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## FROM THE STAFF...

Happy May everyone! There is so much to celebrate this month; let's get started!

May is Older Americans month and the theme this year is **Powered by Connection**. To celebrate this special month we have some fun things planned! Please see page 3 for details.

May is for Moms! Please see page 8 to see how we are celebrating Calendar House Moms, Grandmas, and Great-Grandmas. We wish you ALL a great day on Sunday, May 12th!

We have all kinds of programs and talks planned for May. There is something for everyone, from learning about hip and knee replacements to roses to healthier BBQs! Take a look on page 10 and call us to register!

We are excited to have brand new art work displayed in the main hallway (see picture above) You MUST view these pieces in person to truly appreciate them, so stop by. There is so much artistic talent at Calendar House!

Last month brought some unexpected changes to the Nutrition Program. We are very pleased to tell you that beginning in May the program

will return to normal operations Monday through Friday! At this time you no longer need to order private pay meals at the front desk for Monday and Tuesday. All meals can be ordered directly with the Nutrition Program staff in the Main Hall. Please note that there is a cap of 20 diners per day.

We hope everyone enjoys all the picnics and parades that will be planned for the Memorial Day weekend at the end of the month. Let's not forget to also take time to remember those that made the ultimate sacrifice for our Country. As a reminder, Calendar House will be closed on Monday, May 27th in observance of the holiday.

**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](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.

### 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 May 10th and June 14th. 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

*Mark Landry*

*Priscilla Landry*

*Joseph LaPorte*



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

## CALENDAR HOUSE MEMBERSHIP MEETING THURS., MAY 30TH ~ 1 P.M.

*Featuring...*

### ESPERANTO DUO W/ DAVE GIARDINA & CO.



Attend a brief business meeting followed by an entertaining show by the Esperanto Duo with Dave Giardina & Co! This duo blends old jazz, folk, Latin, Celtic and instrumentals along with vocals, audience participation, singing and hand clapping. Don't miss this GREAT show! Cake will be served courtesy of *The Summit at Plantsville*. Please RSVP by Friday, May 24th at the Calendar House front desk or call 860-621-3014 to reserve your spot!

May is Older Americans Month,  and the 2024

theme is *Powered by Connection*. The social connections and meaningful relationships formed at our Senior Center play an important role in the health and well-being of our members. Stay connected by visiting Calendar House! We have fun things planned each week to celebrate Older Americans Month!

Wed. 5/8: Check in for a chance to win a \$25 Stop & Shop gift card!

Tues. 5/14: Popcorn and lemonade served in the lobby from 11 am-1 pm.

Thurs. 5/23: Cookies and Coffee served in the lobby from 8:30 am-noon.

Thurs. 5/30: Attend the Membership Meeting and be entered for a chance to win a gift basket!

## STATE OF CT

### RENTERS' REBATE PROGRAM

The State of Connecticut provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, living in cooperative housing and individuals residing in mobile homes who pay monthly lot rent may also apply. The rebate amount is based on a graduated income scale; and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year the renter applies (2023 info).

Applicants must have resided in CT for one year or more.

- You must have reached age 65 by December 31, 2023. (if married, only one spouse need be 65+)
- Individuals who are 100% totally, permanently disabled may apply regardless of age, but must show proof of Social Security Disability.
- Income Guidelines: \$43,800 Single Individual; \$53,400 Married Couple.
- You must provide documentation of all 2023 income; utility payments; rent receipts. (please do not send originals)
- **NEW APPLICANTS:** If you have not previously applied, please provide your phone number, and a copy of your drivers license OR proof of residency and date of birth.

We are now accepting paperwork to process applications. You must apply by October 1, 2024. To apply, please bring copies of your required 2023 income, utility and rent documentation to Calendar House, 388 Pleasant Street, Southington, CT. 06489, or simply drop your paperwork in a sealed envelope in the secure drop box located at the entrance of the Calendar House building Attn: Rent Rebate. Please make sure to include your phone number so that we can reach you if we have any questions. For more information please call 860-621-3014.



