

Active Lifestyles

CALENDAR HOUSE OF SOUTHTON



JULY 2026

NEWSLETTER

FROM THE STAFF...



Summer is in full swing, and we hope our members are enjoying their vacations and all the season has to offer. Although some of our regular programs are currently on hiatus, we still have a wealth of activities available during this time.

For those seeking a day trip or an overseas adventure, the Trip Desk provides a variety of options. Please refer to the back page of the newsletter for the latest trips to consider.

We are pleased to announce that renowned artist Johanne Beerbaum will be teaching a portrait class on July 7th, covering the fundamentals of portraiture. Additionally, we invite you to join our Lunch and Learn session on July 13th, presented by American Senior Services, where they will discuss retirement and wealth management strategies.

Discover OLLI, UConn's lifelong learning institute, offering non-credit learning opportunities for those eager to continue their education.

This month, we have two exciting events: our second Mocktail Party and Hot Dog Bingo! Be sure to purchase your tickets to ensure you don't miss out on these enjoyable experiences!

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!



The Elderly Brothers will be here to perform on July 30th!

WHAT'S INSIDE

PAGE 3

- Information

PAGE 5

- Calendar of Events

PAGE 6

- Weekly Activities/Health

PAGE 7

- Exercise/Programs

PAGE 8

- July Programs

PAGE 9

- July/ August Programs

PAGE 10

- This and That

PAGE 12

- Travel



Better. Brighter. Stronger.

Whether you join us for a brief stay, or call us home, we are here for you.

Summit at Plantsville Center for Health & Rehabilitation provides a wide array of medical services including:

- Short-Term Rehabilitation
- Long-Term Care
- Memory Care
- Respite Care
- And so much more!



Scan to learn more

Call us today, 860.628.0364, to see what Summit can do for you.

Summit at Plantsville
Center for Health & Rehabilitation

261 Summit Street
Plantsville, CT 06479
860.628.0364
summit-info@nathealthcare.com

IF YOU LIVE ALONE

MDMedAlert!™

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family

“STAY SAFE in the HOME YOU LOVE!” ✓ GPS & Fall Alert

CALL NOW!



800.809.3570

* md-medalert.com

STARTING AT
\$19⁹⁵ /mo.



Simplifying Home Transitions for Seniors



Kate Busch Gervais, SRES®
Senior Citizen Focused Realtor

CB Coldwell Banker Realty
Licensed in CT & MA

860.690.5467

kate@clearpathmoves.com

clearpathmoves.com

Get free
consultation!



Newly Renovated Rooms

The Bradley Home
and Pavilion

*Long-Term Care

*Respite Care

*Short-Term Rehab

Tour Today!

(203) 235-5716

Try us,
you'll like us.



Hartford HealthCare
Senior Services

Our communities:

The Orchards at Southington
Southington, CT
860.628.5656

Arbor Rose at Jerome Home*
New Britain, CT
860.229.3707

Cedar Mountain Commons
Newington, CT
860.665.7901

Mulberry Gardens
Plantsville, CT
860.276.1020

HHCSeniorServices.org

* Managed by Hartford HealthCare

You may have questions about whether assisted living is the right choice — for yourself, or for a loved one. Why not give it a try? Hartford HealthCare has four beautiful and conveniently located assisted living facilities that provide short-term and trial stays, of a few weeks or months, where you can experience all we have to offer, including:

- Beautiful studio, one- and two-bedroom apartments with kitchenettes in serene settings.
- Meals included.
- Live independently, knowing services such as assistance with daily living, medication and more are available if you choose.

Find out what it's like to do the things you love most without the worries of upkeep and security or the financial burdens of owning a home. **To learn more, call us today!**



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, July 10th 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

The Elderly Brothers



Thursday, July 30th at 1:00pm

BACK BY POPULAR DEMAND, Brian Gillie and Tom Stankus on piano and guitar will dazzle you with their enthusiasm and natural talents as entertainers. Among their repertoire are Jazz, Blues, Rock 'n Roll, Hollywood, Broadway, swing, dance tunes. They tickle the keys and sing the hits with a crisp radiance and some comedy mixed in! You might even get on your feet and show us your cool dance moves.

