



The winners of the

 “Longest Married Couple”
 dance contest at
 Italian Night...

The Cataldos (left)
 Married 67 years!

The Davids (right)
 Married 68 years!



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FROM THE STAFF...

November...the time of year where we gather together, give thanks and eat pie—Yum! Before we dive into that pie, let's see what is happening at Calendar House this month!

Join UNICO for their “Big Breakfast” at Calendar House on Sunday, November 12th. After breakfast stop in the lobby for the Calendar House Granny Squares fundraiser sale to benefit the Membership Association! Check out what this creative and fun group has been hard at work on all year and do some early Christmas shopping.

Speaking of fundraisers, it is time once again for the Calendar House Membership Association's Annual “No-Bake” Bake Sale. If you don't receive a mailer, donation envelopes will be available in the lobby. This is a great way to support your membership association—no baking required!

As we honor Veterans this month, we want to express our sincere thanks to all those who served our country; for your courage, strength and dedication. Please join us at this month's John E. DeMello Sr. Veterans Coffee Hour on November 17th!

Take a look at all of the talks on our November calendar! We have topics ranging from “Learning to Write a Legacy Letter,” to “How to Stay Happy and Healthy This Holiday Season” and everything in between! Call us to register for one talk, or all!

As we approach the holiday season, we begin to think about gathering with friends. Calendar House invites you to “Fall Into Fun” at a pre-holiday social on November 15th. Also, tickets go on sale this month for our Annual Holiday Party at the Aqua Turf in December. Details on both of these events can be found on page 8.

From all of us at Calendar House, we wish our members a happy, healthy and safe Thanksgiving holiday!

~The Calendar House Staff

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

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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!

THE JOHN E. DEMELLO SR. VETERANS COFFEE HOUR FRIDAY, NOVEMBER 17TH

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!



CONNECTICUT ENERGY ASSISTANCE PROGRAM CEAP

Calendar House is now processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) and will begin processing for households that heat with Eversource (electric or gas) in November. 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 December 8th and January 12th. (No class in February). 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.

Sharing is caring, but not during cold and flu season! If you are feeling unwell, please stay home.





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Library/Puzzle Makers
Coffee 'n Conversation in the Lounge

COMPUTER LEARNING CENTER

Computer Class registration for the fall 2023 session will be held:
Monday, November 6th and Monday, November 13th from 10 am—12 Noon.
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 (cxl 11/15)



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
(11/9)
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
*11/17
Birthday Bingo
Free card to play if your birthday is in November!



COMPUTER CLASS REGISTRATION



The Computer Learning Center will accept registrations at Calendar House for the fall 2023 Computer/Tablet/Phone classes listed below on Monday, November 6th and 13th from 10 am-12 Noon. After the main registration dates, registration for any remaining class seats will also be accepted in the Computer Lab between 10 am — 12 Noon on Monday mornings or between 1—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>

Phone to PC Photo Transfer — Tuesdays at 1 pm from Nov 28, 2023 to Dec 5, 2023 - \$15

Using YouTube — Thursdays at 10 am from Nov 30, 2023 to Dec 14, 2023 - \$15

Genealogy 101 — Tuesdays at 10 am from Nov 28, 2023 to Dec 12, 2023 - \$15

Cut the TV Cord and Start Streaming — Thursdays at 1 pm from Dec 7, 2023 to Dec 14, 2023 - \$15

Cleaning up your Phone — Mondays at 1 pm from Nov 27, 2023 to Dec 11, 2023 - \$20

Smartphone Voice Control — Wednesdays at 10 am from Nov 29, 2023 to Dec 13, 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 Lab periods on Mondays between 10 am — 12 Noon, and Wednesdays between 1—3 pm.





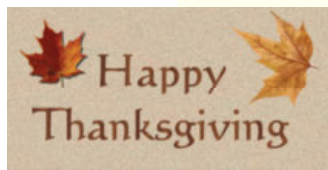
Save the Date! Southington Calendar House Third Annual "Tony Longo Centennial 8-Ball Tournament"



If you enjoy playing pool and want to start your new year off with a little fun, please plan to join the Third Annual Southington Calendar House "Tony Longo Centennial 8-Ball Tournament" scheduled for Tuesday, January 16, 2024 (snow date: Friday, January 19th). Additional details coming in December!

