®

860-406-1365

lisaolson.bhhsneproperties.com
LisaOlson@bhhsne.com

Integrity • Heart • Honesty

BERKSHIRE HATHAWAY HomeServices
New England Properties
Berkshire Hathaway HomeServices
New England Properties
142 N Main Street
Southington, CT 06489

Plainville Community

We welcome ALL
Serafino Pharmacy patients to Plainville Community Pharmacy!
Family-owned & operated, we share the same level of personal service, local connections and attention to detail that you are accustomed to.



Better Service / Less Wait

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

Fast, FREE DELIVERY to your door on prescriptions

WE PROVIDE OUR PATIENTS WITH:

- Walk in COVID-19 Testing
- COVID-19 Vaccines
- Comprehensive Medication Reviews
- One-on-One Pharmacist Counseling
- Weekly Blister Packs for Seniors
- Immunizations/Flu Shots
- Medical Supplies
- Diabetic Supplies and Management

Most major insurance plans accepted & affordable co-pays offered

When You Call...Plainville Community Pharmacy Delivers!
M - F: 9 am - 7 pm Sat: 9 am - 2 pm Sun: Closed

860.222.9422



170 East Street | Plainville | www.plainvillrx.com



SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicomunities.com

Calendar House - Southington, CT

06-5315

HOW TO REGISTER FOR PROGRAMS

Most programs at Calendar House require pre-registration. If a program says:

- **Call To Register:** Simply call us at 860-621-3014, or stop by the front desk to register.
- **Pay to Register:** You must 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!*

AUGUST COFFEE 'N DESSERTS



Call to register for one of the below Calendar House Coffee 'n Dessert programs. They are FREE, informational and refreshments are served!

"It's All About Egypt!" Wed., August 2nd @1:30

Presented by and Sponsored by: Shaymaa Dawod

Are you interested in learning about Egyptian history? Join Shaymaa for an interesting talk as she discusses these Egyptian facts:

- Egypt 10000 BC
- early settlement next to the river Nile 6000 BC
- the core of Egyptian civilization
- the unification of Egypt 3200 BC
- the old kingdom, the pyramids building 2600 BC
- the middle kingdom great project 1800 BC
- the new kingdom art and temples

"Don't Fall for Medicare Advertisements"

Wed., August 16th @1:30

Presented by: Eric Bleimeister

Sponsored by: Care Partners of CT

Commercial advertisements regarding Medicare and Medicare insurance plans can be overwhelming for Connecticut seniors. Care Partners of CT will address the current situation covering enrollment windows, eligibility, the different parts of Medicare, the associated costs, and the types of Medigap plans in clear and concise language. Even if you're already on Medicare, it never hurts to get a check-up! This seminar is ideal for pre-retirees and seniors who want to learn more about their post-employer-sponsored healthcare coverage options. It's important to keep in mind that Medicare coverages change annually, and it's always a good idea to stay up-to-date with regular check-ups.

"Nurturing Caregiver Well-Being: Building Resilience, Connectedness and Community"

Wed., August 23rd @1:30

Presented by: Corrin Campbell, BS COTA/L

Sponsored by: LiveWell

We have learned from Covid that we can't do it alone! As we establish a "new normal" we are learning how to revitalize our own wellbeing, nurture our relationships and build new connections through our community resources. In this presentation, caregivers will learn about various methods to develop their capacity to practice self-care as they navigate the art of caregiving.

PAINTING W/ CAYDENCE



Tuesdays, August 8th, 15th, 22nd and 29th 1-3 p.m.

Join Southington High School student Caydence Mihai-Kimball at Calendar House as she leads you through painting projects utilizing a variety of mediums. All supplies will be provided and there is no fee to participate. Spend some time at Calendar House getting creative before summer ends! **Call to register** for one or all four classes.

DIAMOND ART W/ CAYDENCE



Thursdays, August 10th, 17th and 24th 1-3 p.m.

Calendar House has recently been gifted several "Diamond Art" kits. Have you been thinking of trying this fun and popular craft? Now is the time! Join Southington High School student Caydence Mihai-Kimball at Calendar House as she provides guidance to get you started on your "Diamond Art" project. There is a wide variety of kits to choose from of all sizes and themes! There is no fee to participate. **Call to register** for one or all three sessions.

PET PARTNERS VISIT WITH SHADOW!



Wednesday, August 2nd, 10-11 a.m.

We had so much fun visiting with Shadow the Golden Retriever and his handler John Jalbert in June that they have agreed to return! Shadow and John are a registered team with Pet Partners and will spend an hour going room to room to brighten everyone's morning! If you would like to meet Shadow for the first time, or say hi to him again, please plan to be in the building! Fun fact: Shadow responds to commands in in English AND Bosnian—so smart!

CT ANNUAL SENIOR CORNHOLE TOURNAMENT

Wednesday, August 2nd, 1-5 p.m.

The Calendar House "Corn Cobs" will compete at the CT Annual Senior Cornhole Tournament to be held at the Bristol Senior Center, 240 Stafford Ave., Bristol. Spectators are welcome to attend and cheer their team on. Good luck Calendar House!

MONTHLY PROBATE FORUM



Friday, August 25th, 10—11 a.m. Do you have general probate questions? Then the *Monthly Probate Forum* is for you! Join Cheshire/Southington **Probate Judge Matt Jalowiec** on the

last Friday of each month from 10-11 a.m. at Calendar House. This program is provided in partnership with the Southington Public Library. **Call to register.**

MOVE YOUR MIND



Thursday, September 21st, 10—11 a.m.