Register at the front desk, by calling 860-621-3014 or online by Monday, July 27th.

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



In Memoriam

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

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 made in the calendar year prior to the year the renter applies (2025 info).

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

- You must have reached age 65 by December 31, 2025. (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: \$46,300 Single Individual; \$56,500 Married Couple.

- You must provide copies of documentation of all 2025 income; including your 2025 Income Tax Return (if filed), as well as a copy of your 2025 SSA-1099; utility payments; rent receipts or monthly rent statements (please do not send originals).

- NEW APPLICANTS: If you have not previously applied, please provide your SS#, phone number, and a copy of your drivers license OR proof of residency and date of birth.

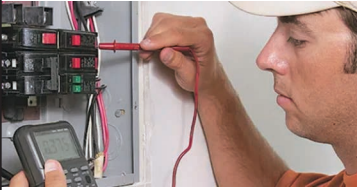
Applications are now being accepted. The last day to apply is Wednesday, September 30th.

To apply, please bring copies of your required 2025 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.



APPLE VALLEY ELECTRIC

Working Very Hard Every Day To Become Your Local Electrician



NO JOB TOO SMALL
860-302-2019

FREE Estimates
Licensed & Insured

CT LIC: 0198631-E1

www.applevalleyelectricct.com

SENIOR & MILITARY DISCOUNT



COMPOUNDING PHARMACY

Family Owned

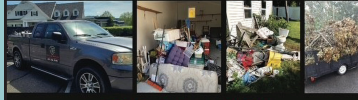
Fast, Friendly Service • Delivery Available

Call: 860-628-3972

609 North Main St., Southington, CT 06489



CLR Junk Removal
Recycling & Clean-up Professionals



203-306-9199

www.clrjunkremoval.com
clrjunkremoval@gmail.com

Raymond Senior Planning

203-699-2611

WE HELP WITH MEDICARE, MEDICARE SAVINGS PROGRAM AND RETIREMENT NEEDS

Call us for a free consultation!

360 North Main Street, Suite 5, Southington CT 06489

195 West Main Street, New Britain CT 06052

www.raymondseniorplanning.com • raymondseniorplanning@gmail.com

Never miss our publication!



Get each new issue delivered straight to your inbox.



Scan to subscribe on MyCommunityOnline.com



Support Our Advertisers!



Providing Solutions to Live More Independently

- Stair Lifts & Ramps
- Mobility Scooters & Chairs
- Reclining Lift Chairs
- Portable Oxygen
- Hospital Beds
- Barrier-Free Showers
- Bathroom Safety
- Rentals & Much More!



Visit a store near you!
We deliver! Call us for a Home Safety Assessment!

385 Main St. S, Suite 102
Southbury, CT 06488
203-262-0383

50 Spring St
Southington, CT 06489
860-777-1042

280 N Bedford Rd, Suite 101
Mount Kisco, NY 10549
914-483-3605

onthemendmedical.com



Come Golf All Year Long!

Located in Downtown Southington
860-916-9539
happysindoorgolf.com
hello@happysindoorgolf.com



Coffee + Golf Membership

\$99/mo for Unlimited Golf + Free Coffee

Seniors Only Leagues

\$19/week per player - Compete & Win!

