Active Lifestyles

CALENDAR HOUSE OF SOUTHINGTON





DECEMBER 2025

NEWSLETTER

FROM THE STAFF...

Welcome December and the holiday season! As we approach the holidays the Calendar House staff would like to thank everyone who participated in the "no-bake bake sale". Those donations are so important to help us enhance programing and to subsidize special events for our members.

We also want to thank the Granny Squares group for all of the hard work they put in year round for the craft sale they had on November 9th. They raised over \$500 for the Calendar House Membership Association!

In an effort to make special events more affordable, we will be having more events here on site. In saying that, we will need more volunteers to help us. Please consider doing that so we can make these events more accessible for everyone. We will really need your help.

The following pages have some fun holiday programs that include local organizations coming in to entertain you, Valentine's Toy Express will be stopping in, and The Herron Family Singers will be here on Christmas Eve to entertain us.

We wish you all a safe and wonderful 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 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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Mulberry Gardens Plantsville, CT 860 276 1020

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DECEMBER 2025 INFORMATION

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 Friday, December 12th from 9am-1pm

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 sizes are limited. Call 860-621-3014 to register. An on-line course is also available. To register for online course visit: https://www.aarpdriversafety.org/

MEMBERSHIP MEETING

Featuring
Jukebox Boys



December 18th, 2025 at 1:00pm

WELCOME BACK to the "Coconuts" who you will remember as "The Juke Box Boys". They will entertain you with original songs and songs you know by heart. This same band of originals (over 48 years together!) will continue to make you sing and laugh with their side-splitting parodies of popular songs and you will be on your feet laughing, cheering and dancing!! People are saying "I haven't laughed this much in years!?" The show is still a fast-paced mix of rock parodies, comedy numbers, sing-a-longs and straight up good old rock 'n roll. They are the Ultimate Baby Boomer Party providing exceptional entertainment and non-stop fun! Just what we need to bring in the holidays!

Our community partner, Raymond Senior Planning will provide delicious cake for you to enjoy as well!

Register at the front desk, by calling 860–621–3014 or online by Monday, December 15th.



In Memoriam Mary Ann Gugliotti

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



CEAP CONNECTICUT ENERGY ASSISTANCE PROGRAM

Calendar House is processing applications for the CT Energy Assistance Program (CEAP) for households that heat with deliverable fuel (oil or propane) and Eversource (electric or gas). Income guidelines: \$47,764 for a single individual and \$62,460 for a couple. There is no liquid asset test for the 2025/26 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 Social Security statement or most recent bank statement showing direct deposit; Pensions or Annuities: provide most recent check stub, statement from income source on their letterhead, or 1099-R; Veteran's Assistance: VA award letter, or most recent bank statement showing direct deposit; Income from family/friends: provide signed verification of support; 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 recent check stub or bank statement showing direct deposit; selfemployment (special form provided).

- 2. SNAP Recipients of SNAP must provide DSS proof of benefits letter.
- 3.Utility Bills: Electric Heat: Provide most recent Eversource bill. Natural Gas: Provide most recent Eversource Gas and Electric bill. Deliverable Fuel: Confirm your vendor participates in CEAP and provide most recent delivery ticket or statement and Eversource Electric bill.
- 4. New Applicants: Provide your phone number, copy of your driver's license, 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!



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DECEMBER 2025

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 12:00 Realty 3 12:00 Lunchtime Movie Matinee	2 10:00 Wheeler Presentation 2:00-Girl Scout Carolers 2:30-4:30 Wheeler Clinic 2:30 Astrology	3 10:00 Christmas Card Writing Project	4 11:00 Annual Holiday Party at the Aqua Turf	5 1:30 Marisa Malone- Weight Management
9-2 Foot Clinic 10:00 Gym Equipment Safety Class 1:00 Creative Cottage Crafts	9	10 11:30 Zion Pre-School Caroling Program	11 1:00 Veterans Holiday Luncheon	12 9-1pm AARP Smart Driver Class
15 10:00 Stay Safe at Home	16 2:30 Astrology	5:30 Intergenerational Bingo	18 11:15-1:15 Wheeler Clinic 1:00 Membership Meeting-Jukebox Boys: Dan Larosa and Co.	19 9-10 Berkshire Hathaway Real Estate Information Table
9-2 Foot Clinic 9-10 Diabetes and Pre-Diabetes Support Group	23	24 10:00 Herron Family Singers Christmas Eve Closing at 12:00pm	Merry Christmas	26 10:00 Probate Forum 1:00 Birthday Bingo
29	30 12:00 Calendar House Book Club 2:30 Astrology	31 New Years Eve Closing at 12:00pm	HAPPY NEW- YEAR	

