

The Calendar House pool players celebrated the 93rd birthday of Salvatore “Bud” Gaudio last month. Bud, a U.S. Air Force Veteran was also honored and wrapped in a “Quilt of Valor.” He is pictured here with his daughter, Paula. Happy Birthday Bud and thank you for your service!



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## FROM THE STAFF...

It's the most wonderful time of the year...at Calendar House!

We are looking forward to seeing everyone who purchased a ticket for the Annual Holiday Party on Thursday, December 7th in the Aqua Turf Glass Room. Just a reminder, check-in begins at 11:15 and lunch will be served at 12:15.

Other holiday fun this month includes caroling by Girl Scout Troop #66507 on December 5th and a Lighted Holiday Poinsettia Ornament Class on December 12th. Also on the 12th, Veterans are invited to the John E. DeMello Sr. Veterans Holiday Luncheon. On December 13th we will host our 2nd Annual Grandparent/Grandchildren Holiday Bingo co-sponsored with both Southington Youth and Community Services. A holiday concert will be performed by the students of DePaolo Middle School at our Membership Meeting on December 21st and we invite you to enjoy seasonal music by the Herron Family Singers in our lobby on December 22nd!

In December we will also have a talk on Herb Garden Planning for 2024, a visit with our favorite Golden Retriever, Shadow, and a talk on Foods

that Boost your Immune System by ShopRite of Southington.

The Calendar House Trip Desk is hard at work planning for next year! Make sure to take a look at the Travel Page on the back cover to discover several cruises being offered, as well as a Charleston & Savannah trip. There is much more to come!

As we look ahead to 2024 we will strive to continue to offer new and interesting programming opportunities for our members. All of us at Calendar House would like to wish our members a wonderful month of December and a very happy and healthy holiday season!



~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](http://calendarhouse.org) website. To subscribe, please go to: [www.mycommunityonline.com](http://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

DECEMBER 21ST ~ 1 PM

*Featuring...*



A  
Holiday  
Concert  
by  
DePaolo  
Middle  
School

The Calendar House Membership Association invites you to attend a brief business meeting on Thursday, December 21st at 1 pm, followed by a festive holiday concert performed by the students of DePaolo Middle School. Please RSVP at the Calendar House front desk or call 860-621-3014 to register by Monday, December 18th. Light refreshments will be served!



## THE JOHN E. DEMELLO SR. VETERANS HOLIDAY LUNCHEON

TUESDAY, DECEMBER 12TH  
1:30 P.M.

Co-sponsored by the Southington Public Library and the Southington Veterans Committee, this Veterans only holiday luncheon will be held at the Calendar House Senior Center. Please note, the regularly scheduled Coffee Hour on Friday, December 15th has been canceled.



*No registration is required, just drop in!*

## CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Calendar House is currently processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) or 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:** Please provide your most recent Eversource electric bill. If you are an Eversource gas customer, please provide your most recent bill. If you have deliverable fuel, please provide your most recent delivery ticket and 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

*Jeff Driscoll  
Philip Wache*



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



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Calendar House - Southington, CT

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## ALL DAY, EVERY DAY @ CALENDAR HOUSE

Pool Players  
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Cardio Room  
Active Walkers (Walking Track)  
Library/Puzzle Makers  
Coffee 'n Conversation in the Lounge

## COMPUTER LEARNING CENTER

Computer Class registration for the winter 2024 class session will be held: Monday, January 8th and Wednesday, January 17th from 10 am—12 Noon.

For more information visit:

[www.calendarhouse.org](http://www.calendarhouse.org)

and click on the "Tech Classes" tab.

## FALL ENRICHMENT CLASSES

*(please check w/ your instructor on fall class end dates)*

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 fee)*  
Cribbage: 10-12  
Sit 'n Be Fit: 11:15  
Pickleball: 1-3 (Cxl 12/12)  
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  
Better Balance: 1-1:30  
*(cxl 12/6, last class 12/27)*

### 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  
*(12/7, 12/21)*  
Party Bridge: 1-3:15  
Pickleball: 1-3 *(cxl 12/21)*

### FRIDAY

Gentle Yoga: 9:30  
*(\$8 drop-in fee)*  
Sit 'n Be Fit: 11:15  
Bingo: 1:00  
\*12/15  
**Birthday Bingo**  
Free card to play if your birthday is in December!