NOVEMBER 2023 MONTHLY CALENDAR

6

/ SUN	/ MON	TUES 1	WED 2	THURS 3	FRI 4 SAT
	<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>		<p><i>Reiki Healing By App't Only</i> 10-11:30</p> <p>1:30 <i>Coffee 'n Dessert "How to Stay Healthy & Happy Through the Holidays"</i> 1:30</p>	<p><i>Cardio & Strength Equipment Training By App't Only</i> 9-10</p> <p>1:30 <i>Writing a Legacy Letter</i></p>	<p><i>Berkshire Hathaway Info Table</i></p>
<p>5 SUN</p> <p></p>	<p>6 MON</p> <p><i>Reiki Healing By App't Only</i></p> <p>10-12 <i>Computer Class Registration</i></p> <p>12:30-2 <i>Lunch & Learn "10 Warning Signs of Dementia"</i></p>	<p>7 TUES</p> <p></p> <p><i>Foot Clinic by App't Only</i></p>	<p>8 WED</p> <p><i>Reiki Healing By App't Only</i> 11-12</p> <p>1:00 <i>AARP Board of Directors Meeting</i></p>	<p>9 THURS</p> <p><i>Free Blood Pressure Clinic by Beacon</i></p>	<p>10 FRI</p> <p><i>Closed Veterans Day</i></p> <p></p>
<p>12 SUN</p> <p><i>UNICO Big Breakfast 7:30-11:30 Tickets at the door!</i></p> <p><i>Granny Squares Craft Sale</i></p>	<p>13 MON</p> <p><i>Reiki Healing by App't only</i></p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p> <p>10-12 <i>Computer Class Registration</i></p>	<p>14 TUES</p> <p><i>Reiki Healing by App't only</i></p> <p>1:30 <i>Coffee 'n Dessert "Understanding the People Part of your Estate Plan"</i></p> <p>4-5:30 <i>"Fall" Into Fun a Pre-Holiday Social</i></p>	<p>15 WED</p> <p><i>Reiki Healing by App't only</i></p>	<p>16 THURS</p> <p>9-10 <i>Berkshire Hathaway Info Table</i></p> <p>9:00 <i>Sea Glass Holiday Ornament Class</i></p> <p>10-11 <i>John E. DeMello Sr. Veterans Coffee Hour</i></p> <p>10-11 <i>Probate Forum</i></p> <p>1:00 <i>November Birthday Bingo</i></p>	<p>18 FRI SAT</p>
<p>19 SUN</p>	<p>20 MON</p> <p></p> <p><i>Foot Clinic by App't Only</i></p>	<p>21 TUES</p> <p><i>Foot Clinic by App't Only</i></p>	<p>22 WED</p>	<p>23 THURS</p> <p><i>Closed</i></p> <p></p>	<p>24 FRI</p> <p><i>Closed</i></p> <p>25 SAT</p>
<p>26 SUN</p>	<p>27 MON</p> <p>9:30-11:30 <i>Wheeler Clinic Outreach</i></p>	<p>28 TUES</p> <p>12:00 <i>Book Club w/Cynthia Manchak</i></p>	<p>29 WED</p> <p>10-11 <i>Free Blood Pressure Clinic by The Orchards</i></p> <p>1:30 <i>Coffee 'n Dessert "Understanding the Difference Between Medicare Savings Program and Husky"</i></p>	<p>30 THURS</p> <p>1:00 <i>Membership Meeting w/music by JC/DC</i></p>	<p>/ FRI / SAT</p>

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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****

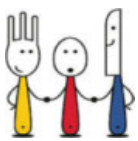
SEATED & GENTLE YOGA w/ CLEMENTINE

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.**

CARDIO & STRENGTH EQUIPMENT TRAINING

Patrick McLaughlin of Select Physical Therapy will be providing free half-hour training sessions on the equipment in the Calendar House Cardio Room on Thursday, November 2nd. Training will be held in small group sessions of three individuals. Patrick will provide instruction on how to safely and effectively use the strength training and cardio equipment. The half-hour sessions will be held at: 10:00, 10:30, 11:00, and 11:30 am. **To register call 860-621-3014 or sign up at the front desk.**

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 (11/9) from 11 am—12 Noon.
- By *The Orchards* at Calendar House on the last Wednesday of each month (11/29) from 10—11 am.

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

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. (11/13 & 11/27). 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



Jennifer Michnowicz has openings for Reiki Healing session appointments at Calendar House on Mondays and Wednesdays at 10 and 11 am on the following dates: Mondays: 12/4, 12/11, and 12/18 or Wednesdays: 11/15, 12/6, 12/13 and 12/20. 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”



“FALL” INTO FUN! A PRE-HOLIDAY SOCIAL

Wednesday, November 15th, 4-5:30 pm

The hustle and bustle of the holidays will be here before we know it! Take a little time to unwind and relax at our first Pre-Holiday Social and “Fall Into Fun” at Calendar House! Spend time with old friends or make some new ones. Enjoy a light snack, a fall “mocktail,” “small bite” desserts and coffee, all while listening to light acoustical music by The Herrons! There is no charge for this event, but you must call to register at 860-621-3014 or sign up at the front desk. Entertainment and snacks are being funded by the Calendar House Membership Association. Please bring a non-perishable food item to be donated to Southington Community Services food pantry.

LET’S GET CRAFTY!