Always Best Care Solely Provides Non-Medical Care



Always Best Care™
senior services

22 Pine Street, Suite 213
Bristol, CT 06010

860-261-4405

ABCofGreaterBristol.com
pdowney@abc-seniors.com

Registered with the Department of Consumer Protection | HCA 0000461

All offices independently owned and operated

Keeping loved ones safe at home since 1996



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Calendar House Senior Center, Southington, CT

06-5315

JULY 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3 CENTER CLOSED  INDEPENDENCE DAY
6 9-1 Foot Clinic 12:00- Realty 3	7 10:00- Best Care Senior Services Informational Table 1:00- Portrait Class 2:30- Wheeler Clinic	8 9:00- Raymond Senior Planning Info Table	9 No Bread for Life Lunch Served	10 9-1 AARP Smart Driver Class
13 9-1 Foot Clinic 11:00- Lunch and Learn	14 4:30 Senior Citizens Commission Advisory Board Meeting	15	16 11:15 Wheeler Clinic	17 9-10 Berkshire Hathaway Real Estate Information Table
20 1:00- OLLI Presentation	21	22 1:30 Mocktail Party	23	24 1:00- Birthday Bingo
27	28	29 1:00- Calendar House Book Club	30 1:00-Membership Meeting-Elderly Brothers	31 10:00- Probate Forum 12:00- Hot Dog Bingo

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



ALL DAY, EVERY DAY @ CALENDAR HOUSE

Pool Players/Ping Pong
 Cardio Room
 Active Walkers (Walking Track)
 Outdoor Pickleball (weather permitting)
 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

MONDAY: Quilting Informal Work Session 9 –12pm
 Calendar House Singers 12:30-2:30 pm (\$10 drop-in fee)

TUESDAY: Open Studio w/ Alex at 2:30 (\$10 drop-in fee)

THURSDAY: Watercolor with Alex Caron 12:00-2:00 (\$10 drop-in fee)

All other enrichment classes will resume in the fall. Class registration information will be published in the September Active Lifestyles issue.

MONDAY

Gentle Seated Yoga: 9:15 (\$8 drop-in fee)
 Line Dance: 9:30
 Coloring Club 10-12
 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
 Cardio Drum: 2-2:30

TUESDAY

Group Exercise: 9 & 10
 Cribbage: 10–12
 Sit 'n Be Fit: 11:15
 Pickleball: 1-3
 Cardio Drum: 2-2:30
 Open Studio w/ Alex 2:30-4:15 (\$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 (by appt. only)
 Sit 'n Be Fit: 11:15
 Set Back: 12:30-3
 Computer Lab: 1-3
 Pickleball: 1-3 (CXL 7/22)
 Cardio Drum: 2-2:30

THURSDAY

T.O.P.S.: 8:30
 Group Exercise: 9 & 10
 Tap Dancing: 10-11
 Powerback Balance (7/2, 7/16, 7/30)
 Powerback Exercise (7/9+7/23)
 Stained Glass Group: 10:30
 Sit 'n Be Fit: 11:15
 Hand & Foot Card Game: 12:30 (7/9+7/23)
 Party Bridge: 1-3:15
 Pickleball: 1-3 (CXL 7/30)
 Cardio Drum: 2-2:30

FRIDAY

Gentle Yoga: 9:30 (\$8 drop-in fee)
 Sit 'n Be Fit: 11:15
 Bingo: 1:00
7/24 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in July. Register at the bingo table prior to 7/24.
 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 7/6, 7/13, 8/3 and 8/10 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, July 7th from 2:30 to 4:30 p.m., or Thursday, July 16th from 11:15 a.m.-1:15p.m.** For more info contact Magdalin Odoi at modoi@wheelerhealth.org or call 860-604-7448.

PRE-DIABETES/DIABETES SUPPORT GROUP -NO SUPPORT GROUP DURING JULY AND AUGUST.

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, the Continuation of discussing THE 2026 STANDARDS OF CARE, and the benefits of the Mediterranean diet, 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.**

REIKI HEALING 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.**

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

POWERBACK EXERCISE EQUIPMENT ORIENTATION CLASSES

7/9 +7/23 10:00am or 11:00am time slots

Come exercise with our Occupational Therapists (OTs) and Physical Therapists (PTs) and learn to use a variety of gym equipment and weights.

