

# Active Lifestyles

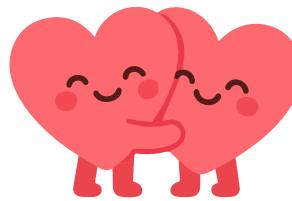
## CALENDAR HOUSE OF SOUTHBURY



FEBRUARY 2026

# NEWSLETTER

## FROM THE STAFF...



Happy February to our members! Shown above are some pictures of some of our holiday events that were so fun, meaningful, and brought our membership together.

We are still in the middle of winter and we have been working hard to keep everyone engaged and busy during these months. We are very fortunate to have such talented instructors that bring such wonderful programs to you every month. If you haven't tried something new here in a while, now is the time to do so. We have wonderful fitness, art, and stand alone programs that you can explore to get through the winter doldrums.

We have the classic movie "Grumpy Old Men" showing for our movie matinee this month. The South Central Health District will be running a brand new program called DASH here for 6 weeks. Pat Senich is running her Graphoanalysis program series too!

We have Joby Rogers coming back in March for his Make-up for Mature Women class. This was very popular last year and we are running it now for no fee! Join us for fun and enrichment here!

-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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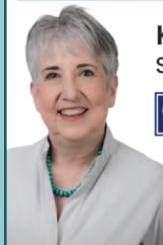
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[HHCSeniorServices.org](http://HHCSeniorServices.org)

\* Managed by Hartford HealthCare



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Calendar House - Southington, CT

06-5315

# FEBRUARY 2026 INFORMATION

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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

**Friday, March 13th 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

### Mick Iaruso



**Thursday, March 26<sup>th</sup> at**

**1:00pm**

Mick Iaruso plays guitar and sings a wide variety of hits from the past—Elvis, Johnny Cash, Beatles, Bobby Vinton, John Denver to name a few. Sinatra, Dean Martin and Tony Bennett are also in his set list. You'll be singing along to many favorites! Mick has delighted our Calendar House seniors before and we welcome him back.

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, March 23rd.



*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, 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 ; self-employment (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!

Happy  
Valentine's  
day

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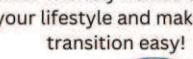


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An advertisement for MDMedAlert! featuring a smiling woman wearing a pendant with a blue 'HELP' button. The text includes 'IF YOU LIVE ALONE', 'MDMedAlert!™ At HOME and AWAY!', 'Starting at \$19.95/mo.', '✓ Ambulance ✓ Police ✓ Family', '✓ GPS & Fall Alert', 'STAY SAFE in the HOME YOU LOVE!', 'CALL NOW!', '800.809.3570', and 'md-medalert.com'. The BBB Accredited Business logo is also present.

A large, empty rectangular frame with a thick black border, occupying most of the page. The frame is positioned on the left side of the page, with a wide white margin on the right.

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# FEBRUARY 2026

## CALENDAR OF MONTHLY EVENTS

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <b>2</b><br>12:00 Realty 3<br>1:00 Graphoanalysis Class  | <b>3</b><br>11:00 DASH<br>2:30-4:30 Wheeler Clinic                             | <b>4</b><br>10:00 Valentine's Card Project  | <b>5</b><br>10:00 Powerback Balance Assessments                               | <b>6</b><br>9-10 Berkshire Hathaway Real Estate Information Table<br>10-1 VCE Veterinary Clinic* |
| <b>9</b><br>9 Foot Clinic<br>10:00 Movie Matinee<br>1:00 Graphoanalysis Class  | <b>10</b><br>11:00 DASH<br>11:00 Best Care Senior Services Informational Table | <b>11</b><br>9-11 Raymond Senior Planning Informational Table<br>1:00 Stay Safe at Home | <b>12</b><br>10:00 Powerback Excercise Class                                  | <b>13</b><br>10-1 Valentines Treat in the Lounge   |
| <b>16</b><br><br>CENTER CLOSED   | <b>17</b><br>11:00 - DASH  | <b>18</b>   | <b>19</b><br>10:00 Powerback Balance Assessments<br>11:15-1:15 Wheeler Clinic | <b>20</b><br>9-10 Berkshire Hathaway Real Estate Information Table<br>9:30 Veterans Coffee Hour  |
| <b>23</b><br>9:00 Prediabetes and Diabetes Support Group<br>9 Foot Clinic<br>1:00 Graphoanalysis Class   | <b>24</b><br>11:00 - DASH  | <b>25</b>   | <b>26</b><br>10:00 Powerback Excercise Class                                  | <b>27</b><br>10:00 Probate Forum<br>1:00 Birthday Bingo  |
| <ul style="list-style-type: none"> <li>• VCE Veterinary Clinic - you must register by February 3<sup>rd</sup>. Please call the front desk at 860-621-3014 for more information.</li> </ul> |  |   |   |  |



