

Happy National Senior Center Month!



Purpose!



Friendships!



Creativity!



Discover Yours!

Health!

WHAT'S INSIDE

Page 3

Highlights

- September Membership Meeting & Picnic!
- Renters' Rebate

Page 5

Weekly Activities

- Art & Enrichment Class Registration

Page 6

Monthly Calendar

Page 7

Exercise/Nutrition/Health

Page 8

This 'n That

- Computer Class Registration
- Dial-A-Ride

Page 10

This 'n That

- Coffee 'n Desserts
- Love, Laugh, Learn w/ Valentine!
- Social Security "101"

Page 12

Travel

- Trip Information
- Mini-Bus Trip to Pumpkintown!
- Contact Info

FROM THE STAFF...

Happy National Senior Center Month! The theme for 2023 is **Discover Yours!** September is a great time to do just that at Calendar House. Please take a minute to look through this issue and discover information on Calendar House art, enrichment and computer class registrations, the return of our Fine Arts & Crafts Exhibit, Coffee 'n Dessert educational programs, health and exercise class offerings, an intergenerational program with "Valentine" the Clown, a mini-bus trip to Pumpkintown USA, a very special Membership Meeting including entertainment by the Elderly Brothers with a picnic and MORE! In fact, there is so much happening in this issue for you to discover that we have to use the rest of this space to advertise for our very popular annual Italian Night event. Mark your calendar! Tickets will go on sale in the Calendar House office on Monday, September 11th.

CALENDAR HOUSE ITALIAN NIGHT

Wednesday, October 18th

Aqua Turf Club 5-9 p.m.

Tickets: \$33 per person

Your ticket price has been generously subsidized by the Calendar House Membership Association

Check-in 5-5:45 p.m./Dinner served at 6 pm

Family Style Menu:

House Garden Salad

Penne Bolognese

Meatballs and Sausage

Chicken Parmigiana

Green Beans w/ EVOO

Roasted Rosemary New Bliss Potatoes

Ice Cream w/ Chocolate Sauce

Cash Bar

Entertainment by DJ Bryon Daley!

Tickets will be sold during the evening

for the "50/25/15/10 cash" and "gift

basket" raffles. Proceeds from the

raffle benefit the Calendar House

Membership Association.

This is always a wonderful evening,

enjoying time with good friends.

We hope you will join us!

~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.

 **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 November). 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

Jeffrey Driscoll

Calendar House
Membership Association, Director
Trip Desk, Coordinator



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

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



Featuring...

THE ELDERLY BROTHERS!

On Thursday, September 28th following a brief business meeting at 1 pm, the Calendar House Membership Association will host a "Membership Picnic" featuring all of your cookout favorites along with entertainment by The Elderly Brothers—Brian Gillie and Tom Stankus! Enjoy burgers, hotdogs w/ 'kraut or chili, potato salad and pasta salad, beverages and dessert! Tickets for this very special Membership Meeting and Picnic are just \$5 per person and are on sale 8/28 thru 9/22 at the Calendar House front desk (or until sold out).



THE JOHN E. DEMELLO SR. VETERANS COFFEE HOUR FRIDAY, SEPTEMBER 15TH

Co-sponsored by the Southington Public Library and the Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 10 to 11 am, at Calendar House Senior Center. No registration required.

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.

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.

****Last day to apply is Friday, September 30th!****



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



lpicommunities.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.raymondssenioplanning.com • raymondssenioplanning@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

Revised Summer 2023

Computer/Phone/Tablet Registration
Monday, Sept. 11th, 10 am–12 Noon
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!

CALENDAR HOUSE

FINE ARTS & CRAFTS EXHIBIT

Sunday, September 17th
2—4 pm
Friends and family are welcome to
attend and admire the artwork of our
Calendar House artists! Please join us!

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
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
(9/14, 9/28)
Diamond Art/Coloring: 1-3
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
**9/29*
Birthday Bingo
Free card to play if your
birthday is in September!



Calendar House Art and Enrichment Classes Fall/Spring 2023/24



Calendar House Art and Enrichment class registration is **September 1st—8th**. Registration forms will be accepted in person or by mail (no phone registrations) and can be found online at www.calendarhouse.org or at the Calendar House front desk. All classes will run for two sessions; fall and spring (spring dates will be announced in January). Waiting lists will be established if classes reach capacity. Classes are FREE*, unless otherwise noted below.

