

Calendar House Fine Arts and Crafts Exhibit



WHAT'S INSIDE

Page 3

Highlights

- November Membership Meeting
- Energy Assistance

Page 5

Weekly Activities

- Information Tables
- Craft Workshops

Page 6

Monthly Calendar

Page 7

Exercise/Nutrition/Health

Page 8

This 'n That

- Italian Night
- Dial-A-Ride

Page 10

This 'n That

- Coffee 'n Desserts
- Are You Listening?
- Breast Cancer Awareness Talk
- CT Hauntings
- Writing a Legacy Letter

Page 12

Travel

- Trip Info * **Volunteers Needed!**
- Contact Info

FROM THE STAFF...

Happy fall y'all! This is the time of year when the thoughts of Southington residents turn to the Apple Harvest Festival, warm apple fritters and delicious Sunday breakfasts at Calendar House! Please mark your calendars and help support these wonderful local community organizations by attending!

Fall Breakfasts at Calendar House:

October 1st ~ Lions Club

October 22nd ~ Knights of Columbus

November 12th ~ UNICO Big Breakfast

We love to see everyone back to attending regularly after the summer months. We have record high participation in our art and enrichment classes this fall. We want to thank all the students, instructors, family and friends that participated in or visited our Fine Arts and Crafts Exhibit on September 17th. It was a great success!

Did you know that Medicare Open Enrollment runs from October 15th through December 7th? This is the time of year you can review and make changes to your current Medicare coverage that will become effective January 1, 2024. Browse this issue for the Medicare talks and info tables scheduled this fall to assist you with understanding this process. If you have questions, you can also contact Calendar

House to speak with a CHOICES counselor.

Other programs this month include a talk on active listening, a breast cancer awareness talk with bingo game (October is Breast Cancer Awareness Month), a "History for Fun" presentation on hauntings in Connecticut (very appropriately scheduled on Halloween!) and a workshop co-sponsored with the Southington Public Library on writing a legacy letter in early November. Details on all of these programs are inside this issue!

Reminder—tickets are still on sale in the office through October 11th for Italian Night at the Aqua Turf on Wednesday, October 18th. Get yours today!

~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

NOVEMBER 30TH ~ 1 PM



Featuring... JC/DC DUO!

The Calendar House Membership Association invites you to attend a brief business meeting on Thursday, November 30th at 1 pm, followed by entertainment by the JC/DC Duo! Joe Cannata plays bass & acoustic guitar, and sings lead and background vocals; Dean Coutsouridis plays guitar, alto saxophone, and also sings lead and background vocals. This duo will have you tapping your toes, clapping your hands, and dancing in the aisles! Please RSVP at the Calendar House front desk or call 860-621-3014 to register by Monday, November 27th. Light refreshments will be served!

CONNECTICUT ENERGY ASSISTANCE PROGRAM CEAP

Calendar House will begin processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) in October and in November for households that heat with Eversource (electric or gas). Income guidelines: \$41,553 for a single individual and \$54,388 for a couple. There is no liquid asset test for the 2023/24 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 copy of recent check, Social Security award letter, or bank statement showing direct deposit; Pensions or Annuities: provide copy of recent check, or statement from income source on their letterhead; Veteran's Assistance: provide copy of recent check, VA award letter, or bank statement showing direct deposit; Income from family/friends: provide signed statements from those contributing to your household; 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 copy of recent check or bank statement showing direct deposit. Please provide proof of ANY other forms of income including self-employment (special form provided).

2:Utility Bills: Provide your most recent Eversource electric bill. If you have deliverable fuel, confirm your vendor participates in the Energy Assistance Program.

3:New Applicants: Please provide your phone number, and a copy of your driver's license OR proof of residency, 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!



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 October 13th and December 8th. (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.

THE JOHN E. DEMELLO SR. VETERANS COFFEE HOUR FRIDAY, OCTOBER 20TH

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 is required, just drop in!





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"

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

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 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



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

Calendar House - Southington, CT

06-5315

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

COMPUTER LEARNING CENTER

Free computer lab consultation on tech topics available from 10 am—12 noon on Mondays and 1-3 pm on Wednesdays. Ask about one on one training! For more information visit: www.calendarhouse.org and click on the "Tech Classes" tab.

