



Director, David Lapreay conducts "Installation of Officers" of the Calendar House Membership Association at the January Membership Meeting.

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FROM THE STAFF...

Good News! Punxsutawney Phil did NOT see his shadow last month, predicting an early spring. Let's hope he was right and that March DOES NOT come in like a lion!

Just a reminder, the last day to purchase tickets for the St. Patrick's Luncheon Celebration is March 4th. Tickets for our popular, Annual Polish Night Celebration in April go on sale March 11th.

Our talk topics in March include: "Funeral Pre-Planning," "Planting Peas & Other Early Garden Chores," and the "UConn Huskies!" If health topics are your interest, Hartford HealthCare will present a talk and bingo game on "Colon Cancer Awareness" and also begin their 5-month "Healthy Brain" series this month. A new "Pre-Diabetes & Diabetes Support Group" will also begin meeting one Monday of each month through June. Details on all of these programs and more can be found inside this issue.

Tours of Distinction will join our Trip Desk to present "2024 Trip Opportunities" on March 14th at 1:30 p.m. Please call to register or sign up at the front desk.

Don't miss the live music of the *Larry Ayce Band* at the "Membership

Meeting" on March 28th at 1:00 p.m. Call us to register! Our thanks to *The Summit at Plantsville* as they resume providing a delicious cake for our meetings starting this month!

Reminder: if you have an email address, please check to make sure we have it on file. Our newsletter space is limited and we often use email notices to alert you to new opportunities. Information on the following late March/early April activities that we didn't have room for in this issue will be emailed soon. Mark your calendars:

- March 28th: Get your picture taken w/ the Easter Bunny!
- April 1st: Elephant Needle Felting
- April 3rd: Medicare "101"

Have a great month! ~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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Calendar House - Southington, CT

06-5315

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 THURS., MARCH 28TH ~ 1 P.M.

Featuring...
THE LARRY AYCE BAND!



Join us at Calendar House for a brief business meeting then get ready for great entertainment by The Larry Ayce Band! The band brings strong lead vocals and a virtuosic guitar-playing style that will electrify any room. Larry's natural, professional, and humorous manner will ensure an incredible performance. Larry's wife Doreen Marie, has a voice that is powerful and clear. Together they bring country music legends like Conway Twitty, Loretta Lynn, Tammy Wynette, and Randy Travis into the audience. They have been titled "Connecticut's own Nashville." Cake will be served courtesy of *The Summit at Plantsville*. Please RSVP by Monday, March 25th at the Calendar House front desk or call 860-621-3014 to reserve your spot!



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.

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 a.m. to 1 p.m. (Please arrive by 8:45) Classes will be held on March 8th and April 12th. 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.

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

Co-sponsored by the Southington Public Library and the Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 10 to 11 a.m., at Calendar House Senior Center.

No registration is required, just drop in!





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Calendar House - Southington, CT

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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

Registration for Spring 2024 classes:
Monday 3/4 & 3/11, 10am--Noon
For more info visit:
www.calendarhouse.org
and click on the "Tech Classes" tab.
Computer Lab Hours:
Mondays: 10 am—Noon
Wednesdays: 1—3 pm

SPRING ENRICHMENT CLASSES (In Session)

MONDAY: Quilting w/ Karen @ 10
Drawing w/ Sue @ 10
TUESDAY: Poetry w/ Pat @ 10
Resumes 3/19! Acrylic Painting w/ Pat @ 12
WEDNESDAY: Drawing w/ Sue @ 10
Watercolor w/ Penny @ 1:30
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
Cardio Drum: 2-2:30
Art w/Caydence : 2:30-3:30



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
Set Back: 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
(3/14, 3/28)
Party Bridge: 1-3:15
Pickleball: 1-3
(CXL 3/14, 3/21 & 3/28)
Scrabble: 1-3
Cardio Drum: 2-2:30

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
3/22 is
Birthday Bingo!
Free card to
play and a
cupcake if
your birthday
is in March!
Register at the bingo
table prior to 3/22!



SOCIAL EVENTS

ST. PATRICK'S LUNCHEON CELEBRATION AQUA TURF CLUB ~ GLASS ROOM

Join Calendar House on Monday, March 11th for a St. Patrick's Day Luncheon at Aqua Turf. Tickets are \$33 per person and have been subsidized by the Calendar House Membership Association to reduce the cost for everyone. **Tickets are on sale now until Monday, March 4th or until sold out.** 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. Check-in begins at 11 a.m. (please do not arrive earlier). Lunch is served at 12 Noon.

On the Menu—Served Family Style

House Garden Salad
Penne Bolognese
Corned Beef and Cabbage
Boiled Potatoes & Carrots
Ice Cream w/ Hot Fudge Topping
Cash Bar Available



Entertainment by **Pierce Campbell** will begin at 1 p.m. and the luncheon will conclude with a raffle! Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior.

