

Active Lifestyles

CALENDAR HOUSE OF SOUTHLINGTON



AUGUST 2026

NEWSLETTER

FROM THE STAFF...



We hope everyone is enjoying their summer! This season is perfect for outdoor activities, spending time with family, and, most importantly, indulging in ice cream!

This month marks the beginning of our summer tech classes, which will continue until the end of September. You can find the schedule on page 9. If you prefer personalized tech training, that option is also available.

The Calendar House partners with various local organizations to offer a diverse range of fun programs. This month, the Orchard Valley Garden Club will return to host another flower arranging class, where you can create beautiful projects to enjoy at home. Additionally, the Bradley Home will be organizing another Root Beer Float Day on August 6th, which is always a favorite among our members!

We're excited to highlight the visual arts as well! Local artist Johanne Beerbaum will be back this month to teach reverse batik, and Calendar House member Scott Landry will also conduct a class focused on oil painting using the palette knife technique. We are delighted to introduce new and varied programs to enhance our established visual arts offerings.

Starting in September, we will be adding even more new programs to our monthly schedule. We aim to spark your interest and keep you engaged throughout the remainder of the year.

- 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!



Ashly Cruz will be performing September 24th at 1:00 at the Membership Meeting.

AVAILABLE NOW!
PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Mary Hoffman from LPI, our newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



Mary Hoffman (860)
836-8486
MHoffman@4lpi.com

YOUR
AD
HERE



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Calendar House Senior Center, Southington, CT

06-5315

Welcome to Calendar House!!

Calendar House Mission Statement:

Calendar House, the Town of Southington's Senior Center is a multipurpose facility which provides a focal point in the community for residents 55 and older, and residents aged 18 and older, who are disabled, as defined by Social Security standards.

The Center's purpose is to serve as a resource center, providing a broad range of services and activities to meet the diverse social, physical and intellectual needs of older adults and disabled individuals.

This facility is unique in that our members and staff are encouraged to help implement various activities to reinforce positive attitudes and preserve individual dignity.

In pursuing its mission, this Center shall enhance an atmosphere of compassion, equality and mutual concern for all older adults and disabled individuals.



AARP Smart Driver

Friday, September 11th 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

Ashly Cruz



Thursday, September 24th at 1:00pm

Ashly Cruz is a multi-talented entertainer with a musical history that has provided wonderful performances for many years. Her musical career began as a dancer in the Hartford Ballet Company, later becoming a founding member and choreographer for the Hartford Contemporary Dance Theater. A Connecticut native, Ashly is a graduate of Carnegie Mellon University's Musical Theater Department. Her very popular cabaret style will delight you with popular selections, Broadway and songs in French, Italian and Spanish. She promises a fun and exciting performance.

Register at the front desk, by calling 860-621-3014 or online by Wednesday, September 23rd.

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



In Memoriam

**Edward S. Pocock, Jr.
Anthony W. Longo**

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).

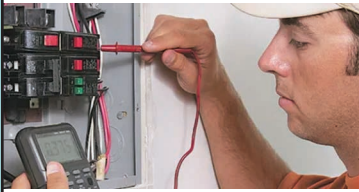
Applicants must have resided in CT for one year or more.

- 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.

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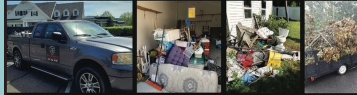
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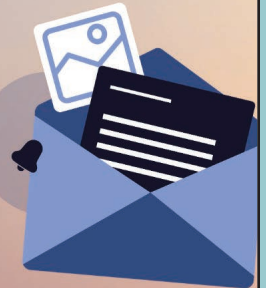
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Calendar House Senior Center, Southington, CT

06-5315

AUGUST 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9-1 Foot Clinic 12:00- Realty 3	4 1:00- Reverse Batik Class 2:30-Wheeler Clinic	5 10:00-Flower Arranging Class	6 1:30 Root Beer Float Day	7 11-1 Berkshire Hathaway Real Estate Information Table
10 9-1 Foot Clinic	11 10:00- Best Care Senior Services Informational Table	12 9:00- Raymond Senior Planning Info Table	13	14 10:00- VCE Clinic
17	18	19	20 11:15 Wheeler Clinic	21 9-10 Berkshire Hathaway Real Estate Information Table SENIOR CITIZENS DAY
24	25 12:00- Calendar House Book Club	26 1:00 Healthy Brain Presentation 1:00- Oil Painting Demo	27	28 10:00- Probate Forum 1:00- Birthday Bingo 2:00-Ice Cream Truck
31 1:00- Par Tea				

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
NEW Cornhole 1-2:30
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
Cardio Drum: 2-2:30



