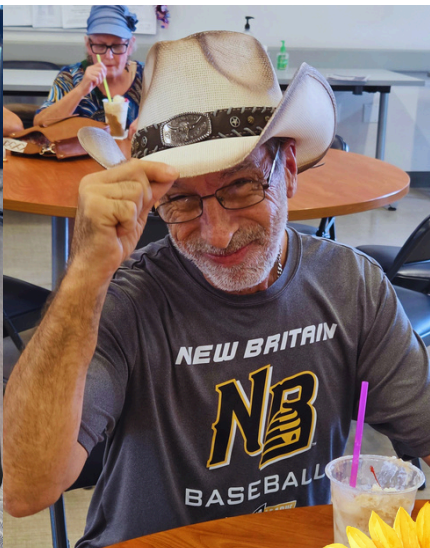


Active Lifestyles

CALENDAR HOUSE OF SOUTHTON



SEPTEMBER 2026

NEWSLETTER

FROM THE STAFF...



As we bid farewell to summer, let's look forward to a packed schedule of programs and events for the fall season. Our enrichment classes will commence at the end of this month, with registration opening on September 2nd. You can find the complete schedule on page 9. We are also eager to welcome new members to the Calendar House Singers and the Granny Squares Group. For more information about these groups, please reach out to Liz Chubet.

September marks both Senior Center Month and Fall Prevention Month, and we have planned programs and small events to honor these occasions. Show your enthusiasm by wearing your Calendar House t-shirt to our end-of-summer Fried Chicken Dinner event on September 29th!

Our programming schedule is brimming with cultural events, such as Rita's African Show and Anna Oliva's presentation on pizza! Additionally, we offer self-care programs, educational workshops, and even a pottery class this month! There's truly something for everyone.

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.

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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

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).

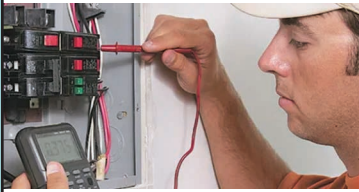
- NEW APPLICANTS: If you have not previously applied, please provide your SS#, phone number, and a copy of your drivers license OR proof of residency and date of birth.

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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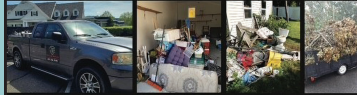
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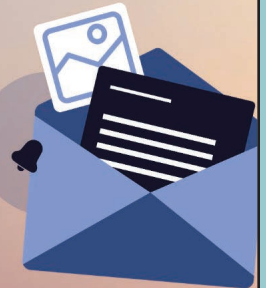
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Calendar House Senior Center, Southington, CT

06-5315

SEPTEMBER 2026

CALENDAR OF MONTHLY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2:30-Wheeler Clinic	2 9:00-Enrichment Class Registration Starts	3	4 11-1 Berkshire Hathaway Real Estate Information Table
7 CENTER CLOSED 	8 10:00- Best Care Senior Services Informational Table 1:30- Rita's African Show	9 9:00- Raymond Senior Planning Info Table	10	11 Enrichment Class Registration Ends 9:00-AARP Smart Driver 10:00- Listening Session
14 9-1 Foot Clinic 1:00- Electricity 101	15 12:00- Cremation Presentation	16	17 11:15 Wheeler Clinic 11:30- Type 2 Diabetes Series	18 9-10 Berkshire Hathaway Real Estate Information Table 9:30 Veterans Coffee Hour 10:00-Pizza Presentation
21 1:00-Tips for Managing Loneliness	22 1:00-Fall Prevention Program	23	24 11:30- Type 2 Diabetes Series 1:00-Membership Meeting	25 10:00-Paint Your Own Pottery 10:00- Probate Forum 1:00- Birthday Bingo
28 9-1 Foot Clinic 9:00-Pre/Diabetes Support Group 1:00-VIF Presentation and Registration	29 12:00- Calendar House Book Club 2:00-Fried Chicken Dinner	30		

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 (ends 9/21)
Calendar House Singers 12:30-2:30 pm
(\$10 drop-in fee)
TUESDAY: Open Studio w/ Alex at 2:30
(\$10 drop-in fee)