Daily Drop Ins from 8:30-4:30  
**Pool, Ping Pong, Sit 'n Be Fit, Active Walkers,  
 Cardio Room, Library, Puzzle Makers, Coffee  
 and Conversation**



# FEBRUARY 2026 WEEKLY/ HEALTH/TECH ACTIVITIES

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

## WINTER/SPRING ENRICHMENT CLASSES

MONDAY: Quilting w/Milinda at 10:00  
 TUESDAY: Poetry w/Pat at 10:00  
 Acrylic Painting w/Pat at 12:00  
 Open Studio w/Alex at 2:30 (\$10 drop-in fee)  
 WEDNESDAY: Beginner Drawing w/Alex at 10  
 Independent Watercolor @ 1:30  
 THURSDAY: Advanced Drawing w/ Alex @10  
 Beg/Adv Drawing w/Alex @12

### 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 (CXL 2/16)  
 Cardio Drum: 2-2:30

### TUESDAY

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



### WEDNESDAY

Gentle Seated Yoga 9:15  
 (\$8 drop-in fee)  
 Line Dance: 9:30  
 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  
 Cardio Drum: 2-2:30



### THURSDAY

T.O.P.S.: 9:30  
 Group Exercise: 9 & 10  
 Tap Dancing: 10-11  
 Powerback Balance 10  
 (2/12+2/26)  
 Powerback Exercise (2/6+2/20)  
 Stained Glass Group: 10:30  
 Sit 'n Be Fit: 11:15  
 Hand & Foot Card Game: 12:30  
 (2/19)  
 Party Bridge: 1-3:15  
 Pickleball: 1-3  
 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  
**2/27 is Birthday Bingo!**  
 Receive a free card to play AND a cupcake if your birthday is in February.  
 Register at the bingo table prior to 2/27.  
 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 February 9<sup>th</sup> and 23rd, and March 9<sup>th</sup> and 23rd 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 Magdalyn Odoi, Sr. Community Health Outreach Coordinator, to discuss treatment options, and receive education and resources on **Tuesday, February 3rd from 2:30 to 4:30 p.m., or Thursday, February 19th from 11:15 a.m.-1:15p.m.** For more info contact Magdalyn Odoi at [modoi@wheelerhealth.org](mailto: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](http://schedulesplus.com/chs) by February 23<sup>rd</sup> .**

**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.**

# FEBRUARY 2026 WEEKLY EXERCISE/PROGRAMS

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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)

## **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 9:15-10:15 a.m. \$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)

## **SEATED & GENTLE YOGA w/ CLEMENTINE**

Drop-in Wednesdays at 9:15-10:15 a.m. for seated yoga and Friday at 9:30-10:30 a.m. for gentle yoga. Please wear non-slip shoes and comfortable clothes! **Your first class is always FREE, then pay \$8 per class payable to the instructor.**

## **MONTHLY PROGRAMS**

### **HOW TO REGISTER FOR PROGRAMS:**

Most programs at Calendar House require pre-registration. If a program says:

- **Register online:** Visit [schedulesplus.com/chs](http://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, February 6th 11am-1pm, 20th, 9-10 a.m.**  
Drop-in. Meet with Lisa Olson for any real estate questions you may have!

## **ALWAYS BEST CARE SENIOR SERVICES OF BRISTOL INFORMATION TABLE**

**Tuesday, February 10th from 1-3pm** Meet with Patrick Downey to discuss resources and services available from Best Care Senior Services to help you age at home. Drop in.

## **RAYMOND SENIOR PLANNING INFORMATION TABLE**

**Wednesday, February 11th 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, February 2nd 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, February 20th at 9:30 am**

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, February 27th, 10 to 11 a.m. Register online or call before Thursday, February 26th.**

## **FEBRUARY PROGRAMS**

### **VALENTINES DAY CARD WRITING PROJECT**

**Wednesday, February 4<sup>th</sup> from 10:00-12:00pm**

Since our Christmas Card Writing Project was so successful, we have decided to create a Valentine's Card Writing Project too. In December we wrote out 1167 Christmas cards to distribute to our local nursing homes and Bread for Life. The outpouring of volunteers was incredible and we cannot thank them enough for their time helping us to create some holiday cheer to our local seniors.

Let's make create the same Valentine's spirit as we did at Christmas. Please register by Monday, February 2nd.

### **MOVIE MATINEE-GRUMPY OLD MEN**

**Monday, February 9<sup>th</sup> from 10:00am-12:00pm**

Welcome to the Calendar House Movie Matinee!