POLISH NIGHT CELEBRATION AQUA TURF CLUB ~ GLASS ROOM

SAVE THE DATE! Join Calendar House on Wednesday, April 17th from 5—9 pm in the Aqua Turf Glass Room. Tickets are \$33 per person and have been subsidized by the Calendar House Membership Association. **Tickets go on sale Monday, March 11th through Wednesday, April 10th or until sold out.** 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. Check-in begins at 5 p.m. (please do not arrive earlier). Dinner is served at 6 p.m.

On the Menu—Served Family Style

House Garden Salad, Penne Bolognese
Roasted Pork Loin, Pierogis
Kielbasa and Sauerkraut
Potato and Vegetable
Ice Cream w/ Caramel Topping
Cash Bar Available




Music provided by **DJ Butch Gray** for your listening and dancing pleasure and the celebration concludes with a raffle! Dial-A-Ride bus service available, please request when purchasing tickets or at least one week prior.

MARCH 2024 MONTHLY CALENDAR




6

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 8 for ordering info
 for Calendar House Café Lunch!

1 FRI **2** SAT
 9-10 *Berkshire Hathaway Info Table*

3 SUN **4** MON **5** TUES **6** WED **7** THURS **8** FRI **9** SAT
 10-12 *Computer Class Registration*
B&V Jewelry Buying & Watch Battery Event-by App't Only
 *Foot Clinic by App't Only*
Reiki Healing By App't Only
 9-1 *AARP Safe Driver Class*
Hearing Screenings By App't Only

10 SUN **11** MON **12** TUES **13** WED **14** THURS **15** FRI **16** SAT
 *Daylight Saving Time Begins*
 9:30-11:30 *Wheeler Clinic Outreach*
 10-12 *Computer Class Registration*
 12-3 *St. Patrick's Lunch at Aqua Turf*
B&V Jewelry Buying & Watch Battery Event-by App't Only
 4:30 *Sr. Citizen's Advisory Board Meeting*
 1:30 *Funeral Pre-Planning Talk with Della Vecchia Funeral Home*
 10:30 *"Time to Plant the Peas" Talk*
 11-12 *Free Blood Pressure Clinic by Beacon*
 1:30 *Tours of Distinction 2024 Trip Presentation*
 9-10 *Berkshire Hathaway Info Table*
 10-11 *John E. DeMello Sr Veterans Coffee Hour*

17 SUN **18** MON **19** TUES **20** WED **21** THURS **22** FRI **23** SAT
 *St. Patrick's Day*
B&V Jewelry Buying & Watch Battery Event-by App't Only
 *Foot Clinic by App't Only*
Reiki Healing By App't Only
 1:30 *HHC Colon Cancer Awareness Talk & Bingo*
 1-2 *A History of Huskies Hoops — Legacy of Greatness!*
 10-11 *Probate Forum*
 1:00 *March Birthday Bingo*
 *Lion's Club Auction 6:15pm*

24 SUN **25** MON **26** TUES **27** WED **28** THURS **29** FRI **30** SAT **31** SUN
 8:30-9:30 *Pre-Diabetes & Diabetes Support Group*
 12:00 *Book Club w/Cynthia Manchak*
 1:30 *Still Waters USA Hammered Bracelet Class*
 10-11 *Free Blood Pressure Clinic by The Orchards*
 1:30 *HHC Healthy Brain Series "Activities to Challenge Your Mind"*
 10:30 *Pictures w/ the Easter Bunny! Sponsored by: Franciscan EverThere Care*
 *Membership Meeting With Larry Ayce Band*
 1:00
Center Closed
 *GOOD FRIDAY*

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SIT 'n BE FIT

A gentle, seated, 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 a.m. (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 a.m. with Kim and on Thursdays at 9 & 10 a.m. 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)

TUESDAY/THURSDAY CARDIO DRUMMING



During this group exercise class you will follow along with specially selected YouTube videos that run from 20 to 30 minutes. You will use a large inflatable exercise ball placed in a bucket for stability and drum sticks. Follow along with the music and moves to keep the beat and get a great cardio workout while toning your muscles, too! It's easy and FUN! These classes can be done seated or standing and you can move at your own pace. All equipment will be provided. Classes will be held on Tuesdays and Thursdays at 2 p.m. Call the office at 860-621-3014 no earlier than 8:30 a.m. the day of class to register. (10 students max)

BETTER BALANCE w/LEANN

Class will resume in June. Stay tuned for more information!

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 a.m. for seated yoga and Friday at 9:30 a.m. 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.

MORE EXERCISE OPTIONS!

Cardio Room: Monday—Friday 8:30 a.m.—4:30 p.m.