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 (CXL 9/7)
Cardio Drum: 2-2:30



TUESDAY

Group Exercise: 9 & 10
Cribbage: 10–12
Sit 'n Be Fit: 11:15
Pickleball: 1-3
(CXL 9/8 & 9/29)
Indoor 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
(9/10 & 9/24)
Powerback Exercise
(9/3 & 9/17)
Stained Glass Group: 10:30
Sit 'n Be Fit: 11:15
Hand & Foot Card Game:
12:30 (9/10 & 9/24)
Party Bridge: 1-3:15
Pickleball: 1-3 (CXL 9/24)
Indoor Cornhole 1-2:30

FRIDAY

Gentle Yoga: 9:30
(\$8 drop-in fee)
Sit 'n Be Fit: 11:15
Bingo: 1:00
9/25 is Birthday Bingo!
Receive a free card to play AND a cupcake if your birthday is in September. Register at the bingo table prior to 9/25
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 9/14 ,9/28, 10/5 and 10/19 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, September 1st from 2:30 to 4:30 p.m., or Thursday, September 17th 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

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

This drop-in class is offered Monday, Wednesday and Friday at 2 p.m. During this group exercise class you will follow along with specially selected YouTube videos that run from 20 to 30 minutes. (10 students max)

INSIDE CORNHOLE

This is a drop-in program on Tuesdays and Thursdays from 1:00-2:30pm.

POWERBACK EXERCISE EQUIPMENT ORIENTATION CLASSES

9/3, 9/17, 10/1, 10/15, and 10/29 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, 9/4 11am-1pm, 9/18 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, September 8th 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, September 9th 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

CENTER CLOSED Monday, September 7th.

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, September 18th at 9:30am

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, September 25th, 10 to 11 a.m. Register online or call before Thursday, September 24th.

SEPTEMBER PROGRAMS

RITA'S AFRICAN SHOW

Tuesday, September 8th at 1:30pm Rita Wagener (Kabali) is a native of Uganda, a country located on the Eastern side of the African continent.

Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane! You don't need a passport to go on this journey with Rita and her audience! Rita involves the audience by inviting them to participate in modeling and dancing. It's a great time for everyone. **Please register by Friday, September 4th online or by calling 860-621-3014.**

10 THINGS EVERY BABY BOOMER SHOULD KNOW ABOUT CREMATION

Tuesday, September 15th at 12:00pm This informative and easy-to-follow presentation is designed for Baby Boomers and their families. It helps people understand cremation, how it works, what it costs, and how to plan ahead with less stress and more confidence.

The session covers important topics like making legal decisions, personalizing a final tribute, eco-friendly options, and how to choose the right cremation provider. It also touches on common questions about scattering ashes and the many ways people choose to be remembered today.

Register online or by calling 860-621-3014 by Monday, September 14th.

TYPE 2 DIABETES MANAGEMENT SERIES

Thursdays, September 17th- December 17th at 11:30am

The Y, in partnership with Hartford Healthcare and Calendar House, is excited to offer our Type 2 Diabetes Management Program. The program will run on Thursdays from 11:30am-12:15pm from September 17th-December 17th.

During this program, you'll be able to experience weekly talks with YMCA and Hartford Healthcare professionals.

This program is free and also comes with a free 12-week membership to the Southington Y.

This class is held at the Calendar House.

To be eligible, you must be: 18 years or older

- Have a diagnosis of Type 2 Diabetes
- This program is not recommended if you: Have had a heart attack within 1 year
- Have diabetic kidney disease
- Have celiac disease
- Have gastroparesis
- Have an eating disorder

To register call the Calendar House at 860-621-3014 or go online to calendarhouse.org.

PIZZA! THE WORLD'S FAVORITE ITALIAN CREATION WITH ITALIAN CULTURAL EDUCATOR ANNA OLIVA

Friday, September 18th at 10:00am Everyone loves pizza—but how much do we really know about its Italian roots?

Join Italian-born cultural educator and speaker Anna Oliva for a

lively presentation exploring the fascinating history, traditions, and secrets behind one of the world's most beloved foods.