THURSDAY

T.O.P.S.: 8:30
Group Exercise: 9 & 10
Tap Dancing: 10-11
Powerback Balance (8/13 & 8/27)
Powerback Exercise (8/6 & 8/20)
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Hand & Foot Card Game: 12:30 (8/13 & 8/27)
Party Bridge: 1-3:15
Pickleball: 1-3 (CXL 8/6)
NEW Cornhole 1-2:30

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
8/28 is Birthday Bingo! Receive a free card to play AND a cupcake if your birthday is in August. Register at the bingo table prior to 8/28.
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 8/3, 8/10, 9/14 and 9/28 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, August 4th from 2:30 to 4:30 p.m., or Thursday, August 20th 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 IN 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

8/6, 8/20, 9/3 and 9/17 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 apt 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, 8/7 11am-1pm, 8/21 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, August 4th 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, August 12th 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, August 3rd 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 IN 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, August 28th, 10 to 11 a.m. Register online or call before Thursday, August 27th.

AUGUST 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.**

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.

HEALTHY BRAIN AND DEMENTIA POSITIVE LEARNING EXPERIENCE

Wednesday, August 26th at 1:00pm Join us for an inspirational workshop led by people living well with cognitive change.

During this workshop we invite you to:

- Explore dementia through a strength-based lens.
- Identify healthy brain lifestyle habits that can prevent dementia and delay cognitive decline.
- Uncover supportive communication strategies.
- Reframe your narrative surrounding dementia with a positive lens.

Please register online or by calling the front desk at 860-621-3014 by Tuesday, August 25th.

PAR-TEA- THE HEALTH BENEFITS OF TEA

Monday, August 31st at 1:00pm Treat yourself to a lively tea tasting experience. Discover the surprising health benefits of tea and enjoy sweet treats too!

You may even find a new variety of tea that will awaken your tastebuds!

You will also learn about Tea at 3 for all ages. **This free program connects generations over tea.**

Please register by Friday, August 28th.

Calling All Southington Seniors: Share Your Voice on Community Health

Are you a senior who lives in Southington? We want to hear from you!

Join us for a community conversation about the health and healthcare needs of older adults in Southington. Your input will help us better understand the experiences, challenges, and priorities of older adults in our community.

Date: Friday, September 11

Time: 10:00-11:30 am

Location: Calendar House

This conversation is sponsored by the Main Street Community Foundation. As a thank-you for participating, each attendee will receive a \$25 gift card. Light snacks will also be served.

Space is limited to 20 participants, so please register by Friday, August 28.

Please register online or by calling the front desk at 860-621-3014.

Summer 2026 Tech Class Session

Register Mondays on or after August 3rd in the Computer Lab between 10:00 am and 12:00pm or on Wednesdays between 1:00 and 3:00 pm before the classes start.

Registration is also possible at the Lobby desk outside the above times.

Windows 11 Basics - Tuesdays at 1 PM from August 18th to September 22nd - \$30

Become comfortable with all you need to know to safely manage a Windows 11 computer to search the internet, communicate by E-Mail and manage photos, files and folders and avoid the risks of OneDrive. This class will start with the basics of Windows 11 computer management including controlling updates, show you how photos on your tablets and phones can be downloaded to your computer. Check the free Libre Office alternative to Microsoft office and then open up the world of the big wide web and E-Mail.

iPad and iPhone Basics - Thursdays at 10 AM from August 20th to September 24th - \$30

This 6-week course will cover the basics of using the iPad, iPhone: their components, navigation tools, settings, app management, Safari for browsing, emailing, phoning, messaging, camera, photos, entertainment, and more.

You must own or borrow an iPad or iPhone and bring the device with the charger and cable to the class.

Android Phone Basics - Thursdays at 1 PM from August 20th to September 24th - \$30

In this 6-week course, you will discover what your Android Smartphone is capable of doing!

Learn how to comfortably phone and text people, use your email, browse the internet, take pictures, videos, download and use popular applications, play music, manage your appointments, use GPS for driving instructions, and more. Join us on this adventure, and become more confident using your android smartphone!

Please note that this class does NOT cover the Apple iPhone.

One-on-One Training - At an agreed time and date - \$10 per 2 hour session Private, individual, one-on-one training is available for any technical topic including Smartphones and tablets, email, internet, files, folders, troubleshooting, online applications and forms .

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.





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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)**

Wed/Dec 9th A TRIBUTE TO THE PLATTERS- This outstanding group of vocalists performs all of the Platters greatest hits with stunning accuracy. Enjoy a family style meal that includes salad, pasta, roast turkey, baked scrod, vegetable, rolls, dessert and coffee. **\$99pp (Aqua Turf 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/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**

Tues/December 9th HOLIDAY CLASSICS WITH THE CARTELLS Enjoy an afternoon filled with food, fun and music designed to get you in the holiday spirit. Roast Turkey/Baked Cod **\$55 pp**

***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.**

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