The Calendar House Quilters have created a festive, Christmas quilt (54"x80") to raffle off during the holiday season. The tickets are \$2 each or 3 for \$5. All proceeds benefit the Calendar House Membership. The drawing will be held Friday, December 19th. You can purchase your tickets at the front desk.

6

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
Lunch is available Monday-Friday with
advanced registration. See page 10 for
details.

COMPUTER LEARNING CENTER @
CALENDAR HOUSE
Visit: www.calendarhouse.org
and click on the "Tech Classes" tab for class
information.
Computer Lab Hours:
Mondays: 10 a.m.—noon

Wednesdays: 1-3 p.m.

ENRICHMENT CLASSES
(currently in session)
MONDAY: Quilting w/ Milinda
TUESDAY: Acrylic Painting w/Pat
Poetry w/Pat
Open Studio w/ Sue
WEDNESDAY: Beginning Drawing w/Alex
Independent Watercolor w/ Penny
THURSDAYS: Advanced Drawing w/Alex
Beginning/ Advanced Drawing w/ Alex

MONDAY

Gentle Seated Yoga: 9:15
(\$8 drop-in fee)
Line Dance: 9:30
Computer Lab: 10-12
Breathwork and Meditation:
10:30 (\$4 drop-in fee)
Sit 'n Be Fit: 11:15
Mahjong: 12:30—Need
lessons? Call Lee Daley at
239-821-7760!
Pickleball: 1-3

Cardio Drum: 2-2:30

TUESDAY

Group Exercise: 9 & 10 Cribbage: 10–12 Sit 'n Be Fit: 11:15 Pickleball: 1-3 (CXL 12/2) Cardio Drum: 2-2:30 Open Art Studio: 2:30–4:30 (\$10 drop-in fee)



WEDNESDAY

Line Dance: 9:30
Gentle Seated Yoga 9:15 (\$8
drop-in fee)
Pinochle: 9:30-11:30
Granny Squares: 10-12
Reiki 10-2 (by appt. only)
Sit 'n Be Fit: 11:15
Set Back: 12:30-3
Computer Lab: 1-3
Pickleball: 1-3



THURSDAY FRIDAY

T.O.P.S.: 8:30 Gentle Yoga: 9:
Group Exercise: 9 & 10 (\$8 drop-in fee
Tap Dancing: 10-11 Sit 'n Be Fit: 11:
Stained Glass Group: 10:30 Bingo: 1:00

 Sit 'n Be Fit: 11:15
 12/26

 Hand & Foot Card Game:
 Receive

 12:30 (12/4 +12/18)
 AND

 Party Bridge: 1-3:15
 birthda

12/18)Scrabble: 1-3
Cardio Drum: 2-2:30

Pickleball: 1-3 (CXL 12/11 +

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
12/26 is Birthday Bingo!
Receive a free card to play
AND a cupcake if your
birthday is in December.
Register at the bingo table
prior to 12/26.

Cardio Drum: 2-2:30



HEALTH AND WELLNESS

FOOT CLINIC

Nurse Katie Goshdigian will be providing foot care on select Mondays in the health suite. Appointments are for 30 minutes and include basic foot assessment, nail trimming, nail filing, and filing of corns/calluses. Cost is \$30 payable to the nurse via cash or check made out to Foot Care RN. Please note clients with ingrown nails, history of leg/foot ulcers and diabetics taking medication need to seek foot care with their podiatrist or primary care provider. Please call 860-621-3014 to schedule an appointment for December 8th and 22nd and January 12th and 26th between 9am-1:30pm.

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! (Nominal fee applies).