We will supply a small snack, coffee, tea and chilled water.

*Longtime rivals compete for the attentions of a widow, their alluring new neighbor; but they may have to reconcile when their adult children become attracted to one another.*

**Please register online or by calling the front desk at 860-621-3014 by Friday, February 6<sup>th</sup> .**

## **STAY SAFE AT HOME**

**Wednesday, February 11th at 1:00pm** Always Best Care of Greater Bristol has been serving the Greater Bristol 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.

**Please register online or by calling the front desk at 860-621-3014 by Tuesday, February 10th**

## **VALENTINE'S DAY TREAT**

**Friday, February 13th** Help yourself to a small Valentine's treat in the lounge from 10:00-1:00 or until supplies last.

## **COMING UP...**

### **MAKE UP FOR MATURE WOMEN**

**Monday, March 2<sup>nd</sup> at 1:00** Discover the best make-up techniques for your specific concerns. Explore make-up products and tools that will elevate your routine. Topics of discussion will include: keeping your makeup and brushes clean and sanitary , using the right tool for the right application, choosing the right concealer and foundation for your skin tone color, contouring, highlighting, blushing, and so much more. Please bring a notebook and pen. Participants are encouraged, but not required to bring their personal make-up and brushes for a professional evaluation. Participants are encouraged, BUT NOT required to attend make-up free.

**Please register by Friday, February 27th. No fee.**

## **ST PATRICKS DAY GET TOGETHER**

**Tuesday, March 17<sup>th</sup> at 1:30** Top of the mornin' to you!

Join us for a very informal St. Patrick's Day party in the Main Hall.

We have the pleasure of having Anita Siarkowski playing Irish classics on her accordion with Cynthia Herron reading excerpts from Anita's books. These

books are full of comedic puns and experiences from Anita's life. It will be an event full of laughter, music and fun! We will also be serving light refreshments during the event. **Please register by Friday, March 13th online or by calling 860-621-3014.** This event will feature a conference with four expert-led 20-25 minute sessions, culminating in a town hall-style Q&A session and a light lunch for networking. **Please register online or call the front desk at 860-621-3014 by Wednesday, April 8th.**

## EXOTIC BIRDS OF THE WORLD

**Tuesday, March 24th 10:00-11:30 am**

Join Tom Kosturko from Compassion Homecare LLC for an educational program on exotic birds of the world. This program will include:

- Fun facts and other great information.
- Trivia questions to see who really does have a bird brain of knowledge as we go along from slide to slide.
- Sound bytes of many of these amazing exotic birds of the world.
- He will share the story of the survival and adaptation of the South American Monk Parrots here in Connecticut.

Tom's presentations are interactive and he includes many slides illustrating each bird he is talking about.

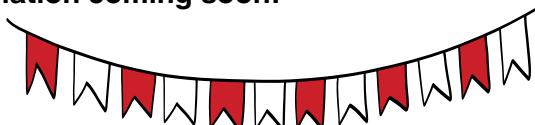
**Please register online or by calling the front desk at 860-621-3014 by Monday, March 23rd.**

## POLISH NIGHT- SAVE THE DATE!

**Wednesday, April 8<sup>th</sup> 3:30pm at the Calendar House Main Hall**

We are bringing Polish Night to the Calendar House!

Enjoy appetizers, A Taste of Poland plate by Colossal Kielbasa, drinks, desserts, and authentic Polish music by David Goclowski. We will have raffles too! **More information coming soon!**



## SCARF (SENIOR CONFERENCE AND RESOURCE FAIR)

**Thursday, April 9<sup>th</sup> from 9:00am-1:00pm** The Senior Conference and Resource Fair (SCARF), sponsored by New Season In Life, is an informative and engaging event designed to provide seniors and their families with valuable resources and insights. This event offers a unique opportunity to connect with industry experts and local businesses that specialize in senior care.

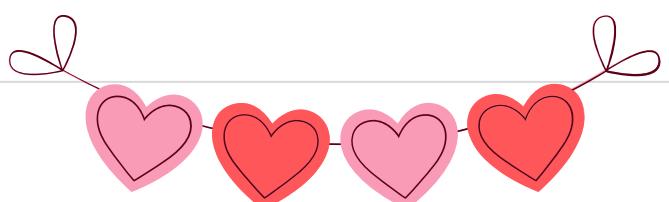
### SUGGESTION BOX:

A suggestion was made by a few members that we create a crafting group. We would like a volunteer to lead this group and to coordinate with Liz Chubet to reserve time slots for crafting and to create a series including simple and affordable projects. The main reason this was suggested was to keep the prices affordable for the crafting classes held here. We know there are some very talented members roaming the Calendar House, so if you are interested in taking this on please contact Liz Chubet at chubete@southington.org. Thank you!