“Stacked Sea Glass Holiday Ornament”

Friday, November 17th 9-11 am—\$35 per person



Join Victoria Woolard from **Still Waters USA** to create a dainty stacked sea glass holiday ornament to hang and display in your home or window! 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.**

“Gnome Needle Felting”

Monday, December 11th, 1-3 pm—\$15 per person



Create a sweet holiday gnome with Diana Sheard. Talk, laugh, and needle away, and you can take your gnome home that day! No experience needed, all supplies included. Pay to register at the Calendar House front desk. **Cash payment only.**

ANNUAL “HOLIDAY PARTY”

Thursday, December 7th @ 12 Noon—Aqua Turf Glass Room

Tickets for our annual “Holiday Party” will go on sale Wednesday, November 1st through Wednesday, November 29th or until sold out. Tickets are \$34 per person (Ticket price has been subsidized by the Calendar House Membership Association). 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

Baked North Atlantic Scrod * Roast Beef

Whipped Potatoes

Mixed Vegetable Medley

Fresh Baked Rolls & Butter

Coffee, Tea & Soda



Vanilla Ice Cream w/ Hot Fudge Topping

Entertainment by DJ Billy Jones! Raffle! Cash Bar Available. Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior. Happy Holidays!

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!



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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!*

NOVEMBER 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!

"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.

"Understanding the People Part of your Estate Plan"

Wednesday, November 15th, 1:30 pm

Presented by: Attorney Colleen Masse

Sponsored by: Czepiga, Daly, Pope & Perri

When you make an estate plan, you name a POA agent, an executor, a health care agent, and maybe a trustee. Whether you've been named one of these roles for someone else or you're thinking about who you should name in these roles for yourself, there's a lot to know! Is a POA agent and an executor the same thing? What are the differences between each role? Who should you choose? Can multiple people be named in each role? Learn the answers to these questions and more from an experienced estate planning attorney.

"Understanding the Difference Between Medicare Savings Plan and Husky"

Wednesday, November 29th, 1:30 pm

Presented by: Beata Raymond

Sponsored by: Raymond Senior Planning

Confused by all of these Medicare TV commercials, offering savings on Medicare premiums and extra benefits? Raymond Senior Planning can help you understand the difference between the Medicare Savings Program and Husky. The Medicare Savings Program is designed to help individuals with lower incomes. We will explain the different levels of the program, who is eligible, and how to apply. The highest level offers extra benefits such as additional dental and vision coverage, transportation, utilities, groceries, and many more. Please join us for this educational seminar. Snacks will be provided.

"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.**

"Berkshire Hathaway Information Table"

Fridays, November 3rd & 17th, 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.**

"10 Warning Signs of Dementia—Lunch & Learn"

Monday, November 6th, 12:30-2 pm

"Help! I keep losing my keys....do I have Alzheimer's?"

Has this common question or a similar one passed through your mind recently? Join Heather Hitchcock CDP and Community Education Manager for Bristol Behavioral Health, as she discusses the top warning signs of Alzheimer's vs. normal signs of aging. Leave this "Lunch and Learn" with a better understanding of typical age related changes vs. Alzheimer's and knowledge of local resources and community programs. A brown bag lunch will be provided including a sandwich, chips, chocolate chip cookie and bottled water! **Call to register.**

"Monthly Probate Forum"

Friday, November 17th, 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.**

"No-Bake Bake Sale"

2023 marks the 17th year of our annual fundraiser! You may receive a special mailer this month, but if not you can pick up a donation envelope in the lobby! All donations received will subsidize special programs, events and entertainment for YOU, our Calendar House members. If you are able to donate any amount, your generosity is truly appreciated! Checks can be made payable to "Calendar House Membership Association." Please mail to: Calendar House, 388 Pleasant Street, Southington, CT. 06489 or drop off at the front office, and THANK YOU ever so much!

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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.”**

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).



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



AARP TAX-AIDE VOLUNTEERS NEEDED!

AARP Foundation Tax-Aide is looking for volunteers. Do you think you could have fun preparing taxes for seniors? Would you like to join a really great group of people helping others? If so, we may have an opportunity for you! AARP Foundation Tax-Aide provides free tax preparation services to primarily seniors of low to moderate income. We are looking for compassionate and friendly people to join our volunteer team. Prior tax preparation experience is helpful, but not required. You don’t need to be an accountant or tax professional. Our volunteers come from a variety of backgrounds, and we’ll provide the training and support to help you develop new skills. If you’re interested or want more information, please visit: https://www.aarp.org/money/taxes/aarp_taxaide/?cmp=FDN-TAXAIDE-PRINT or leave your contact information with Dawn Sargis at the Southington Calendar House (email: sargisd@southington.org) and a local Tax-Aide volunteer will follow-up with you. We need new volunteers to continue to serve our community and it’s a great way to spend 1-2 days a week during the dreary winter months. Once tax season is over, so is the time commitment!

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.

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