WHEELER CLINIC HEALTH OUTREACH People impacted in any way by mental health problems and/or substance use disorders can drop in to visit Magdalin Odoi, Sr. Community Health Outreach Coordinator, to discuss treatment options, and receive education and resources on Tuesday, December 2nd from 2:30 to 4:30 p.m., or Thursday, December 18th from 11:15-1:15. For more info contact Magdalin Odoi at modoi@wheelerhealth.org or call 860-604-7448.

PRE-DIABETES/DIABETES SUPPORT GROUP

Whether you have Pre-Diabetes or Diabetes, either new or for some time: IF YOU WOULD LIKE UPDATED INFORMATION, TIPS, TRICKS, SUPPORT, THESE SESSIONS ARE FOR YOU!

Topics we can and will discuss (depending on your needs and questions): -Prediabetes, Diabetes, the basics or advanced -Nutrition and the DIET to control Glucose -Monitoring + CGM (continuous Glucose Monitoring) -Exercise and the Why -Medications & Complications -How to Cope, Emotions, Problem Solving -Resources available & your questions answered Betsy will present a topic each month relevant to the time of year By: Betsy Gaudian MSN, RN-BC, RDN, CDCES. This free group will meet on the last Monday of each month (unless indicated otherwise) from 9:00-10:00 a.m. at the Calendar House. Sign up at the front desk, call 860-621-3014, or register online by visiting schedulesplus.com/chs December 22nd and January 26th.

CHAIR MASSAGE/REIKI HEALING Ten Minute Chair Massages with licensed massage therapist Steve Casillas are available on Tuesday mornings. The fee is \$15, paid directly to Steve. To schedule or cancel, contact Steve at 860-329-1609. Forty-five minute Reiki Healing Sessions with Jennifer Michnowicz are available on varying days. The fee is \$30, paid directly to Jennifer. To schedule or cancel, contact Jennifer at 860-919-7365.

DECEMBER 2025 WEEKLY EXERCISE/PROGRAMS

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)

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. This drop-in class is offered Monday through Friday at 2 p.m. (10 students max)

GENTLE SEATED CHAIR YOGA w/ CYNTHIA

Mondays and Wednesdays from 9:15-10:15 a.m. Fridays at 9:15 Gentle Yoga \$8 drop-in fee. This Drop-in class will include gentle yoga performed in a chair and postures using support of the wall or at the exercise bar. Please wear non-slip shoes or socks and comfortable clothes! Your first class is always FREE, then pay \$8 per class to instructor, payable to Cynthia Griffin.

BREATHWORK & MEDITATION w/ CYNTHIA

Mondays from 10:30-11:00am This drop-in class can be done in a chair or on a yoga mat. No experience necessary to explore the many benefits of being in the moment with gentle easy movements, breathwork and meditation. Each week you will learn different aspects of these calming techniques. Please wear comfortable clothing.

Pay \$4 to the instructor, payable to Cynthia Griffin.

If you take the Chair Yoga class right before this class you pay only \$2 drop-in fee.

TUESDAY/THURSDAY GROUP EXERCISE

These exercise classes include cardio, strength, and balance. Please bring hand weights to class. These drop-in classes are offered on Tuesdays w/Kim at 9 & 10 a.m. and Thursdays w/ Marcia at 9 & 10 a.m. (12 students max)

MONTHLY PROGRAMS

HOW TO REGISTER FOR PROGRAMS:

Most programs at Calendar House require preregistration. If a program says:

- Register online: Visit schedulesplus.com/chs to register.
- 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 W/ LISA OLSON, REALTOR

Friday, December 19th, 9-10 a.m. Drop-in. Meet with Lisa Olson for any real estate questions you may have!

RAYMOND SENIOR PLANNING INFORMATION TABLE

Wednesday, January 21st 9:00-11:00 am.

Beata Raymond will be in the Calendar House lobby to answer questions you may have on all things Medicare! Drop-in.

REALTY 3 INFORMATION TABLE

Monday, December 1st 12:00-1:30pm

Margie Chupron and Diane Epps, both Realtors® with Realty 3 CT, are excited about the opportunity to connect with members of the senior community who may have questions about the Southington real estate market. Drop in.

JOHN E. DEMELLO SR. VETERANS COFFEE HOUR

Friday, December 11th at 1-3pm *date and time change Co-sponsored by the Calendar House and the Town of Southington Veterans Committee, this Veterans only coffee hour is held the 3rd Friday of the month from 9:30-10:30 a.m. at the Calendar House Senior Center. No registration is required, just drop in!