We'll guide you through multiple exercise stations focused on different areas of the body.

Our therapists will help you:

- Learn to build strength safely
- Learn personalized exercises
- Maintain independence & enhance quality of life

All fitness levels welcome!

You must have an appt to attend the class.

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.**

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 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, 7/3 (cancelled due to holiday) 11am-1pm, 7/17

9-10 am Drop-in. Meet with Lisa Olson for any real estate questions you may have!

ALWAYS BEST CARE SENIOR SERVICES OF BRISTOL INFORMATION TABLE

Tuesday, July 7th from 10:00am-12:00pm 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, July 8th from 9:00-11:00 am.

The staff at Raymond Senior Planning will be in the Calendar House lobby to answer questions you may have on all things Medicare! Drop-in.

REALTY 3 INFORMATION TABLE

Monday, July 6th 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

NO COFFEE HOUR DURING JULY AND AUGUST

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, July 31st, 10 to 11 a.m. Register online or call before Thursday, July 30th.

JULY PROGRAMS

CALENDAR HOUSE SINGERS- Join us on Monday afternoons from 12:30-2:00 PM to sing, dance (optional), learn, and enjoy music with your community! The Calendar House Singers will be a blended show choir, where all singers will learn choral music and music concepts, and interested singers will learn fun, show-choir-style choreography! The session will conclude with a summer-themed performance. **Please feel free to email Choir Director Hannah Bellows any questions at hannah@PrestigePerformingArts.com, or text her at (860) 358-0152. \$10 per class pay directly to the instructor.**

PRIVATE VOICE LESSONS- Book private voice lessons right here at The Calendar House! You'll work one-on-one with Hannah Bellows, a health-focused voice teacher with over a decade of experience. You can learn new singing techniques, address any vocal issues you are experiencing, and find out what your voice can do! Along the way, you'll discover the holistic, healing power of investing in your voice, your self-expression, and your creativity. Contact Hannah directly to book lessons at \$60 for 60 minutes, \$45 for 45 minutes, or \$30 for 30 minutes: Email: hannah@PrestigePerformingArts.com - Text or Call: (860) 358-0152.

PORTRAIT CLASS WITH JOHANNE BEERBAUM

Tuesday, July 7th at 1:00 pm Learn the basics of making a representative portrait of your loved one (person or pet)... development of perspective and shadows for a likeness. Paper and drawing materials will be provided with different media available. Tricks of the trade will be explained to develop a way to most easily build a likeness from the general start to the specifics. Try to bring a few pictures (hopefully 8x10 inches...either a photo or magazine pictures you like). You will be taught basic anatomy measures and specific changes to the likeness you bring in. **Fee of \$15 cash only per person due at time of registration. Please register in person by Monday, July 6th.**



LUNCH AND LEARN-RETIREMENT PLANNING AND WEALTH SEMINAR WITH AMERICAN SENIOR SERVICES

Monday, July 13th at 11:00 am Join us for a complimentary Lunch & Learn as we explore:

Retirement and wealth planning strategies designed to help individuals better understand their pension and Social Security options while creating a comprehensive income plan for long-term financial stability. We will also discuss retirement planning, long-term care preparation, Required Minimum Distributions (RMDs), financial goal setting, potential 2026 Medicare and Medicaid changes, and final expense planning to help ensure healthcare costs and end-of-life expenses are properly covered.

This presentation is designed to provide valuable information and practical strategies to help attendees make informed decisions about their retirement future.

Please register online or by calling the front office at 860-621-3014 by Friday, July 10th.

OLLI (OSHER LIFELONG LEARNING INSTITUTE) PRESENTATION

Monday, July 20th at 1:00pm We're excited to visit and share an inside look at the Osher Lifelong Learning Institute (OLLI) at UConn—a vibrant community offering non-credit classes, engaging lectures, and social opportunities designed for adults 50+ who love learning and staying connected.