All Level Quilting w/Karen Kebinger: (Mondays, starts 9/11 for 14 weeks, 10 am—12 Noon in Room 1A) Are you a quilter? Would you like to learn? Quilters of all levels are welcome to this unstructured class. Start a new project or finish one that you've set aside. Work on your own project under the guide of an experienced quilting instructor and have fun while expanding your knowledge and skills!

Poetry for Everyone! w/Pat Mottola: (Tuesdays, starts 9/19 for 14 weeks, 10—11:30 am in Room 2) “Poetry fills the empty spaces.” In a relaxed, interactive classroom setting, students will discover poetry, learning about past and present poets, their styles, their influence, and discovering what's new on the current poetry scene. **Class is limited to 12 students.**

Acrylic Painting w/Pat Mottola: (Tuesdays, starts 9/19 for 14 weeks, 12:00 Noon—2 pm in Room 2) Students will explore techniques of using the versatile medium of acrylic paint on canvas. Emphasis on creative color mixing. Students are encouraged to experiment with different subject matter and develop their own personal style. Some drawing or painting experience helpful. **Class is limited to 16 students.**






Water Color w/Penny Kindblom: (Wednesdays, starts 9/27 for 10 weeks, 1:30—3:30 pm in Room 2) Explore the world of water color painting! Penny will walk you through the preparation and painting process and you will complete an 8 x 10 design! A supply list is available at the front desk. Paints will be provided by Calendar House. *There is a \$2 fee payable to the instructor for a printed pattern packet including a color photo and design transfer. You will receive the packet the first week of class. The atmosphere will be informative and relaxed in an attempt to create an enjoyable experience for all. Please join Penny and let your watercolor journey begin! **Class is limited to 12 students.**

Beginning/Advanced Drawing w/Sue Riley: (Wednesdays or Thursdays, starting 9/27 and 9/28, for 10 weeks, 10 am—12 Noon in Room 2). With the right techniques, you can learn to bring pencil drawing to life. Participants learn the basics of composition, value, contour lines, negative and positive space and perspective, all while practicing a wide variety of pencil techniques working from photos and subject matters interesting to the student. **Please register for one day only, either Wednesday or Thursday. Each Class is limited to 12 students.**



SEPTEMBER 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>	
<p>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 7 for ordering info for Calendar House Café Lunch!</p>					1	2	<p>Art & Enrichment Class Registration Begins</p>
3 <u>SUN</u>	4	5 <u>MON</u>	6 <u>TUES</u>	7 <u>WED</u>	8 <u>THURS</u>	9 <u>FRI</u> 10 <u>SAT</u>	
	<p>Labor Day Center Closed</p>	 Foot Clinic by App't Only			<p>9-1 AARP Safe Driving 10-1 Hearing Screening</p> <p>Art & Enrichment Class Registration Ends</p>		
10 <u>SUN</u>	11 <u>MON</u>	12 <u>TUES</u>	13 <u>WED</u>	14 <u>THURS</u>	15 <u>FRI</u>	16 <u>SAT</u>	
<p>Happy Grand- parents Day!</p>	<p>9:30-11:30 Wheeler Clinic Outreach</p> <p>10-12 Computer/ Phone/Tablet Class Registration</p>	<p>Hallway artwork is available now for pickup in the office</p> <p>4:30 Senior Citizens Advisory Board Meeting</p>	<p>1:00 AARP Board of Directors Meeting</p>	<p>11-12 Free Blood Pressure Clinic by Beacon</p> <p>4-5:30 Love, Laugh, Learn w/ Valentine the Clown</p>	<p>9-10 Info Table "What's Happening in the Real Estate Market?"</p> <p>10-11 John E. DeMello Sr. Veterans Coffee Hour</p> <p>Center Closing @ 11:30 Town Employee Appreciation Day</p>		
17 <u>SUN</u>	18 <u>MON</u>	19 <u>TUES</u>	20 <u>WED</u>	21 <u>THURS</u>	22 <u>FRI</u>	23 <u>SAT</u>	
<p>Fine Arts & Crafts Exhibit 2-4 pm</p>	<p>Drop off new artwork for the hallway display starting today through Friday 9/22</p>	 Foot Clinic by App't Only	<p>9:00 Mini-Bus Trip— Pumpkin Town USA</p> <p>1:30 Coffee 'n Dessert "Medicare Fundamentals"</p>	<p>10-11 Move Your Mind</p>	<p>9-12:30 Quilts of Valor</p> <p>10-12 Social Security "101"—Everything you Want to Know</p>	<p>Happy Fall Y'all!</p> 	
24 <u>SUN</u>	25 <u>MON</u>	26 <u>TUES</u>	27 <u>WED</u>	28 <u>THURS</u>	29 <u>FRI</u>	30 <u>SAT</u>	
	<p>9:30-11:30 Wheeler Clinic Outreach</p> <p>New artwork will be displayed in the hallway</p>	<p>12:00 Book Club w/Cynthia Manchak</p>	<p>10-11 Free Blood Pressure Clinic by The Orchards</p> <p>1:30 Coffee & Dessert "Getting Comfortable w/ Uncomfortable Conversations"</p>	<p>1:00 Membership Meeting w/ Elderly Brothers and Picnic! Tickets on sale in office starting 8/28 — \$5.pp</p>	<p>10-11 Probate Forum</p> <p>1:00 September Birthday Bingo</p> 		