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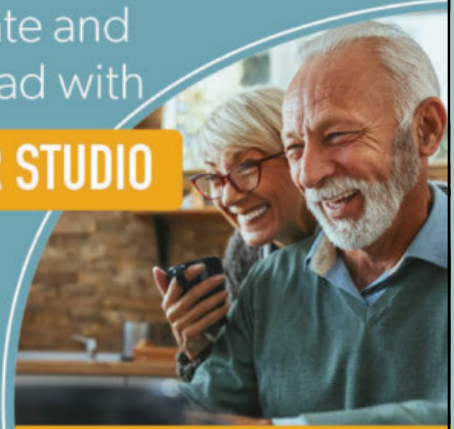
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## ALL DAY, EVERY DAY @ CALENDAR HOUSE

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

## COMPUTER LEARNING CENTER

Spring 2024 class registration:  
Monday, May 20th 10-11:30 a.m.  
Visit: [www.calendarhouse.org](http://www.calendarhouse.org)  
and click on the "Tech Classes" tab.  
Computer Lab Hours:  
Mondays: 10 a.m.—Noon  
Wednesdays: 1—3 p.m.

## SPRING ENRICHMENT CLASSES (In Session)

MON: Quilting w/ Karen @10  
TUES: Poetry w/ Pat @10  
Acrylic Painting w/ Pat @12  
WED: Pen & Ink w/Sue @10  
Watercolor w/ Penny @1:30  
THURS: Pen & Ink w/Sue @10

### MONDAY

Line Dance: 9:30  
(CXL 5/6)  
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



### WEDNESDAY

Gentle Seated Yoga: 9:15  
(*\$8 drop-in fee*)  
Line Dance: 9:30  
Granny Squares: 10 -12  
Sit 'n Be Fit: 11:15  
Set Back: 12:30-3  
Computer Lab: 1-3  
Pickleball: 1-3



### THURSDAY

T.O.P.S.: 8:30  
Group Exercise: 9 & 10  
Tap Dancing: 10-11  
Stained Glass Group: 10:30  
Sit 'n Be Fit: 11:15  
Canasta: 12:30  
(5/9, 5/23)  
Party Bridge: 1-3:15  
Pickleball: 1-3  
(CXL 5/30)  
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  
5/31 is  
**Birthday  
Bingo!**  
On 5/31 receive a free  
card to play and a  
cupcake if your birthday  
is in May! Register at the  
bingo table prior to 5/31!



## COMPUTER CLASS REGISTRATION



The Computer Learning Center will accept registrations at Calendar House for the spring 2024 Computer/Tablet/Phone classes listed below on Monday, May 20th from 10—11:30 a.m. After that date, registration for any remaining class seats will also be accepted in the Computer Lab between 10 a.m. and Noon on Monday mornings or between 1 and 3 p.m. on Wednesday afternoons until the start date of the applicable class. For full class descriptions, please visit <https://www.calendarhouse.org/schedule.php> or pick up a flyer at Calendar House.

### Spring 2024 Computer/Tablet/Phone Classes

Manage your Computer - Tuesdays at 1 p.m. from May 28, 2024 to July 2, 2024 - \$30

Search for Ancestors On-line - Tuesdays at 10 a.m. from May 28, 2024 to June 11, 2024 - \$15

Making Basic Web Pages - Thursdays at 1 p.m. from June 6, 2024 to July 18, 2024 - \$25

iPad and iPhone Basics - Thursdays at 10 a.m. from May 30, 2024 to July 11, 2024 - \$30

Organizing Phone & Tablet Photos - Mondays at 1 p.m. from June 3, 2024 to June 17, 2024 - \$15

Android Phone Basics - Wednesdays at 10 a.m. from May 29, 2024 to July 3, 2024 - \$30

Use your Voice to Control Smartphone - Mondays at 1 p.m. from June 24, 2024 to July 8, 2024 - \$15