# COMPUTER CLASS REGISTRATION/EVERSOURCE LIDR



The Computer Learning Center will accept registrations at Calendar House for the winter 2024 Computer/Tablet/Phone classes listed below on Monday, January 8th and Wednesday, January 17th 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>

**Manage your Computer** — Tuesdays at 1 pm from Jan 23, 2024 to Feb 27, 2024 - \$30

**Transfer Photos from Phone or Tablet to PC** — Thursdays at 1 pm from Feb 1, 2024 to Feb 8, 2024 - \$15

**Search for Ancestors On-line** — Tuesdays at 10 am from Jan 23, 2024 to Feb 6, 2024 - \$15

**iPad and iPhone Basics** — Thursdays at 10 am from Jan 25, 2024 to Feb 29, 2024 - \$30

**Android Phone Basics** — Wednesdays at 10 am from Jan 24, 2024 to Feb 28, 2024 - \$30

**Use Your Voice to Control Smartphone** — Mondays at 1 pm from Jan 22, 2024 to Feb 5, 2024 - \$15

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

## NEW! EVERSOURCE LOW INCOME DISCOUNT RATE

Effective December 1st, a new electric bill discount is available for residential electric customers who have a financial hardship on their account. Depending on your income or receipt of a public assistance benefit you may be eligible for either a 10% or 50% discount. Income limits for the 10% discount are: Single—up to \$41,533/Couple—up to \$54,338 or eligible for CEAP, Section 8 Housing, or Medicare Savings Plan SLMB or ALMB. Income limits for the 50% discount rate are: Single—up to \$23,328/Couple—up to \$31,552 or eligible for SSI/SSDI, SAGA, Cash Assistance, SNAP, Medicaid Husky C or D, or Medicare Savings Program QMB. If you qualify, but are unsure if you are receiving a discount, please call Calendar House at 860-621-3014 and ask to speak to Dawn Sargis.



# DECEMBER 2023 MONTHLY CALENDAR

6

/ SUN	/	MON	TUES	WED	THURS	1 FRI SAT	
		<p><b>DROP IN DAILY! 8:30 — 4:30</b>                      Pool * Ping Pong * Cardio Room * Sit 'n Be Fit                      Stained Glass * Active Walkers                      Library/Puzzle Makers * Coffee 'n Conversation                      See page 8 for ordering info                      for Calendar House Café Lunch!</p>					
3 SUN	4	<p><b>MON</b> 5                      Reiki Healing                      By App't Only</p>	<p><b>TUES</b> 6                      Girl Scout                      Caroling and Gift                      Handout</p>	<p><b>WED</b> 7                      Reiki Healing                      By App't Only</p>	<p><b>THURS</b> 8                      Annual Holiday Party                      at Aqua Turf                      Check in starts at 11:15                      Lunch served at 12:15                      Hanukkah begins at                      sundown</p>	<p><b>FRI</b> 9 SAT                      AARP                      Safe Driver Class                      Berkshire                      Hathaway Info Table                      Herb Garden                      Planning Talk</p>	
10 SUN	11	<p><b>MON</b> 12                      Reiki Healing                      by App't only                      9:30-11:30 Wheeler                      Clinic Outreach                      1-3 Holiday Gnome                      Needle Felting Class                      B&amp;V Jewelry Buying                      Event By App't Only</p>	<p><b>TUES</b> 13                      Pulse4Pulse Testing By                      App't Only                      10-11 Shadow Visits                      Calendar House                      1:00 Poinsettia                      Ornament Class                      5:30-7:30 Grandparent                      &amp; Grandchild Holiday                      Bingo</p>	<p><b>WED</b> 14                      Reiki Healing                      by App't only                      11-12 Free                      Blood Pressure Clinic                      by Beacon                      AARP Board of                      Directors Meeting</p>	<p><b>THURS</b> 15                      10-11 Probate Forum                      Hearing Screenings By                      App't Only                      1:00 December                      Birthday Bingo</p>	<p><b>FRI</b> 16 SAT</p>	
17 SUN	18	<p><b>MON</b> 19                      Reiki Healing                      by App't only</p>	<p><b>TUES</b> 20                        Foot Clinic                      by App't Only                      12:00 Book Club                      w/Cynthia Manchak</p>	<p><b>WED</b> 21                      Reiki Healing                      by App't only</p>	<p><b>THURS</b> 22                      1:00 Membership                      Meeting                      &amp; Holiday Concert by                      DePaolo Middle School                      10-11 Holiday Music by                      The Herron Family                      Singers in the Lobby                      Closing at 12 Noon</p>	<p><b>FRI</b> 23 SAT</p>	
24 SUN	25	<p><b>MON</b> 26                      Closed Christmas Day</p>	<p><b>TUES</b> 27                      Kwanzaa Begins</p>	<p><b>WED</b> 28                      10-11 Free                      Blood Pressure Clinic                      by The Orchards                      1:30 Coffee 'n Dessert                      "Foods that Boost your                      Immune System"</p>	<p><b>THURS</b> 29                      Closing at 12 Noon</p>	<p><b>FRI</b> 30 SAT</p>	
31 SUN							