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

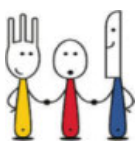
LeAnn is back! Work on balance related skills including reaction time, pivotal movements, center of gravity, weight shifting, ankle strengthening & mobility, multi-sensory training, and functional

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.**

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.

FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (9/14) from 11 am—12 Noon.
- By *The Orchards* at Calendar House on the last Wednesday of each month (9/27) 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 or Friday, October 13th between 10 am and 1 pm . Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is **NOT** available.

FALLS PREVENTION AWARENESS WEEK

Falls Prevention Awareness Week is September 18th—22nd. The good news is most falls are preventable! You can take the National Council on Aging's Falls Free Checkup by visiting: ncoa.org/FallsFreeCheckUp. We will also be sharing falls prevention steps on our Facebook page throughout the week. Like and follow us on Facebook at www.facebook.com/SouthingtonCalendarHouse.

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. (9/11 and 9/25). 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!

MOVE YOUR MIND



Join Hartford HealthCare Senior Services on Thursday, September 21st from 10-11 am 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! To register, call 860-621-3014 or stop at the front desk!

Computer Learning Center @ Calendar House

(Revised) Summer 2023 Computer/Tablet/Phone Classes

Registration Date: Monday, September 11th, 10 am—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 am and 12 Noon on Monday mornings or between 1 pm and 3 pm 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 19 Sep 2023 to 24 Oct 2023 - \$30

Genealogy 101 — Tuesdays at 10 AM from 19 Sep 2023 to 3 Oct 2023 - \$15

iPad and iPhone Basics — Thursdays at 10 AM from 21 Sep 2023 to 26 Oct 2023 - \$30

Android Phone Basics — Wednesdays at 10 AM from 20 Sep 2023 to 25 Oct 2023 - \$30

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 am and 12 Noon, and Wednesdays between 1 pm and 3 pm.

Mark your calendar! Calendar House will close at 11:30 am on Friday, September 15th for Employee Appreciation Day.

Happy Grandparents Day to all of our fantastic Calendar House Grandparents' on Sunday, September 10th. Enjoy your day!

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 8:30 am—2:30 pm.

• **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:** 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!*

SEPTEMBER 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!

“Medicare Fundamentals 2024”

Wed., Sept. 20th @1:30 pm

Presented by: Steve Ardussi

Your Personal Benefits Advisor

With Medicare enrollment season fast approaching, you want to make sure you select the plan that best meets your needs. You can not make the best decision unless you understand the basics of Medicare and the many options available to you. **This presentation will take you through, in detail, the basics of Medicare.** We will not discuss specific plans or carriers, but will focus on the foundations of all the Medicare plans. This focus will better equip you to understand the complexities of the various plan structures, that is, Original Medicare, Medicare Supplements, Medicare Advantage plans and Medicare prescription plans.

The Presenter, Steve Ardussi, is a licensed broker and has more than ten years experience with Medicare plans. As a senior himself covered by Medicare, he understands the confusion with Medicare and the difficulty in understanding this insurance for seniors and the disabled. There will be ample time for Q&A during the presentation. **There will be no sales presentations or discussions about the plans of various carriers.** At the end of the presentation, there will be a discussion of a variety of scenarios and why a plan may be appropriate for that specific situation.