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

# MAY 2024 MONTHLY CALENDAR

6

<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>		<p><b>1</b> <u>WED</u>                  Reiki Healing                  By App't Only                  1:30 HHC Skin                  Cancer Awareness Talk                  &amp; Bingo                  May Day!</p>	<p><b>2</b> <u>THURS</u></p>	<p><b>3</b> <u>FRI</u>                  9-10 Berkshire                  Hathaway Info Table</p>	<p><b>4</b> <u>SAT</u>                  May the 4th                  Be With                  You!</p>
<p><b>5</b> <u>SUN</u>                  Cinco                  De                  Mayo</p>	<p><b>6</b> <u>MON</u>                  10:30-11:30 Early                  Mother's Day                  Celebration                  Line Dancing Canceled</p>	<p><b>7</b> <u>TUES</u>                  Foot Clinic                  by App't Only                  10-12 Nails &amp; Mocktails                  1:00 Acrylic Paint Pour                  Class #2</p>	<p><b>8</b> <u>WED</u>                  Stop &amp; Shop Gift                  Certificate Raffle                  Reiki Healing                  By App't Only                  1:30 Banking                  Scam Awareness</p>	<p><b>9</b> <u>THURS</u>                  11-12 Free                  Blood Pressure Clinic                  by Beacon</p>	<p><b>10</b> <u>FRI</u>                  9-1 AARP Safe                  Driver Class                  Hearing Screenings                  By App't Only</p>
<p><b>12</b> <u>SUN</u>  </p>	<p><b>13</b> <u>MON</u>                  9:30-11:30 Wheeler                  Clinic Outreach</p>	<p><b>14</b> <u>TUES</u>                  10-11 Shadow Visits                  Calendar House                  11-1 Popcorn &amp;                  Lemonade                  in the Lobby</p>	<p><b>15</b> <u>WED</u>                  1:30 Hip &amp; Knee                  Replacement Talk</p>	<p><b>16</b> <u>THURS</u></p>	<p><b>17</b> <u>FRI</u>                  9-10 Berkshire                  Hathaway Info Table                  10-11 John E. DeMello                  Sr Veterans Coffee                  Hour                  Orchard                  Valley                  Garden                  Club                  Gardens                  Market                  8:30-                  Noon</p>
<p><b>19</b> <u>SUN</u></p>	<p><b>20</b> <u>MON</u>                  8:30-9:30 Pre-Diabetes                  &amp; Diabetes Support                  Group                  9:30-11:30 Wheeler                  Clinic Outreach                  10-11:30 Computer                  Class Registration                  12-1 Senior Bullying                  Lunch &amp; Learn                  1-3 Panda Needle                  Felting</p>	<p><b>21</b> <u>TUES</u>                  Foot Clinic                  by App't Only                  Reiki Healing                  By App't Only                  1-2 Rose—Queen of                  the Flowers Part 1</p>	<p><b>22</b> <u>WED</u>                  Reiki Healing                  By App't Only                  1:30 Healthier                  Summer BBQs</p>	<p><b>23</b> <u>THURS</u>                  8:30-12 Cookies &amp;                  Coffee in the Lobby                  10-11:30 Are You                  Listening?</p>	<p><b>24</b> <u>FRI</u></p>
<p><b>26</b> <u>SUN</u></p>	<p><b>27</b> <u>MON</u>                  CENTER CLOSED  </p>	<p><b>28</b> <u>TUES</u>                  Reiki Healing                  By App't Only                  12:00 Book Club                  w/Cynthia Manchak</p>	<p><b>29</b> <u>WED</u>                  10-11 Free                  Blood Pressure Clinic                  by The Orchards                  1:30 HHC Healthy                  Brain Series                  "Importance of Diet &amp;                  Nutrition"</p>	<p><b>30</b> <u>THURS</u>                  1:00 Membership                  Meeting                  w/Esperanto Duo                  &amp; Gift Basket Raffle                  Pickleball Canceled</p>	<p><b>31</b> <u>FRI</u> / <u>SAT</u>                  10-11 Probate Forum                  1:00 May                  Birthday Bingo  </p>

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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)

## SEATED & GENTLE YOGA w/ CLEMENTINE



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



FITNESS



## FREE BLOOD PRESSURE CLINICS



- By *Beacon Prescriptions* on the 2nd Thursday of each month (5/9), 11 a.m.—Noon. Drop in!
- By *The Orchards* on the last Wednesday of each month (5/29), 10—11 a.m. 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 on the following Mondays: May 13th and May 20th from 9:30 - 11:30 a.m. Questions? 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 a.m. for weigh-in and a weekly meeting. Thinking about losing weight, but don't know where to start? Drop in to join this encouraging group and they will be happy to help get you started!