PROBATE FORUM

w/Matthew Jalowiec, Probate Judge

Friday, December 26th, 10 to 11 a.m. Register online or call before Wednesday, December 24th.



DECEMBER 2025 PROGRAMS

DECEMBER PROGRAMS

ASTROLOGY FOR BEGINNERS

December 2nd, **16**th **and 30th from 2:30-4:00pm** Come join Ron Goski, local astrologer and explore the past, present and potential futures based upon PLANETARY GEOMETRY. **Please register by the Friday before each class.**

LUNCHTIME MOVIE MATINEE-WHITE CHRISTMAS WITH BING CROSBY

Monday, December 1st at 12:00pm Welcome to the Calendar House Lunchtime Movie Matinee Holiday edition!

Enjoy this classic holiday movie with friends. Bring your lunch or snacks if you would like. We will supply a small snack, coffee, tea and chilled water. Please register online or by calling the front desk at 860-621-3014 by Wednesday, November 26th.

BETTER TOGETHER: THE IMPORTANCE OF SOCIAL CONNECTION AND HOW IT SUPPORTS BOTH EMOTIONAL AND PHYSICAL HEALTH

Tuesday, December 2nd at 10:00am The need to connect and belong is as essential as food, water, and shelter. Yet, as we age, our circle of friends and support often grows smaller—people move away, we lose touch, or loved ones pass on. Join us for an informative presentation on the importance of social connection as we age and practical ways to rebuild community, nurture relationships, and enhance overall emotional and physical well-being. Please register online or by calling the front desk at 860-621-3014 by Monday, December 1st.

CHRISTMAS CAROLING WITH THE GIRL SCOUTS

Tuesday, December 2nd at 2:00pm We are so happy to host a local Girl Scout troop here for a caroling event. Sing along with them while enjoying light refreshments! **Dropin.**

CHRISTMAS CARD WRITING PROJECT

Wednesday, December 3rd at 10:00am Let's spread some holiday cheer to our seniors that are homebound or living in local facilities this year! We will be writing Christmas cards, listening to holiday music, and enjoying some tea, coffee and other refreshments. Please register by Tuesday, December 2nd online or by calling the

front desk at 860-621-3014.

WEIGHT MANAGEMENT DURING THE HOLIDAYS

Friday, December 5th at 1:30pm Learn tricks and strategies to keep from gaining weight during the holiday season. Marisa Malone will help you gain skills to manage your weight not only through the holidays but for the rest of the year! Register online or by calling the front desk at 860-621-3014 by Thursday, December 4th.

GYM EQUIPMENT SAFETY AND PROPER USE WITH POWERBACK REHAB

Monday, December 8th at 10:00am Join the experts to learn about how Powerback Rehab can benefit you and enhance your time at the Calendar House! Occupational and Physical therapists will be present to educate and demonstrate safe use of the exercise equipment as well as provide education on balance assessments to help you age strong and gracefully.

Please register online or by calling the front desk at 860-621-3014 by Friday, December 5th.

CREATIVE COTTAGE CRAFTS- RAG STRIP CHRISTMAS TREE

Monday, December 8th at 1:00pm Create your very own adorable Rag Strip Christmas Tree, a charming handmade decoration that brings texture, coziness, and a touch of rustic magic to any holiday space! Each tree stands 12–15 inches tall and is made by layering soft fabric strips in festive patterns and colors—no two trees are ever the same!

You'll get to choose between two beautiful versions:

- ♣ Standing Rag Tree Perfect for mantels, shelves, entryway tables, or tiered trays. Sturdy and sweet, this little tree adds a pop of handmade charm anywhere you place it.
- A Hanging Rag Tree Lightweight and flat-backed so it hangs beautifully on a wall, door, or gallery display. A wonderful space-saving option that still delivers big seasonal personality!

This project is beginner-friendly, relaxing, and SO much fun to customize. Mix and match fabrics, textures, and colors to create a tree that feels uniquely "you!" It's the perfect craft for gift-giving, decorating, or simply enjoying a cozy creative moment. A fee of \$27 cash pp to be paid at the time of registration. Please register at the front desk by Friday, December 5th.