“Getting Comfortable with Uncomfortable Conversations”

Wed., Sept. 27th @1:30 pm

Presented by: Lisa Olson of Berkshire Hathaway and Nick Procaccini and Lauren Dziedzic of Plantsville Funeral Home

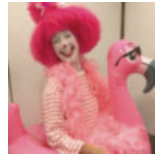
Planning ahead can often times lead to uncomfortable conversations. Discussing options for property, long-term care, getting finances in order, and making final arrangements can be difficult conversations to have with our loved ones. Join us as we learn how to become more comfortable with these uncomfortable conversations!



Watch for the return of Reiki Healing, a Pressed Flower Bracelet Class, Pumpkin Needle Felting, Hats and High Tea Part II and more, coming your way soon!

LOVE, LAUGH, LEARN w/ VALENTINE!

Thursday, September 14th, 4—5:30 pm



Grandparents are invited to Calendar House along with their Grandchildren (1st grade and up) to watch as Diana Sheard transforms into Southington’s favorite clown, “Valentine!” Enjoy circus snacks while she applies her make-up and discusses clown life over the past 40 years. Once transformed into Valentine, she will lead you to create a fun and simple clown craft and enjoy magic and balloons too! This Intergenerational event is FREE. **Call to register.** Please provide the names and ages of the grandchildren attending when you register.

BERKSHIRE HATHAWAY INFO TABLE

Friday, September 15th, 9—10 am

Are you curious of what is happening in the Real Estate Market? What does your next move look like? What are some of my options? Lisa Olson of Berkshire Hathaway, Southington would be happy to answer any questions you may have. **Drop-in.**

QUILTS OF VALOR SEW DAY EVENT

Friday, September 22nd, 9 am—12:30 pm



The Veteran’s Committee is calling all sewers/seamstresses! We will be making quilts for veterans, approximately 60 x 80 inches. Please bring a sewing machine, sewing supplies, and any patriotic fabric you may have. Some kits will be provided. All abilities are welcome. For more information, please contact Judy Cutler at 860-877-0466 or Dot Novak at 860-621-7041. **Drop-in.**

SOCIAL SECURITY 101

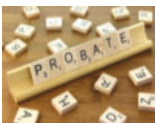
Friday, September 22nd, 10 am—12 Noon.

- When are you eligible to receive retirement benefits?
- How does early retirement affect your benefits?
- Do you qualify for disability, survivors, and spouse benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Benjamin Rhodes, III of the SSA will help you learn how to use your **my Social Security** online account and other online services. Go to <https://www.ssa.gov/myaccount/> to create a **my Social Security** account and print your Social Security Statement **before** attending the workshop. **Call to register.**

MONTHLY PROBATE FORUM

Friday, September 29th, 10—11 am



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 am at Calendar House. This program is provided in partnership with the Southington Public Library. **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 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.”**

Tues/Oct 10, POLKA, POLKA, with The Polka Family Band, *Aqua Turf. Lemon chicken and pork schnitzel. Complimentary beer or wine. **\$52.pp** (11 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 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 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 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 Lapreyay
lapreyayd@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 COORDINATOR

Lana White 860-621-3779 or
лана250@cox.net





HIGHLIGHTED TRIP!
QUEBEC WINTER CARNIVAL
February 8-11, 2024 * \$1,169.pp dbi

Features: roundtrip motor-coach * 3-nights at the 4-star Delta Hotel * 6 meals (2 dinners, 1 lunch, 3 breakfasts) * guided city tour of Quebec * Beaupre Coast * access to the Quebec Winter Carnival * VIP seats for the “Night Parade” * gratuities for the tour director, driver and local guide.



Trip Cost: \$5.00 pp
Register & pay at the Calendar House front desk starting Friday, September 1st!

MINI BUS TRIP!
PUMPKINTOWN USA & JESSICA’S GARDEN
Wednesday, September 27th
Departs Calendar House at 9 am

Take a drive through the Pumpkintown USA forest located in East Hampton, CT. on our Dial-A-Ride bus while enjoying a yummy apple cider donut! Stroll the Pumpkintown Village and visit the 70 Pumpkinheads and their animals up close. Visit the Harvest Store for everything from sweet treats to fall home accents. After Pumpkintown, board the bus for a short trip over to Jessica’s Garden & Lobster Shack for a delicious casual lunch (cost of lunch is “on your own”) before returning to Southington.

Find us on Facebook
[@SouthingtonCalendarHouse](https://www.facebook.com/SouthingtonCalendarHouse)
Like and follow to learn more!