## REIKI HEALING



All sessions for Reiki Healing with Jennifer Michnowicz through June are currently full. To be placed on a cancellation list, please call us at 860-621-3014. There will be no Reiki Healing appointments scheduled for July, August and September. Stay tuned for new dates coming in October!

## HEARING SCREENINGS



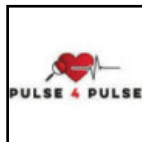
Myranda Lombardi, HIS, of Bristol Hearing Aides L.L.C. will provide a free ear exam and hearing test on Friday, May 10th or Friday, June 14th by appointment only. Call 860-621-3014 for an appointment. Advice on first steps of hearing health based on the hearing screening will be given. Please note, ear wax removal is NOT available.

## PRE-DIABETES/DIABETES SUPPORT GROUP



Whether you are new to or already have pre-diabetes or diabetes, Betsy Gaudian, MSN, RN-BC, RDN, CDCES will provide updated info, tips, tricks & support. Call 860-621-3014 to register for the following Mondays: May 20th and June 24th from 8:30—9:30 a.m.

## PULSE 4 PULSE TESTING



This is a 20 minute non-invasive circulation test that provides a picture of your cardiovascular health. Real-time results and recommendations with clinicians on-site. Tests are available Thursday, June 20th from 9 a.m.—1 p.m. Insurance accepted.

To register please visit: <https://www.signupgenius.com/go/10C0844AEA72DA3FCCE9-49114852-southington#/>



# MAY 2024 THIS 'N THAT

## *Early Mother's Day Celebration*

Monday, May 6th 10:30—11:30 a.m.



Everyone is welcome to register to celebrate all the Calendar House Moms, Grandmas and Great-Grandmas, too! Enjoy a slice of coffee cake while listening to live music performed by Mick LaRusso! This event is being sponsored by Franciscan Ever There Care. Call 860-621-3014 or stop by the front desk to register by Wednesday, May 1st.



## *Nails and Mocktails*

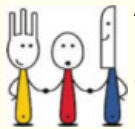
Tuesday, May 7th 10 a.m.—Noon

Join us in the Calendar House lobby for a little Pre-Mother's Day pampering by *The Orchards of Southington*! Mingle with friends as you wait, then enjoy a mimosa "mocktail" and a mini-manicure. This is a drop-in event. Manicures will be provided first come, first served.



## NUTRITION

### CALENDAR HOUSE CAFÉ



After many changes in April to the nutrition program, we are happy to announce that the program will return to normal operations in May! The only change remaining is that there will be a maximum of 20 diners that can be accommodated per day. 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 the Café Manager 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](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 p.m. Meals must be ordered two business days in advance. To order or cancel, please call the Café phone at (860) 621-6738 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 free transportation to residents of Southington aged 55+ and Southington residents aged 18+ with disabilities. To provide efficient, reliable, safe transportation to all our riders, there are specific guidelines to be followed. Following is a brief overview. Our complete guidelines can be picked up in the Calendar House office or viewed by visiting [www.calendarhouse.org](http://www.calendarhouse.org) and clicking on Dial-A-Ride Bus Service. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner. **For questions and reservations call 860-621-3014.**

**CT Transit Route 532/CTfastrak:** Calendar House Dial-A-Ride transportation to stops at Price Chopper, Stop and Shop and Walmart on the CT Transit Route 532 bus line and to the CTfastrak 928 Southington-Cheshire Waterbury Express service located at the Plantsville Park & Ride is available during our regular hours of operation with a minimum of one week advance notice. Please call to schedule.

**Medical Appointments:** Calendar House provides

rides for dialysis, as well as medical and dental appointments. 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.

**In-town medical appointments:** Please schedule in-town appointments between the hours of 8:30 a.m. and 2:30 p.m.

**Out-of-town medical appointments:** please plan according to the following schedule: 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 a.m. and 1 p.m.

**Shopping, Personal and Hair Appointments:** Please schedule for Tuesdays and Thursdays only and provide at least one week in advance.

**Calendar House:** Rides are available Monday—Friday to and from Calendar House for activities, programs, appointments and lunch with at least one week advance scheduling.