### AARP Tax-Aide

Income tax assistance will be available by appointment only at Calendar House for individuals or couples to file their 2025 income tax returns with AARP Tax-Aide. Appointments will be held on Tuesday & Friday mornings from 9-11 a.m. beginning Tuesday, February 10th through Friday, April 10th. You may call 860-621-3014 beginning Tuesday, January 20th to schedule an appointment. Trained, certified AARP-TCE Volunteer Tax Counselors will assist you in preparing your personal 2025 Federal and State Income Tax Returns. Complex, business or self employment returns and/or rental income are out-of-scope.

\*Very Important\* After making your appointment, you must come to Calendar House to pick up an intake booklet to be completed at home, PRIOR to your appointment. Intake booklets can be picked up at Calendar House Monday through Friday between 8:30 a.m. and 4:30 p.m. You will be given a complete list of items to bring with you to your appointment. It is EXTREMELY IMPORTANT that the intake booklet is filled out completely, with no omissions or unsure answers. Also, please make sure to have EVERYTHING that is listed that pertains to you and your return, as follow-up appointments may not be available.



## NUTRITION

**RW Solutions** 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 25 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.

**Both programs offer envelopes so donations can be made anonymously.**

## DIAL-A-RIDE

The Calendar House DIAL-A-RIDE provides free 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.

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

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





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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. 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. Please note: credit cards are not accepted for day trips.

## 2026

**Tues/ March 10<sup>th</sup> ST. PATRICKS DAY** The McLean Avenue Band and Irish Step Dancers! Corned Beef and Cabbage/Baked Cod. Aqua Turf **\$57pp**

**Tues/ April 14<sup>th</sup> 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**

**Tues/ July 14<sup>th</sup> NORTH COUNTY BAND** Nominated for 2023 New England Music Awards “Country Act of the Year”. North County Band brings their act to Aqua Turf after being featured on News 12 CT and WNHU Radio’s “The Nashville Sound”! Line Dancing instructions will be provided, no experience needed! BBQ Chicken Thighs/ Baked Cod Aqua Turf **\$57pp**

**Tues/ August 11<sup>th</sup> “YOUNG AT HEART-FEET SO SMART”** Dance from Disco to Ballroom with Richie Mitnick. Lots of Line Dancing too! Baked Cod/Chicken Marsala Aqua Turf **\$57pp**

*\*All Aqua Turf events are drive yourself.*

## HIGHLIGHTED TRIPS

### JULY 14-17<sup>TH</sup> CAPE COD ESCAPE

3 night accomodations at Courtyard by Marriott Hyannis, 6 meals, round trip motorcoach, 5 course dinner aboard the Cape Cod Central RR, 1 lobster dinner, guided tours of Hyannis, Provincetown, Martha's Vineyard, Dune Buggy Tour, and so much more.

**From \$1455 pp triple, \$1575pp double, \$1925pp single.**

### AUGUST 5-6<sup>TH</sup> SARATOGA

2 day tour of Saratoga Springs, Lake George, and Glens Falls, NY. Accomodations at the Queensbury Hotel in Glens Falls. Enjoy a 2.5 hour dinner cruise aboard the Lac du St. Sacrement, free time on Main Street in Saratoga, reserved grandstand seats at the racetrack and so much more!

**From \$495 pp triple, \$535 pp double, \$655 pp single.**

### AUGUST 3-13<sup>TH</sup> SPAIN'S TOTAL SLAR ECLIPSE

Round trip airfare, 9 nights 4-star accommodation, transportation from and to Calendar House, sightseeing throughout Spain, Eclipse viewing with glasses, tour guide, all gratuities. **From \$4999 pp double, \$5699 pp single.**

### SEPTEMBER 7-16<sup>TH</sup> A CRUISE ALONG THE DANUBE RIVER

Roundtrip airfare, 1 night pre-cruise accommodation in Budapest, 7 nights on the M/S Geoffrey Chaucer, 20 meals, 9 excursions, and so much more! See sights in Hungary, Slovakia and Austria. **From \$4499 pp double, \$5399 pp single.**

## LOCATION & STAFF

388 Pleasant St.

Southington, CT 06489

Phone: 860-621-3014

[www.calendarhouse.org](http://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](http://www.wfsb.com) website. **Calendar House DOES NOT follow Southington Public Schools for closings and delays.**

### DIRECTOR

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Paula Ofiara Pocock & Christie Boucher

### P/T BUS DRIVERS

Bob Donia+Bruno Gagne

### TRIP DESK COORDINATOR

Lana White 860-621-3779 or

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