Join Hartford HealthCare Senior Services for an interactive, fun presentation by our experts on the latest trends in healthy eating – MIND Diet, free balance screening, information and recommendations for staying active, and MOVING! Participants will receive healthy recipes, samples of food made, and a Good Life Fitness gift certificate. Refreshments will be provided! **Call to register.**

Let This Be The Year You Change The Way You Hear



Myranda LaPira
Hearing Instrument Specialist

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

ALL NEW PATIENTS WILL RECEIVE THE FOLLOWING:

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



VOTED BEST HEARING SPECIALIST

MEDICAID ACCEPTED

Bristol Hearing Aids, LLC

72 Pine St., Bristol • 860-506-3720

www.bristolhearingaids.com

ARE YOU REACHING THE MEMBERS IN YOUR COMMUNITY?

To advertise here visit lpicommunities.com/adcreator

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com
(800) 477-4574 x6348

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Trip Desk is held in the Calendar House lounge from 1—3 pm 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 during regular business hours. Questions? Call Lana White at 860-621-3779, Jeff Driscoll at 860-276-3826 or Tours of Distinction at 1-800-426-4324. 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.

***Aqua Turf Events are “drive on your own.”**

Thurs/Aug 10, SHADES OF BUBLE, *Aqua Turf. A three-man, high energy tribute to Michael Buble with family style lunch of chicken marsala and broiled scrod. **\$89.pp** (11:30 am arrival).

Tues/Aug 15, RICHIE MITNICK COME FLY WITH ME, *Aqua Turf. A journey through decades with baked scrod and chicken marsala. Complimentary beer or wine. **\$52.pp** (11:00 am arrival).

Wed/Sept 6, SONGS OF SUMMER W/ THE ELDERLY BROTHERS, Amarantes Sea Cliff, New Haven. Choice of chicken piccata or salmon w/ dill sauce followed by oldies and rock ‘n’ roll with the Elderly Brothers! **\$99.pp** (10 am departure).

Tues/Sept 12, BRASS ATTACK BAND & DONNA SUMMER TRIBUTE, with Rainere Martin, *Aqua Turf. Roast beef and chicken Francaise. Complimentary beer or wine. **\$52.pp** (11:00 am arrival).

Tues/Oct 10, POLKA, POLKA, with The Polka Family Band, *Aqua Turf. Lemon chicken and pork schnitzel. Complimentary beer or wine. **\$52.pp** (11:00 am arrival).

Thurs/Oct 19, OKTOBERFEST AT KRUCKERS. Full day of entertainment, food, fun, music & dancing at a lovely resort in Pomona NY. Includes welcome breakfast reception, full lunch (sauerbraten or pork loin), dessert, beer and wine. **\$129.pp** (8:00 am departure).

Wed/Nov 8, ELVIS IS IN THE BUILDING, with John Manforto, *Aqua Turf. Roast beef/pan seared salmon. Complimentary beer or wine. **\$52.pp** (11 am arrival).

Tues/Dec 5, SILVER BELLS & DIAMONDS, *Aqua Turf. A great holiday show. Family style lunch w/ chicken Parmigiana, baked scrod. **\$89.pp** (11:30 am arrival).

Tues/Dec 12, HOLIDAY CLASSICS W/DOWNTOWN 6 BAND & THE GLAMOUR GIRLS, *Aqua Turf. Roasted turkey, baked scrod. Complimentary beer or wine **\$52.pp** (11:00 am arrival).

Wed/Dec 13, RADIO CITY CHRISTMAS SPECTACULAR. Free time to explore NYC’s dazzling Christmas displays, shop and eat, then enjoy reserved orchestra seats to see the all new Radio City Christmas Spectacular! It’s the most wonderful time of the year! **\$165.pp** (7:00 am departure, 7:00 pm return).

LOCATION & STAFF

**388 Pleasant St.
Southington, CT 06489
Phone: 860-621-3014**

**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.

DIRECTOR

David Lapreay
lapreayd@southington.org

PROGRAM COORDINATOR

Dawn Sargis
sargisd@southington.org

ADMINISTRATIVE ASSISTANT II

Roxanne Avitabile
avitabiler@southington.org

ADMINISTRATIVE ASS’T/DRIVER

Dawn Sousa
sousad@southington.org

P/T RECEPTION DESK

David Harrington
harringtond@southington.org

F/T BUS DRIVERS

Paula Ofiara Pocock & Christie Boucher
P/T BUS DRIVER
Ed Pocock

TRIP DESK COORDINATORS

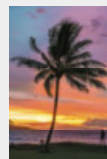
Lana White 860-621-3779 or
lane250@cox.net
Jeff Driscoll 860-276-3826 or
jcdriscoll@frontier.com

HIGHLIGHTED TRIP...

10 DAY HAWAIIAN ESCAPE

November 7-16

Starting at \$4,999.pp dbi



Features round trip airfare—inter island airfare—Oahu, Maui & Kauai—Pearl Harbor & USS Arizona Memorial—Diamond Head hike—Maui Pineapple Plantation—Haleakala sunrise tour—Old Lahaina Luau—Waimea Canyon—Napali tubing adventure—Tours of Distinction, Tour Director

Find us on Facebook

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

Like and follow to learn more!