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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. Maximum of 10 students. \*Students must be able to stand and walk unassisted for 30 minutes\* Please note: There is no class on December 6th. Also, Better Balance will be on hiatus after the December 27th class while LeAnn is away for the winter.

## 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**.

## FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (12/14) from 11 am—12 Noon.
- By *The Orchards* at Calendar House on the last Wednesday of each month (12/27) 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. (12/11 only due to December holidays). For more information please contact Holly Hansen at [hrhansen@wheelerclinic.org](mailto: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 the following Wednesdays: January 3rd, January 10th and January 17th at 10 and 11 a.m. 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"*

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\*\*Kindly be aware that a Cash Price of \$50.00 is available for individuals whose insurance is not included in the list above, yet still wish to undergo the test.

**Register for a Pulse 4 Pulse cardiovascular health screening at Calendar House on Tuesday, December 12th, by calling us at 860-621-3014!**

## CHALK UP FOR FUN!

### Southington Calendar House Third Annual "Tony Longo Centennial 8-Ball Tournament"

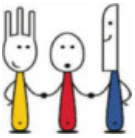


Mike Dupre congratulates the 2023 winner, John Wilkinson

If you enjoy playing pool and want to start your new year off with some friendly competition please plan to join the Third Annual Southington Calendar House "Tony Longo Centennial 8-Ball Tournament" scheduled for Tuesday, January 16, 2024 (if the Calendar House is closed due to snow on the 16<sup>th</sup> the tournament will be held on Friday January 19<sup>th</sup>). All Southington Calendar House members are welcome to participate as John Wilkinson defends his 2023 title! Sign-up is the day of the match from 8:30AM until 9:30AM in the pool room. Rules review will start at 9:30AM followed by random draw of players and matches. The tournament is a double elimination tournament this year. The winner's bracket will play 2 of 3 racks while the loser's bracket will play 1 of 1 match. Finals will be best of 5 games. Pizza will be provided for lunch courtesy of the Calendar House Membership Association.

## NUTRITION

### 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](http://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!

## 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 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.

- 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

- **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!*

## DECEMBER PROGRAMS

### “Girl Scout Caroling”

**Tuesday, December 5th, 3 pm**

Join us as the Girl Scouts from Troop 66507 visits the Calendar House for some holiday caroling in our Main Hall! Enjoy a cup of hot cocoa provided by the Membership Association while you listen. The Girl Scouts will also have a small holiday gift to share with all that attend and are really looking forward to seeing you! **Call to register.**

### “Berkshire Hathaway Information Table”

**Friday, December 8th, 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.**

### “Herb Garden Planning for 2024”

**Friday, December 8th, 10 am**

Join Vicky McCarthy for tea and cookies and a discussion on fragrant herb garden planning for spring of 2024. Plants that can be used in making potpourri, what to plant next year and how to care for those plants will all be discussed. You will also make a small potpourri sachet to bring home with you! **Call to register.**

### “B&V Jewelry Buying Event”

**Monday, December 11th, 1-4 pm**

GIA Certified Jeweler, Andy Bawa of B&V Jewelers will be at Calendar House to purchase your gold, platinum, diamonds, and silver (including flatware and coins). **Call to register.**