Please note that this is a cultural presentation, not a cooking class.

Whether you are a food enthusiast, a lover of Italian culture, or simply curious about the story behind your favorite slice, this entertaining program will leave you with a deeper appreciation for pizza and its remarkable history.

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

TIPS FOR MANAGING LONELINESS WITH DR. WENDY HURWITZ

Monday, September 21st at 1:00pm When feelings of isolation or loneliness arise, how can we maintain or regain our balance?

This program will provide information and tips to manage loneliness, followed by discussion with questions from audience members.

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

FALL PREVENTION PROGRAM

Tuesday, September 22nd at 1:00pm Did you know that September is Fall Prevention Month? Staying active, independent, and steady on our feet is something we all want. The great news is that falls are not just an inevitable part of getting older—they are highly preventable!

What You'll Learn:

Physical Therapy (PT) Insights: Simple strength, balance, and stability exercises you can easily add to your daily routine to keep your stride strong.

Occupational Therapy (OT) Tips: Quick hazard checks and practical hacks to make your home safer and easier to navigate.

How PT & OT Work Together: How personalized outpatient therapy can help you maintain your independence.

Q&A Session: Ask the PowerBack therapists your personal wellness and safety questions as well as discuss and sign up for 1 on 1 balance screenings.

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

SOCCA-PAINT YOUR OWN POTTERY

Friday, September 25th at 10:00am SoCCA is coming to the Calendar House for a special Paint Your Own Pottery experience!

This month, participants will choose the pottery piece they would like to paint, making it uniquely their own with favorite colors, patterns, and designs. From bright and cheerful to soft and timeless, every creation will be a beautiful reflection of its artist.

Please register at the front desk. A fee of \$20 cash to be paid at the time of registration.



VIF PRESENTATION AND REGISTRATION

Monday, September 28th at 1:00pm VIF stands for Vital Information at Your Fingertips. Southington has taken an important step forward, ensuring that police and first responders have the most accurate, up-to-date information to support residents with disabilities.

Now you can manage the vital details that dispatchers share with emergency personnel right from your phone.

From how to communicate and approach, to how to comfort, and who to contact when you're not there, you're in control.

And when health details or addresses change, updating your information is quick and easy.

Join us for this presentation to learn how VIF is used by both the person who registers and the first responders who rely on it.

Register online or by calling the front desk at 860-621-3014 by Friday, September 25th.

ELECTRICITY 101

Monday, September 28th at 1:00 Representatives from Eversource will be here to discuss electric bills and programs to help manage energy costs.

Topics that will be covered are:

- Understanding your electric bill
- Learning how electricity gets to your home
- Exploring assistance programs, discounts, and payment plans

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

END OF SUMMER FRIED CHICKEN DINNER

TUESDAY, SEPTEMBER 29TH AT 2:00 PM

Celebrate the end of summer with a good, old fashioned, fried chicken dinner! Enjoy Fried Chicken, Ziti with Sauce, Potato Salad, Coleslaw, and Baked Beans from Greer's Chicken! We will also be serving lemonade, iced tea, iced water and dessert!

Jim Moore will also be performing country classics for you.

This event is for Calendar House members only. Tickets can be purchased at the front desk starting Tuesday, September 1st for \$10 cash. This event has been generously subsidized by the Calendar House Membership Association.

Calendar House Art and Enrichment Classes Fall/Spring 2026/27

Calendar House Art and Enrichment class registration will be held September 2nd- 11th. Registration forms will be accepted in person or by mail (no phone registrations) and can be found online at www.calendarhouse.org or at the Calendar House front desk. Unless indicated, classes will run for two sessions; fall and spring. You will be registering for both. Spring start dates will be announced in January. Waiting lists will be established if classes reach capacity. Classes are FREE*, unless otherwise noted below.

All Level Quilting w/Milinda Vinton: (Mondays, starting 9/28 for 10 weeks, 10 am–12 Noon in Room 1A). Are you a quilter? Would you like to learn? Quilters of all levels are welcome to this unstructured class. Start a new project or finish one that you've set aside. Work on your own project under the guide of an experienced quilter and have fun while expanding your knowledge and skills!