DECEMBER 2025 PROGRAMS

ZION PRESCHOOL CHRISTMAS CAROLING EVENT

Wednesday, December 10th at 11:30am Enjoy singing This is a drop in event. along with the Zion preschool carolers! The Zion preschool students will be here with their parents and teachers to sing Christmas carols just for you! We will be serving light refreshments for your enjoyment. Drop in event.

STAY SAFE AT HOME WITH ALWAYS BEST CARE OF GREATER BRISTOL- BREAKFAST AND LEARN

Monday, December 15th at 10:00am Always Best Care regain our balance? of Greater Bristol has been serving the Greater Bristol This program will provide information and tips to navigate community for over fifteen years. Join us for an interactive discussion where they will talk about who they are and how they are able to assist members of the community stay safe at home. They will cover the services that they offer and answer any questions that people may have. There will be a handout administered that will go over some of the early indicators that assistance in your daily life may be beneficial.

860-621-3014 by Friday, December 12th.

GRANDPARENT AND GRANDCHILDREN HOLIDAY **BINGO**

Wednesday, December 17th at 5:30pm Enjoy quality time with your grandchildren (ages 6 & up) while playing Bingo at Calendar House! On Wednesday, December 17th, the Calendar House in partnership with Southington Youth and Community Services will host our 4th Annual Grandparent and Grandchildren Holiday Bingo. Join us for FUN, bingo games & prizes, pizza & refreshments from 5:30-7:30 pm. Tickets are only \$5 includes 1 grandparent AND your grandchildren). Tickets will be on sale at the Calendar House office beginning Monday, November 17th through Monday, December 8th (or until we reach 30 grandchildren registered, whichever comes first). When purchasing your ticket, please let us know how many grandchildren will attend along with their name, gender, and age. This is a great opportunity to spend quality time with your grandchildren and give Mom and Dad a 2-hour break to have dinner or do some holiday shopping! We hope you will join us.

CHRISTMAS SING ALONG WITH THE HERRON **FAMILY SINGERS**

Wednesday, December 24th at 10:00am Join us for a holiday sing along with the Herron Family Singers! Enjoy

light refreshments while singing classic Christmas carols.

COMING UP IN JANUARY...

TIPS FOR NAVIGATING GRIEF

Monday, January 12th at 1:00pm Grief is a natural response to a loss.

We can grieve a person, an animal, any living thing, a home, a situation, or an idea.

When feelings of grief arise, how can we maintain or

grief, followed by questions from audience members.

Join us for information, tips, and discussion on navigating grief. Please register online or by calling the front desk at 860-621-3014 by Friday, January 9th.

About Dr. Wendy Hurwitz:

A graduate of Yale University School of Medicine, Dr. Wendy Hurwitz is a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Please register online or by calling the front desk at Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. She has a forthcoming book on stress.

> Dr. Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. She translates the latest and most sophisticated scientific research into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances. Dr. Hurwitz has provided training for AT&T, Unilever, Lowe Worldwide, the FDNY, and has been an invited guest speaker at the United Nations.

The Calendar House staff wants to wish you a Happy and Healthy New Year!



NUTRITION

Due to recent federal funding cuts there have been changes to the Nutrition Program provided by RW Solutions at Calendar House Senior Center. RW Solutions now serves lunch 3. days per week on Monday, Tuesday and Friday. Southington Bread For Life serves meals at Calendar House two days per week on Wednesday and Thursday. Meals for both programs must be pre-ordered and will be served at noon. See below for details on each program.

RW Solutions — Serving Monday, Tuesday and Friday. Meals are limited to individuals age 60+. A completed form-5 from the State of CT Department of Social Services/Elderly Division is required to participate. Please see the Café Manager for a form. A donation of \$3.00 per meal is suggested. Meals must be ordered by Tuesday at noon for Friday and for the following Monday and Tuesday. See the Café Manager or call 860-621-6738 to order or cancel a meal.

There is a daily limit of 30 meals.

Bread For Life — Serving Wednesday and Thursday. Please order meals by Friday at noon for the following Wednesday and Thursday at the Calendar House front desk or by calling 860-621-3014. There is a daily limit of 30 meals. A suggested donation of \$3 to Southington Bread For Life will be accepted when you receive your meal.