Come meet us, explore sample courses, learn how membership works, and hear about in-person and online options that fit a variety of interests and schedules. A sample class will also be presented. We'll also highlight financial assistance and easy ways to get involved.

Bring your curiosity—and bring a friend!

Questions? Contact us at osher@uconn.edu or 475-222-6261.

Please register by Friday, July 17th online or by calling the front office.



SUMMERTIME MOCKTAIL PARTY

Wednesday, July 22nd at 1:30 PM

Join us for an afternoon filled with fun, delicious food, and delightful mocktails! The Calendar House is collaborating with Southington Community Services, Always Best Care Senior Services of Greater Bristol, and Worldwide Wines to host this fantastic event.

- Discover how to craft refreshing mocktails
- Enjoy tasting samples
- Savor delicious appetizers to complement the

experience

- Enter for a chance to win exciting raffle baskets!

Tickets are \$15 per person (cash only). Registration begins Monday, June 22nd at the front desk at 860-621-3014.

All proceeds will support Southington Community Services.

HOT DOG BINGO

Friday, July 31st at 12:00pm Enjoy a hot dog, chili, sauerkraut, pickle and chips followed by our regular weekly Bingo! **Tickets are just \$1 per person (\$2 if you want two hot dogs) and go on sale in the Calendar House office on Tuesday, June 30th until they sell out. Let's all get together for some summer time Bingo fun!**

AUGUST PROGRAMS

REVERSE BATIK WITH JOHANNE BEERBAUM

Tuesday, August 4th at 1:00pm The idea in some ways can be related to the idea of Russian Easter eggs but in a much simpler way. Colored denim will have a wax resist you paint on the yardage to protect the original color of the fabric, somewhat on the idea of a stencil. Pictures will show up like the colored areas when using a stencil but what is covered will be what you paint as the design. When dry, the fabric is gently crushed in order to make a spiderweb of lines that after the fabric is bleached will show up lighter as well as all untreated areas. The wax will be removed by heating with a steam iron over a sandwich of absorbent papers on top and underneath your piece. Examples will be available to use or any simple example can be drawn up to use. This is useful as the cover on a pillow, the bib of an apron, a piece of clothing like a vest or as part of a quilt or table runners and place mats for a few examples. **Fee is \$20 cash payable at the time of registration.**

FLOWER ARRANGING CLASS

Wednesday, August 5th at 10:00 am. Learn how to create a beautiful Summer flower arrangement to brighten your home or give as a gift! Enjoy a fun, relaxed class with step-by-step guidance. No experience needed. **Please note that you will have to bring a small paring knife to class. The fee is \$20 and is non-refundable. Please pay in cash at the time of registration.**



ROOT BEER FLOAT DAY

Thursday, August 6th at 1:30pm The Calendar House is happy to have The Bradley Home here to sponsor National Root Beer Float Day. Wear your craziest hat to add to the festivities!

This is a free event. Please register online or by calling 860-621-3014 by Friday, July 31st.

LOW-COST VETERINARY HEALTH & WELLNESS CLINIC BY VET CARE EVERYWHERE

Friday, August 14th, 10 a.m. -1 p.m.

Please register online:

<https://www.vetcareeverywhere.org/community-events/> .

Register by Friday, August 7th. For those unable to register online, please contact Calendar House at 860-621-3014 for assistance.

Fees:

- Qualifying Seniors/Vets \$60 per pet
- \$100 per pet for all others
- Cash/Check payment only



Included Services:

- Wellness check
- Rabies vaccine (prior proof of rabies required for 3-year rabies certificate)
- Distemper vaccine
- Basic deworming
- Heartworm testing (dogs only)
- Additional services available for an added fee:
 - Non-core vaccines including Lyme, Lepto, and Kennel Cough

Special Guidelines:

- All cats must be in carriers and all dogs must be leashed
- No litters of puppies or kittens

EXERCISES IN PALETTE KNIFE OIL PAINTING WITH SCOTT LANDRY

Wednesday, August 26th 1:00-4:00pm Palette knife painting is an artistic technique that uses flexible round edged metal knives to apply and manipulate paint on a canvas.