### “Pet Partners Visit with Shadow”

**Tuesday, December 12th, 10-11 a.m.**

Shadow, our favorite Golden Retriever and his handler John Jalbert will be spending an hour at Calendar House going room to room to brighten everyone’s morning! If you would like to meet Shadow for the first time, or say hi to him again, please plan to be in the building! Fun fact: Shadow responds to commands in English AND Bosnian—so smart! **Drop-in.**

### “Poinsettia Lighted Ornament Class”

**Tuesday, December 12th 1-4:30 pm—\$8 per person**

Join Calendar House instructor Penny Kindblom to create a festive poinsettia lighted ornament, just in time to decorate your holiday tree! All supplies are included and no experience is necessary! **Pay to register.** (Cash only)

### “Grandparent & Grandchildren Holiday Bingo”

**Wednesday, December 13th, 5:30-7:30 pm**



Enjoy some quality time with your grandchildren (ages 6 & up) while playing Bingo at Calendar House! Calendar House in partnership with

Southington Youth and Community Services will host our 2nd annual **Grandparent & Grandchildren Holiday Bingo**. Join us for FUN, bingo games & prizes, as well as pizza & refreshments from 5:30—7:30 pm. Tickets are only \$5 (includes 1 grandparent AND your grandchildren). Tickets go on sale at the Calendar House office on Monday, November 27th through Wednesday, December 6th (or until we reach 30 grandchildren registered, whichever comes first). When purchasing your ticket, please let us know how many grandchildren you will be bringing, as well as their names and ages. This is a great opportunity to spend some quality time with your grandchildren and give Mom and Dad a two hour break to have dinner or get some holiday shopping done! We hope you will join us! **Pay to Register.**

### “Monthly Probate Forum”

**Friday, December 15th, 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. The December forum will be held 12/15 due to the holidays. This program is provided in partnership with the Southington Public Library. **Call to register.**

### “The Herron Family Singers”

**Friday, December 22nd, 10-11 am**

Grab a cup of hot cocoa and get in the holiday spirit as The Herron Family Singers present “Songs of the Season” in the Calendar House lobby! **Drop-in.**

### “Foods that Boost your Immune System”

**Wednesday, December 27th, 1:30 pm**

Presented by: Marisa McCoy, RD

Sponsored by: ShopRite of Southington

Winter is here, and so are colds and sicknesses! Did you know that your diet can play a roll in boosting your immune system? Join Marisa your very own dietitian from the ShopRite of Southington in a presentation on “Foods that Boost your Immune System.” Let’s kick sicknesses away this winter and as always, healthy snack samples are included. **Call to register.**

### “No-Bake” Bake Sale

Thank you to everyone who has already donated to this year’s “No-Bake” Bake Sale! There is still time to donate! Envelopes are available 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! Make checks payable to “Calendar House Membership Association” and 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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**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](http://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.

## “2023”

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

**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).

## NEW for “2024!”

**April 21-25, CHARLESTON & SAVANNAH**, Charleston Tea Plantation, Sunset Cruise of Charleston’s Haunted Past, Tybee Island, Sunset Dolphin Cruise and MORE! Roundtrip airfare, 4-nights accommodations, 8 meals. **\$2,399.pp DBLE.**

**June 16-23, CELEBRITY ECLIPSE BERMUDA CRUISE**, Roundtrip transportation to NJ Pier, All onboard meals, classic drink package, free Wi-Fi, staff gratuities. **From \$1,449.pp TWIN.**

**June 25-July 3, SEINE RIVER CRUISE FROM PARIS**, Roundtrip airfare, 20 meals, open bar, tour of Normandy. **Lower Deck: \$4,309.pp DBLE. Upper Deck: \$4,519.pp DBLE.**

**Aug 28-Sep 8, CELEBRITY ECLIPSE CANADA CRUISE**, Departs from Boston, visit Rockland, ME; Halifax, NS; Sydney, NS; Quebec City; Charlottetown, PEI; Bar Harbor, ME. All onboard meals, drinks, Wi-Fi & gratuities. **From \$2,299.pp TWIN.**



## 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.



## AARP TAX-AIDE VOLUNTEERS NEEDED!

AARP Foundation Tax-Aide is still seeking volunteers! 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](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](mailto: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](http://www.wfsb.com) website.

### DIRECTOR

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### 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](mailto:lane250@cox.net)

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