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## 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!*

## MONTHLY PROGRAMS:

### ***Berkshire Hathaway Information Table*** **w/ Lisa Olson, Realtor**

Friday, May 3rd and 17th, 9—10 a.m. **Drop-in.**



### ***John E. DeMello Sr.***

#### ***Veterans Coffee Hour***

Friday, May 17th, 10-11 a.m. **Drop-in (Veterans Only)**



### ***Probate Forum***

#### **w/ Matthew Jalowiec, Probate Judge**

Friday, May 31st, 10—11 a.m. **Call to register.**



## MAY PROGRAMS:

### ***Banking Scam Awareness for Seniors***

Wednesday May 8th, 1:30 p.m.

Join Sally Geigel of American Eagle Financial Credit Union for an informative discussion on financial fraud protection for seniors. Learn how to identify and protect yourself from different scenarios of fraudulent financial scams! **Call to register.** Light refreshments will be served.

### ***Shadow Visits Calendar House***

Tuesday, May 14th, 10-11 a.m.

Our good buddy Shadow the Golden Retriever has recovered from surgery and is begging to visit his Calendar House friends! Did you know that simply petting a dog can lower the stress hormone cortisol? **Drop-in** to say hi and lower your stress by giving some loving pets to Shadow as he visits with his handler, John Jalbert.

### ***Hip and Knee Replacement Talk***

Wednesday, May 15th, 1:30 p.m.

Join Dr. Ryan Charette of Comprehensive Orthopaedics as he speaks about hip & knee replacements, ways to prevent the need for one, when to seek medical intervention, what the options are, and the process of the corrective procedure. The presentation will end with a Q&A session. Light refreshments served. **Call to register** by Monday, May 13th.

### ***Orchard Valley Garden Club Gardeners Market***

Saturday, May 18th, 8:30 a.m.—Noon

Sale to be held at Calendar House under the bus port. Selection of plants, garden crafts, perennials, plants for pollinators, houseplants, and vegetables. Fundraising raffle for our scholarship. Cash, check or credit cards accepted. Please join us!

### ***Senior Bullying—Lunch & Learn***

Monday, May 20th, 12-1 p.m.

Take a moment to picture a bully. Do you see a young kid or adolescent picking on someone smaller than them? What happens when an adult becomes the victim of bullying? Bullying among senior citizens has been making news in recent years. Sit with Heather Hitchcock, Community Education Manager with Bristol Behavioral Health, as she discusses the realities of bullying among seniors and the impact it has on everyone. A bagged lunch including a turkey sandwich, chips, cookie, and bottle of water will be provided to attendees courtesy of The Pines of Bristol! **Call to register** by Wednesday, May 15th.

### ***Panda Needle Felting***

Monday, May 20th, 1-3 p.m.

If you haven't taken a needle felting class yet with Diana Sheard, you are missing out! Join Diana to create a cute little panda as your first project, or to add to your collection if you are a returning needle felter. Talk, laugh, and needle away, and you can take your panda home that day. No experience is needed. The cost is \$20 per person, and all supplies are included. **Pay to register** by Wednesday, May 15th. Cash payment only, please.

### ***Rose—Queen of the Flowers***

Part 1 on Tuesday, May 21st, 1-2 p.m.

Part 2 on Wednesday, June 12th

**Depart Calendar House at 9 a.m.—Approx, Return @ Noon**

Join Master Gardener Vicky McCarthy for this two-part presentation on roses! **Part 1:** Discuss the history of the rose and its culinary, medicinal, and landscape uses. Also, learn how to grow and care for them. **Part 2:** Board the Calendar House Dial-A-Ride bus for a trip to Elizabeth Park where Vicky will be your guide to view the beautiful roses in full bloom! The trip will be rescheduled if we experience inclement weather. **Call to register** by Thursday, May 16th. Maximum of 15 attendees.

### ***Healthier Summer BBQs***

Wednesday, May 22nd 1:30 p.m.

Summer is finally here, and so are your favorite summer foods! Join Marisa, your very own dietitian from the ShopRite of Southington, in a presentation on how to lighten up your summer BBQs for healthier eating! Delicious samples are included. **Call to register** by Monday, May 20th.