FALL ENRICHMENT CLASSES (classes currently in session)

MONDAY: Quilting w/ Karen @ 10
Drawing w/ Sue @ 10
TUESDAY: Poetry w/ Pat @ 10
Acrylic Painting w/ Pat @ 12
WEDNESDAY: Drawing w/ Sue @ 10
Watercolor w/ Penny @ 1
THURSDAY: Drawing w/ Sue @ 10

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
Art w/Caydence : 2:30-4



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 (10/12, 10/26)
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
*10/27
Birthday Bingo
Free card to play if your birthday is in October!



INFORMATION TABLES

MCLAUGHLIN RETIREMENT SOLUTIONS

Tuesday, October 3rd, 9—11 am



Do you have questions on Medicare? Want to learn more about Open Enrollment? Patrick McLaughlin will be here to assist you! **Drop-in.**

BERKSHIRE HATHAWAY

Fridays, October 13th & 20th, 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.**

CRAFT WORKSHOPS

PRESSED FLOWER BRACELET WORKSHOP

Friday, October 20th 9-11 am

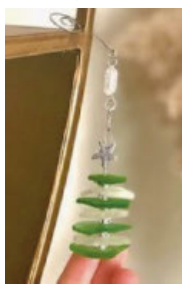


Join Victoria Woolard from **Still Waters USA** to create a beautiful pressed flower bracelet! Use real pressed flowers to make an adjustable bracelet for yourself or to give away as a gift! The cost of the workshop is \$35 per person. All supplies are included and no experience is necessary! Pay to register at the Calendar House front desk.

Cash or checks made payable to Still Waters USA.

STACKED SEA GLASS HOLIDAY ORNAMENT

Friday, November 17th 9-11 am









Victoria Woolard from **Still Waters USA** is back in November to help you create a dainty stacked sea glass holiday ornament to hang and display in your home or window! The cost of the workshop is \$35 per person. All supplies are included and no experience is necessary! Pay to register at the Calendar House front desk starting October 16th.

Cash or checks made payable to Still Waters USA.

OCTOBER 2023 MONTHLY CALENDAR

6

1 SUN	2	MON	3	TUES	4	WED	5	THURS	6	FRI	7 SAT
Lions Club Pancake Breakfast 8-12 Tickets at the door!			9-11 McLaughlin Retirement Solutions Info Table  Foot Clinic by App't Only								
8 SUN	9 Center Closed Columbus Day 	MON	10	TUES	11 1:00 AARP Board of Directors Meeting 1:30 Coffee 'n Dessert "Medicare's Annual Enrollment—Why Shop?"	WED	12 11-12 Free Blood Pressure Clinic by Beacon	THURS	13 9-10 Berkshire Hathaway Info Table 9-1 AARP Safe Driving 10-1 Hearing Screening by App't Only	FRI	14 SAT
15 SUN	16 1:00 Pumpkin Needle Felting Reiki Healing by App't only	MON	17  Foot Clinic by App't Only	TUES	18 Reiki Healing by App't only 1:30 Coffee 'n Dessert "Medicare'101" 5-9 Italian Night @ Aqua Turf	WED	19 1-2 Active Listening Talk "Are You Listening?"	THURS	20 9-10 Berkshire Hathaway Info Table 9:00 Pressed Flower Bracelet Class 9-12:30 Quilts of Valor Sew Day 10-11 John E. DeMello Sr. Veterans Coffee Hour	FRI	21 SAT
22 SUN	23 9:30-11:30 Wheeler Clinic Outreach No Lunch Program Today 12:30-2:30 Hats & High Tea Part II	MON	24	TUES	25 10-11 Free Blood Pressure Clinic by The Orchards	WED	26 1-2 Breast Cancer Awareness Talk/Bingo	THURS	27 10-11 Probate Forum 1:00 October Birthday Bingo 	FRI	28 SAT
29 SUN	30 Reiki Healing by App't only	MON	31 10:00 History For Fun—CT Hauntings! 12:00 Book Club w/Cynthia Manchak  Happy Halloween!	TUES	/	WED	/	THURS	/	FRI	/
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <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> </div>											

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

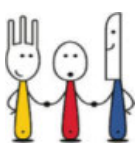
Work on balance related skills including reaction time, pivotal movements, center of gravity, weight shifting, ankle strengthening & mobility, multi-sensory training, and functional training for