DIAL-A-RIDE

The Calendar House DIAL-A-RIDE provides free advance notice the better! We will do our best to transportation to residents of Southington aged 55+ accommodate appointment requests, but there are and Southington residents aged 18+ with disabilities, times when the schedule fills. Under normal 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 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 auestions 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 Friday to and from Calendar House for activities, advance notice. Please call to schedule.

Medical Appointments: Calendar House provides week advance scheduling. rides for dialysis, as well as medical and dental appointments. Please provide a minimum of one week advance notice for all appointments; the more

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 advanced notice.

Calendar House: Rides are available Monday programs, appointments and lunch with at least one



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DECEMBER 2025 TRAVEL

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. The Calendar House Trip Desk is comprised of all <u>VOLUNTEERS</u> dedicated to bringing new and exciting trip opportunities to our Center. All Calendar House trips are <u>NOT FOR PROFIT</u>, and volunteers do not receive any compensation/perks for their time. Please note: credit cards are not accepted for day trips.

2025

Thurs/Dec11th RADIO CITY CHRISTMAS SPECTACULAR This tour includes: Round trip transportation, Tour director, free time in the city, orchestra seats at Radio City Music Hall and gratuities. \$215 pp

2026

Tues/ March 10th ST. PATRICKS DAY CELEBRATION Featuring The Mclean Avenue Band and Irish Step Dancers! Corned Beef and Cabbage/ Baked Cod. Aqua Turf \$57pp

Tues/ April 14th ROCK N ROLL HEAVEN Dave Colucci gives a spectacular show paying tribute to music legends that left us too soon. Elvis, Buddy Holly, Bobby Darrin and other artists will be featured. Chicken Kathryn/ Baked Ham. Aqua Turf **\$57pp**

Thurs/ May 14th THE NEW YORK BEE GEES The New York Bee Gees are the ultimate Bee Gees tribute band. They will perform all of their classic 70's hits and some of their early works. You will enjoy coffee and donuts upon arrival and then a delicious lunch. Arrival at 11:30am Aqua Turf **\$99pp**

*All Aqua Turf events are drive yourself.

The Calendar House Trip Desk is currently working on the 2026 trip schedule. More information will be available in the January Newsletter.

HIGHLIGHTED TRIPS

FEB 5-8TH 2026 QUEBEC WINTER CARNIVAL

3 nights, 4 star Hilton Hotel in Quebec City, 6 meals, guided tour of Quebec, Beaupre Coast, access to the Quebec Winter Carnival, VIP seats for the Night Parade and roundtrip motorcoach. \$1249 Triple-\$1699 Single

JULY 15th 2026 SAIL 250 BOSTON TALL SHIPS 2026

Marks the 250th anniversary of our nation's founding in 1776. For this milestone occasion, a fleet of the world's most magnificent international tall ships and military ships, will gather in the port of Boston as a part of Sail250. The day will start at Maggiano's for lunch and then you will board the riverboat, The Lexington for a narrated cruise about the magnificent vessels that are here for this historic event. **\$183pp**

JULY 19-26TH BERMUDA AND NOVA SCOTIA CRUISE ON THE NCL BREAKAWAY

Embark on the NCL Breakaway in Boston and cruise to Nova Scotia where you will enjoy local sightseeing. After your day in Nova Scotia, you will the start your cruise down to Bermuda where you will spend 2 nights. from \$1499 twin-1929 balcony twin pp.

LOCATION & STAFF

388 Pleasant St.

Southington, CT 06489 Phone: 860-621-3014

www.calendarhouse.org

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.

DIRECTOR

Dawn Sargis sargisd@southington.org

PROGRAM COORDINATOR

Elizabeth Chubet chubete@southington.org

ADMINISTRATIVE ASSISTANT II

Tiffany Atkins atkinst@southington.org

ADMINISTRATIVE ASS'T/DRIVER

Dawn Sousa sousad@southington.org

P/T RECEPTION DESK

David Harrington harrington@southington.org

F/T BUS DRIVERS

Paula Ofiara Pocock & Christie Boucher

P/T BUS DRIVERS

Bob Donia/ Bruno Gagne

TRIP DESK COORDINATOR

Lana White 860-621-3779 or lana.white28@gmail.com

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