Walking Path * Pickleball: Mon-Thurs @ 1pm

Line Dancing: Mon & Wed @ 9:30 * Tap Dancing: Thursday @ 10



FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* at Calendar House on the 2nd Thursday of each month (3/14), 11 a.m.—12 Noon.
- By *The Orchards* at Calendar House on the last Wednesday of each month (3/27), 10—11 a.m.

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 a.m. (3/11 and 3/25). For more information please contact Holly Hansen at hrhansen@wheelerclinic.org or call 860-604-7448.

T.O.P.S. CLUB



T.O.P.S. (Taking Off Pounds Sensibly) meets at Calendar House on Thursday mornings at 8:30 a.m. 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 in April at Calendar House on the following dates: Wed., April 3rd, Wed., April 17th, Tues., April 23rd and Tues., April 30th 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.

HEARING SCREENINGS



Myranda Lombardi, 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, March 8th or Friday, April 12th between 10 a.m. and 1 p.m. Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is NOT available.

PRE-DIABETES/DIABETES SUPPORT GROUP

NEW! Sessions will be held on the following Mondays from 8:30—9:30 a.m.: February 26th, March 25th, April 22nd, May 20th and June 24th. Whether you are new to or already have pre-diabetes or diabetes, join Betsy Gaudian, MSN, RN-BC, RDN, CDCES for updated info, tips, tricks & support. To register, call 860-621-3014 or sign up at the front desk.



WINTER CLOTHING DRIVE

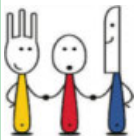
Calendar House is partnering with Southington Community Services (SCS) in sponsoring Operation Stay Warm, a winter clothing Pop-Up Shop during the months of October and November 2024. During winter 2023, SCS distributed 533 coats and winter accessories to Southington residents through this program.

Mark your calendars! During the month of April, Calendar House will serve as a drop off location for clean, gently used winter coats, boots and accessories in both adult and children's sizes. A collection bin will be located in the Calendar House lobby.

Thank you for your generosity!

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 \$3.00 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 p.m. 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 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!*

“Berkshire Hathaway Information Table”

Fridays, March 1st and 15th, 9—10 a.m.



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 is in the Calendar House lobby on the first and third Friday of each month from 9-10 a.m. and would be happy to answer any questions you may have. **Drop-in.**

“B&V Jewelry Buying & Watch Battery Events”

Mondays, March 4th, 11th, 18th & 25th, 12:30-2:30 p.m.

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). You can also make an appointment for a FREE watch battery! Limit one per customer of type 377, 321, 362, & 371. Lithium batteries, \$4 ea. **Call to register.**

“Funeral Pre-Planning Talk”

Wednesday, March 13th, 1:30-3 p.m.

When you make funeral pre-arrangements, you put your wishes on paper so that your loved ones will know exactly how to celebrate your life and honor your memory. Join Liz Cole, Funeral Director and Family Services Counselor for Della Vecchia Funeral Home for this free seminar designed to help you take the first step toward protecting your family both emotionally and financially by ensuring that a plan is in place in advance. Light refreshments will be served. **Call to register** by Monday, March 11th.

“Time to Plant the Peas” (and Other March Garden Chores)

Thursday, March 14th, 10:30—Noon



Join Vicky McCarthy to discuss peas and how to plant them! We will also discuss other early spring gardening chores. Bring your pruners and learn how to prepare them for spring pruning! Light refreshments served. **Call to register** by Monday, March 11th.

“Colon Cancer Awareness Talk & Bingo”

Wednesday, March 20th, 1:30-2:30 p.m.

Advancing age is a risk factor for Colon Cancer, but rates are also increasing among younger adults. Join Linda Ivey, Outreach Coordinator for the Hartford HealthCare Cancer Institute for a talk and bingo game on "Colon Cancer Awareness." The bingo game is based on the talk to reinforce the information discussed which will encourage questions & conversation, and most of all be FUN! Everyone will win a small prize. Light refreshments will be served. **Call to register** by Monday, March 18th.

“A History of Huskies Hoops: Legacy of Greatness”

Thursday, March 21st, 1-2 p.m.