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+ and has no income restrictions. A completed Form-5 from the State of CT Department of Social Services/Elderly Division is required to participate in the lunch program. Please see Café Manager, Janet for a form. A donation of \$2.50 per lunch is suggested. Please bring exact change. Menus are available in the dining hall, the Calendar House office or on-line by visiting www.calendarhouse.org and clicking the lunch tab. Meals are served promptly at 12 noon Monday—Friday. You can order all five meals for the week or as many that appeal to you. Late arrivals can be accommodated up until 12:20 pm. Meals must be ordered two business days in advance. To order or cancel, please call the Café phone at (860) 621-6738 to speak with Janet or leave a message. Messages are checked daily, Monday—Friday. The Calendar House front desk staff is not able to take lunch reservations or cancellations, you must contact the Café directly at 860-621-6738. Thank you!

FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (10/12) from 11 am—12 Noon.
- By *The Orchards* at Calendar House on the last Wednesday of each month (10/25) 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, December 15th between 10 am and 1 pm. (October screening full/no screening in November) 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. (one day only in October—10/23). 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!

REIKI HEALING RETURNS!

Jennifer Michnowicz is returning to Calendar House for Reiki Healing sessions! Appointments will be available on Mondays and Wednesdays at 10 and 11 am on the following dates: Mondays: 10/16, 10/30, 11/6, and 11/13 or Wednesdays: 10/18, 11/1, 11/8 and 11/15. The session fee for a first time client is \$10. The fee for returning clients is \$25 per session. Call 860-621-3014 to register.

“When one is relaxed and calm, their health and healing are enhanced”

CALENDAR HOUSE ITALIAN NIGHT AQUA TURF CLUB ~ GLASS ROOM

\$33 per person on sale NOW—October 11th

*(Ticket price has been subsidized by the
Calendar House Membership Association)*

On October 18th **EVERYONE** is Italian! Join Calendar House in the Aqua Turf Glass Room from 5-9 pm for a delicious meal, music and fun with friends! (Check-in 5-5:45 pm, dinner served at 6 pm) If requesting to be seated at a specific table, please decide the designated table name **before** purchasing tickets and be sure to specify that name as the group you wish to be seated with when purchasing. Even if you do not have enough for a full table, and wish to be seated with one or several other individuals, PLEASE indicate that when purchasing tickets.

On the Menu—Served Family Style

- 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



Music provided by DJ **Bryon Daley** for your dancing and listening pleasure. 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!



Hats and High Tea...Part II!

Calendar House
Monday, October 23rd
12:30 –2:30 pm
Tickets: \$8 per person

Join us at Calendar House for a talk on the health benefits and history of tea presented by The Bigelow Tea Company. Did you know that Bigelow Tea is a family owned business founded in 1945 and is based right here in Connecticut?

- *Enjoy an assortment of sweets and savories with your tea!*
- *Wear your favorite fall hat and get ready to enjoy games and a fall craft with Diana Sheard!*
- *Raffle tickets will be sold—\$1/ticket*

There is limited space for this event! Tickets will be offered first to those on the waiting list from the May 18th Hats and High Tea event. Remaining tickets will go on sale at Calendar House on Wednesday, October 4th. You must be a member of Calendar House to attend. You may purchase a ticket for yourself and ONE other person.



Sponsored by Calendar House, Southington Public Library & Diana Sheard. Proceeds from this event will benefit The Center for Family Justice.

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



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Susanne Carpenter

scarpenter@lpicommunities.com

(800) 477-4574 x6348



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

SUPPORT THE
ADVERTISERS

that Support our
Community!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.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!*

OCTOBER 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's Annual Enrollment Period—Why Shop?"

Wednesday October 11th, 1:30 pm

Presented by: Sara Mitchell

Sponsored by: Hartford HealthCare

- How the Annual Enrollment Period works
- What to consider when shopping for a Medicare plan

Plus, LIVE Q&A with, Sara Mitchell, Hartford HealthCare Medicare Educator and light refreshments!