Beginning/Advanced Drawing w/Alex Caron: Thursdays starting 10am-noon or 12:00-2:00pm in Room 2 starting 10/1). With the right techniques, you can learn to bring pencil drawing to life. Participants learn the basics of drawing step by step. Please register for one time slot only. Each Class is limited to 12 students.

Gouache Basics w/ Alex Caron: Tuesdays from 10:00-12:00pm . Learn the basics of gouache painting with Alex Caron. This class is limited to 12 students.

Poetry for Everyone! w/Pat Mottola: (Wednesdays, starting 9/30 for 10 weeks, 10–11:30 am in Room 2). "Poetry fills the empty spaces." In a relaxed, interactive classroom setting, students will discover poetry, learning about past and present poets, their styles, their influence, and discovering what's new on the current poetry scene. Class is limited to 12 students.

Acrylic Painting w/Pat Mottola: (Wednesdays, starting 9/30 for 10 weeks, 12:00–2 pm in Room 2). Students will explore techniques of using the versatile medium of acrylic paint on canvas. Emphasis on creative color mixing. Students are encouraged to experiment with different subject matter and develop their own personal style. Some drawing or painting experience helpful. Class is limited to 16 students.

Watercolor w/Alex Caron: (Wednesdays, starting 9/30 for 10 weeks, 1:00-3:00 pm in 1A/1B). Explore the world of water color painting! Penny will walk you through the preparation and painting process and you will complete an 8 x 10 design! A supply list is available at the front desk. Paints will be provided by Calendar House. *There is a \$2 fee payable to the instructor for a printed pattern packet including a color photo and design transfer. You will receive the packet the first week of class. The atmosphere will be informative and relaxed in an attempt to create an enjoyable experience for all. Please join Penny and let your watercolor journey begin! Class is limited to 12 students.

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 16 meals on Mondays and Tuesdays 28 meals on Fridays.

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

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/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 8th 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.**

TRIPS IN 2027

APRIL 26TH - MAY 6TH 2027, BEST OF MOROCCO- KASBAHS, SOUKS AND CAMELS

Experience the very best of Morocco on this small group tour. Visit the current and former capitals of the country - mystical Marrakech, fascinating Fez, and royal Rabat. Discover the oases and kasbahs of the remote south. Go for a camel ride in the desert. Shop in colorful souks, lose yourself in ancient maze-like medinas and be entertained by belly dancers and snake charmers. Sip mint tea in the Sahara, and walk through mud-brick villages lost in time that are set against the stunning backdrop of the desert and Atlas Mountains. **\$4,799 pp dbl (airfare incl.)**

JUNE 27TH - JULY 7TH 2027, ATLANTIC CANADA EXPLORER

Discover the wonders of Canada’s eastern provinces on this nine-day tour that takes you from the windswept cliffs of Nova Scotia to the rich cultural tapestry of New Brunswick. Experience the warm hospitality and hearty lifestyle of the Nova Scotians, feast on succulent Atlantic lobster and hear captivating tales of the sea as you travel along the iconic Cabot Trail. Visit the famed Green Gables Heritage Place, the inspiration behind Lucy Maud Montgomery’s beloved Anne of Green Gables series, wander through historic Charlottetown and admire its charming architecture, reflecting the city’s rich colonial history and marvel at the magnificent Bay of Fundy, home to the world’s highest tides and Hopewell Rocks sculpted by the powerful tides over time. **\$3,699 pp dbl**

September 21st-26th 2027, The Great Buffalo Round-Up in the Black Hills

Discover the wild heart of the American West! Stroll through the legendary streets of Deadwood, uncover the secrets behind Black Hills gold, and stand in awe before the iconic faces of Mount Rushmore. Hop aboard the historic 1880 Train and wind your way through breathtaking mountain vistas. Dive into the adventure of the Great Buffalo Round-up, where untamed beauty surrounds you and herds of buffalo thunder across the open plains.

This is your chance to live the legend. **\$3,599 pp dbl (airfare incl.)**

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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