Just in time for *March Madness*, celebrate the history and greatness of the UConn basketball teams with this fun, lively, and enlightening presentation hosted by award-winning sportswriter and author Marty Gitlin. Take a journey from the beginning of the men's and women's programs to the present with video highlights of their greatest teams, players, and events from the turn of the twentieth century to today. Marty will talk about and show the moments these incredible teams turned dreams into national championships, as well as those whose seasons ended in disappointment. The best of the best will be featured here, including legendary coaches Jim Calhoun and Geno Auriemma and superstars such as Art Quimby, Walt Dropo, Diana Taurasi, Rebecca Lobo, Richard Hamilton, Sue Bird, Ray Allen, Kemba Walker, Emeka Okafor and Maya Moore. The presentation will also feature fun trivia questions to ponder and answer, as well as a Q&A following. If you are a UConn basketball fan - men's, women's, or both—don't miss this one. Join in on the fun! **Call to register.**

“Monthly Probate Forum”

Friday, March 22nd, 10—11 a.m. (due to Good Friday, 3/29)



Do you have general probate questions? Then the *Monthly Probate Forum* is for you! Join Cheshire/Southington Probate Judge **Matt Jalowiec** on the last Friday of each month from 10-11 a.m. at Calendar House. This program is provided in partnership with the Southington Public Library. **Call to register.**

“Hammered Bracelet Class” w/ Still Waters USA

Tuesday, March 26th, 1:30—3 p.m.



Join Victoria Woolard from **Still Waters USA** to create a beautiful hammered sea glass bracelet! Use real sea glass from California and Rhode Island 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** beginning Monday, February 26th at the Calendar House front desk. The \$35 fee will be collected at the time of registration (cash or checks made payable to Still Waters USA).

“Healthy Brain Series”

The Hartford HealthCare Center for Healthy Aging will present a 5 month “Healthy Brain Series” at Calendar House on the last Wednesday of each month at 1:30 p.m. beginning in March and concluding in July. You can register for one or all five dates. **Call to register.**

- **March 27th:** “Activities to Challenge Your Mind”
- **April 24th:** “Importance of Diet and Nutrition”
- **May 29th:** “Finding Meaningful Engagement as You Age”
- **June 26th:** “Importance of Sleep and Your Brain”
- **July 31st:** “Lessons for Living Longer from People Who Have Lived the Longest”

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Calendar House - Southington, CT

06-5315



Trip Desk is held in the Calendar House lounge from 1—3 p.m. 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. 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.

****Join us for a Tours of Distinction 2024 Trip Presentation on Thursday, March 14th at 1:30 p.m. To register, call 860-621-3014 or sign up at the front desk!****

Tues/April 9, MUSIC MEN & BROADWAY BROADS, Aqua Turf. Celebrity Impressionists entertain with Broadway favorites. Chicken Kathryn, baked ham. **\$54.pp** (Drive on your own)

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.**

Wed/April 24, THE MUSIC OF ELTON JOHN, Villa Louisa, Bolton, CT. **Only 25 seats available!** Lunch and matinee show including cheese/cracker table, choice of Chicken Francoise or Stuffed Sole. **\$112.pp**

Tues/May 14, NEIL DIAMOND, THE TRIBUTE, Aqua Turf. **Only 25 seats available!** All your favorite songs! Coming to America, Sweet Caroline, etc. Chicken ala Kathryn, baked scrod. **\$94.pp** (Drive on your own)

Wed/May 29, CULINARY INSTITUTE OF AMERICA, Get an inside, behind the scenes look at food with interactive demonstrations and explore the science of taste! Full course Italian luncheon at Caterina de Medici Restaurant prepared by CIA students. **\$159.pp**

June 25-July 3, SEINE RIVER CRUISE FROM PARIS, 6 Night cruise aboard the M/S Seine Princess. Roundtrip airfare, 20 meals, open bar, tour of Normandy. **\$4,309.pp DBLE Lower Deck, \$4,519.pp DBLE Upper Deck**

Wed/June 26, NEWPORT HARBOR CRUISE, Board the Coastal Queen to view Newport Harbor and Narragansett Bay with time on Bowen’s Wharf. Lunch at Jonny’s at the Wyndham. Choice of chicken piccata, baked stuffed scrod or pasta primavera. **\$142.pp**

July 8-17, GRAND TOUR OF SCOTLAND, WALES AND ENGLAND! Roundtrip International airfare, 4-star hotels, 13 meals w/traditional Scottish Banquet, Loch Ness and Windsor Castle! **\$4,299.pp DBLE**

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. Calendar House DOES NOT follow Southington Public Schools for closings and delays.

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HIGHLIGHTED TRIPS...

“ESCAPE TO ACADIA”



**June 3-5
\$959.pp DBLE**

Features: 3-Days/2-Nights at the Cedar Crest Inn with wine and cheese reception, narrated tour of Portland, Acadia National Park with a stop at the top of Cadillac Mountain, shopping and lunch opportunities at Bar Harbor and picturesque Boothbay Harbor. Lobster is one of the dinner offerings both nights!

THE BEST OF ITALY! “TUSCANY TO AMALFI”



**September 23-
October 2
\$4,899.pp DBLE**

Features: Roundtrip international airfare, 9 nights with 4-star accommodations, 18 meals, tour director, and gratuities. Visit Florence, Pisa, Siena, Rome, Sorrento, Capri, Positano, Pompeii & Naples. See the Vatican & the Colosseum and drive the Amalfi coast!

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