"Medicare 101"

Wednesday, October 18th, 1:30 pm

Presented by: Jamie Finkelstein

Sponsored by: Beacon Retiree Benefits Group

Medicare 101 will center on helping individuals who are at or near Medicare age. Learn more about the enrollment processes, enrollment periods, timelines, deadlines, penalties, benefits, and costs relating to Medicare coverage and Medicare plans. Coordination of benefits issues, Medicare, and HSAs will also be discussed.

"Stay Happy & Healthy Throughout the Holiday Season"

Wednesday, November 1st, 1:30 pm

Presented by: Marisa McCoy, RD

Sponsored by: ShopRite of Southington

Did you know that you CAN stay healthy AND enjoy yourself during the holiday season?!? Join Marisa your very own dietitian from the ShopRite of Southington in a presentation on "How to Stay Happy & Healthy Throughout the Holiday Season." Learn tips and tricks to make this the best holiday season yet! Healthy snacks are included.

MORE OCTOBER PROGRAMS...***"Are You Listening?"***

Thursday, October 19th, 1-2 pm

You may hear well, but do you listen well? If not, you're missing more than you know. Try active listening. With practice, you can reduce distractions, recognize unconscious biases, read between the lines, and avoid judging or giving unwanted advice. Family, friends, and coworkers will notice you actually pay attention

during a conversation. *Are You Listening?* presented by Walter "Wally" Kostrzewa is a sometimes-humorous look at listening styles, bad habits, and body language. You'll hear about recent findings and follow proven approaches to listen better. **Call to register.**

"Breast Cancer Awareness Talk and Bingo"

Thursday, October 26th, 1-2 pm

October is Breast Cancer Awareness Month! Join Linda Ivey, Outreach Educator for Hartford HealthCare's Cancer Institute for an informative talk and bingo game on breast cancer awareness. The number of women affected by breast cancer is 1 out of 8 and as we age, we need to be more aware. Men are affected too! Come learn about the risk factors, what you can do to foster early detection, and what the good news about it is. A bingo game will be played based on the talk to reinforce the information, encourage questions and conversation, and have some FUN! **Call to register.**

"Monthly Probate Forum"

Friday, October 27th, 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.**

"History For Fun—Hauntings in Connecticut"

Tuesday, October 31st, 10-11 am

Our favorite history guy, Joseph Ouellette, will visit Calendar House to present: **"Hauntings in Connecticut!"** October brings a touch of the paranormal where we find "otherworldly" things happening. Moving objects, random noises, poltergeists, and apparitions, perhaps of a time lost long ago. Our state has long claimed to have more hauntings than any other. If you are brave enough, join us! We'll explore some of the haunted locations and the influences upon each of their stories. Leave the Jack-O-Lanterns with the grandkids, and sign up today! This promises to be an experience you will not soon forget. Are YOU afraid of the dark? **Call to register.**

"Writing a Legacy Letter"

Thursday, November 2nd, 1:30-3 pm

Co-sponsored by Calendar House and the Southington Public Library; join Jay Sherwin, founder of the Life Reflections Project for this free program. A legacy letter (also called an "ethical will") is a written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and other loved ones. This introductory workshop includes discussion and brief writing exercises to help participants examine their life history, explore their values and capture important insights. It offers advice, encouragement and a model structure to help participants draft and complete their own legacy letters. **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

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



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



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

Calendar House - Southington, CT

06-5315

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** (11:00 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).

Wait List Only! 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).

Wait List Only! 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 COORDINATOR

Lana White 860-621-3779 or
lane250@cox.net



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



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 * Beupre Coast * access to the Quebec Winter Carnival * VIP seats for the “Night Parade” * gratuities for the tour director, driver and local guide.



Calendar House is seeking volunteers! Have you recently retired? Are you looking for meaningful volunteer work? Both the Computer Learning Center at Calendar House and the Calendar House Trip Desk are in need of volunteers.

The Computer Learning Center is looking for volunteers with computer experience to assist with and/or teach classes, and help with computer maintenance. Hours can be flexible!

The Trip Desk is looking for volunteers for Wednesday Trip Desk hours from 10 am—12 Noon. The ability to help occasionally on Mondays from 1-3 pm is also a plus!

If you are interested in volunteering, please email Dawn Sargis at sargisd@southington.org and indicate what role you want to volunteer in. Thank you!

Find us on Facebook

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

Like and follow to learn more!