### ***Are You Listening?***

Thursday, May 23rd 10-11:30 a.m.

You may hear well, but do you listen well? If not, you're missing more than you know. Try active listening. With practice, you can reduce distractions, recognize unconscious biases, read between the lines, and avoid judging or giving unwanted advice. Family, friends, and coworkers will notice you actually pay attention during a conversation. *Are You Listening?* is presented by Southington resident Waldemar "Wally" Kostrzewa and takes a sometimes humorous look at listening styles, bad habits, and body language. You'll hear about recent findings and follow proven approaches to listen better. If you missed this last fall, here is your chance to catch this great talk! **Call to register** by Monday, May 20th. Program is co-sponsored by the Southington Public Library.

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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](http://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.

**Thurs/July 4, TANGLEWOOD W/ JAMES TAYLOR.** Let James Taylor entertain you with his music that is loved by millions and has earned gold, platinum and multi-platinum awards. Enjoy the music in reserved shed seats! Fireworks will follow the show. Motor coach transportation and tour director provided. Food is available for purchase. **\$139.pp**

**Tues/July 9, CELEBRATE ITALIA,** \*Aqua Turf. Aaron Caruso & the Sam Vinci Band bring their favorite Italian hits. Enjoy meatballs/sausage & chicken parmigiana. **\$54.pp**

**Wed/July 10, CRUISING NEWPORT.** Narrated lighthouse cruise on the harbor aboard Coastal Queen Cruises, lunch at La Forge Restaurant with choice of baked native scrod w/ lemon crumb, shepard's pie or chicken piccata. Scenic overview tour of Newport **\$159.pp**

**Tues/Aug 13, THE LEGENDS LIVE-THE SONGS OF LOVE,** \*Aqua Turf. Enjoy music from Sinatra & Kenny Rogers to Ella Fitzgerald & Roberta Flack. On the menu; baked cod and chicken marsala

**Thurs/Aug 15, THE SOUND OF MUSIC AT THEATRE BY THE SEA.** Lunch at George's of Galilee. Enjoy the music of Rogers & Hammerstein musical about Maria & the Captain and his 7 children. Lunch is NE clam chowder, clam cakes and choice of baked cod, roasted chicken w/ sundried tomatoes & mushrooms in a cream sauce or roasted beet salad. **\$176.pp**

**Wed/Aug 21, SAIL ON...THE BEACH BOYS TRIBUTE,** \*Aqua Turf. Enjoy classic hits that recreate the timeless songs of surfing, cruising, dancing & dreaming. On the menu; lemon chicken and maple glazed salmon. **\$94.pp**

**Aug 24-Sep 1, NATIONAL PARKS OF AMERICA'S WEST.** Spend 8 days and 7 nights traveling Utah, Wyoming, South Dakota and Colorado. Snake River, Old Faithful, Badlands, Mt. Rushmore and more! **\$3,799.pp DBLE**

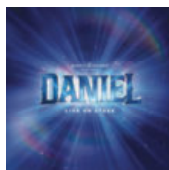
**Tues/Sept 17, PROVIDENCE ITALIAN STYLE.** Behind the scenes tour of Providence Historic Federal Hill. Three-course lunch at Cassarino's Restaurant with choice of chicken, pasta, or baked fish. Ride the Gondola with a singing gondolier! **\$185.pp**

\* All Aqua Turf Trips are “drive on your own” \*

## HIGHLIGHTED TRIPS...



**SARATOGA & LAKE GEORGE**  
**Aug 13-14**  
**\$469.pp DBLE**



**LANCASTER W/ "DANIEL" AT SIGHT & SOUND**  
**Sept 30—Oct 2**  
**\$675.pp DBLE**

Visit beautiful Saratoga Springs, Travel to the beautiful Pennsylvania Lake George & Glen Falls! Enjoy a Dutch country and experience welcome reception at Queensbury Amish culture. Visit Kitchen Kettle Hotel, a twilight dinner cruise aboard Village and enjoy reserved orchestra Lac du St. Sacramento, and reserved seats for “Daniel” at Sight & Sound grandstand seats at Saratoga Theatre. This trip ends with an Amish Farmlands Tour and lunch before heading home. Don't miss it!

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

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### TRIP DESK COORDINATOR

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