You will be learning the basics of palette knife painting, preferred substrates, viewing examples of paintings using this technique, other forms of paint application and so much more.

The fee for this class is \$15 cash upon registration. You will receive a list of supplies to purchase before the class starts. Please register by Monday August 24th.

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 33 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 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 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 9:00 a.m. and 2:30 p.m. Monday -Thursday. 9:00 a.m.-12:30 p.m. on Fridays.

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.





Compassionate Counsel, Proven Results

860-259-1500

Attorney Halley C. Allaire



Services we provide: Medicaid | Asset Protection | Care Coordinator
Trusts | Probate | Real Estate Closings

For more information visit www.allaireelderlaw.com | 271 Farmington Ave, Bristol, CT 06010

VNanfito
Roofing and Siding Inc.

860-621-6898

Your Local
Home Improvement
Contractor

- Roofing • Siding
- Decks • Windows
- Doors • Remodeling

60+ Years of
Quality Service

Lic. #0570192

VNANFITO.com

Little
space.
Big
impact.

Advertise here

Call 800-950-9952



Lisa Olson
REALTOR®

860-406-1365

lisaolson.bhhsneproperties.com

LisaOlson@bhhsne.com

Integrity • Heart • Honesty



**BERKSHIRE
HATHAWAY**
HomeServices

New England Properties

142 N Main Street
Southington, CT 06489



Chiropractic • Nutrition • Acupuncture
Spinal Decompression

OUTSTANDING
REPUTATION IN
HOLISTIC HEALTH CARE

RayaClinic.com

(860) 621-BACK

Total Health & Wellness

Let This Be The Year You
Change The Way You Hear



**Myranda
Lombardi**
Hearing
Instrument
Specialist

*"Let me analyze your
hearing to give you the
instrument that you need
and can afford!"*

**ALL NEW PATIENTS WILL RECEIVE
THE FOLLOWING:**

- FREE Comprehensive Hearing Evaluation
- FREE Video Otoscopic Exam
- FREE Hearing Aid Evaluation
- Custom Ear Molds & Fittings
- Hearing Aid Batteries & Repair
- Financing Available
- Most Insurance Accepted



VOTED BEST
HEARING SPECIALIST

MEDICAID
ACCEPTED

Bristol Hearing Aids, LLC

72 Pine St., Bristol • 860-506-3720

www.bristolhearingaids.com

Plainville Community PHARMACY
the Heart of our Community



We offer medication packaging and delivery - at no extra cost.
Don't settle for less! Have all your medications in one place.

Prescription Transfers are easy - call us and we'll take care of the rest!

WE PROVIDE OUR PATIENTS WITH:

- Comprehensive Medication Reviews
- Immunizations/Flu Shots
- One-on-One Pharmacist Counseling
- Medical Supplies
- Weekly Blister Packs for Seniors
- Diabetic Supplies and Management

Flu Shots Available

Fast, Free Delivery to Your Door on Prescriptions

M - F: 9 am - 7 pm Sat: 9 am - 2 pm Sun: Closed

860.222.9422

170 East Street | Plainville | www.plainvillierx.com



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Calendar House Senior Center, Southington, CT

06-5315

Trip Desk is held in the Calendar House lounge from 1—3 p.m. on Mondays and 10 am—12 noon on Wednesdays. Updates can be found at www.calendarhouse.org under the trips tab! Flyers are available for pick-up in the “rounder” in the lounge area. Questions? Call Lana White at 860-621-3779 . 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

Fri/Aug 28th TWIN LOBSTERS AT STUDENT PRINCE RESTAURANT AND A SHOW- Enjoy a twin lobster OR Prime Rib lunch. Afterwards enjoy Freddie Marion as he performs songs of the greats like Wayne Newton, Kenny Rogers and many more! After lunch and the show spend time at MGM Springfield Casino (no bonus). **\$153pp**

Thurs/Sept 10th AMARANTE'S SEA CLIFF- THE VOICE OF YESTERDAY Enjoy this bus trip to Amarante's Sea Cliff and a live show! Tony Cono is a young and talented performer bringing back hits from Frankie Valli, Elvis Presley, Frank Sinatra, and so many others. A delicious lunch is included. **\$120pp**

Tues/ Oct 13th STUDIO TWO- THE BEATLES TRIBUTE BAND- Join us for a lively luncheon show with Studio Two hailed as New England's best Beatles tribute band at the Farmington Polo Club. A family style lunch will be served that includes salad, pasta, scrod, chicken and so much more. **\$99pp (drive on your own)**

Sun/Dec 13th CHRISTMASTIME- The Reagle Music Theatre Players present *Christmastime*. This annual holiday presentation is a spectacle of sight and sound. Enjoy a pre-show lunch at The Chateau Restaurant. This restaurant is a local favorite and has been family owned since 1933. **\$192 pp**

Tues/ August 11th “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**

Tues/ September 8th JUKEBOX 45 SHOW BAND: DooWop Show Celebrate decades of classic hits with Jukebox 45! Roast Beef/ Chicken Francais Aqua Turf- \$57pp

Tues/ October 13th ROB ZAPULLA CELEBRATES HERB ALPERT AND SERGIO MENDEZ This high energy concert moves non-stop showcasing Rob's incredible trumpet playing skills. Enjoy a delicious lunch including Lemon Chicken/ Pork Schnitzel **\$57pp**

Tues/ November 10th SARAH THE FIDDLER Sarah has a special place for old time music. She combines all sorts of genres and is joined by 2 other accompanists. Roast Beef/ Pan Seared Salmon **\$57pp**

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

SEPTEMBER 7th -16th A CRUISE ALONG THE DANUBE

This trip includes round trip airfare, airport transfers to and from Calendar House and pier transfers in Budapest. You will have 1 night's accommodation in Budapest before the cruise in a 4 star hotel. The 7 day cruise itinerary includes stops in Esztergom, Bratislava, Melk, Salzburg, Vienna and other locations. Also included on this trip are 20 meals, drinks package, WiFi, Concierge, Baggage handling and all gratuities. **Standard suites: \$4,499 pp double and \$5,399 pp single.**

SEPTEMBER 23rd-25th SIGHT AND SOUND THEATRE- JOSHUA- Live on Stage

Travel to Amish Country on a motor coach for a 3 day getaway. The next day you will enjoy a guided tour of the Amish Farmlands, have lunch on your own before attending the new production of *Joshua* . Dinner is included after the show. The last day you will be heading to Philadelphia where you will enjoy a guided walking tour before heading back to the Calendar House. **\$845 double \$815 triple \$1015 single**

OCTOBER 10th-18th PLEASURES OF PORTUGAL -This trip includes round trip airfare , 7 nights 4 star accommodations, airport transfers, tour director and all gratuities. This tour includes these locations; Lisbon, Sintra, Cape Roca, Obidos, Fatima, Coimbra, Porto, and the Douro River Valley. **\$3599pp double, \$4299 single.**

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

dawn.sargis@southingtonct.gov

PROGRAM COORDINATOR

Elizabeth Chubet

elizabeth.chubet@southingtonct.gov

ADMINISTRATIVE ASSISTANT II

Tiffany Atkins

tiffany.atkins@southingtonct.gov

ADMINISTRATIVE ASS'T/DRIVER

Dawn Sousa

dawn.sousa@southingtonct.gov

P/T RECEPTION DESK

David Harrington

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
lane.white12@gmail.com

Find us on Facebook

[@SouthingtonCalendarHouse](https://www.facebook.com/SouthingtonCalendarHouse)

Like and follow to learn more!