



Southington Activities Resource Guide

For Individuals and Families Impacted by Dementia (updated December 2020)

LiveWell leads a Dementia Friendly community initiative in Southington. This project is thanks to generous grant support from the Bradley Henry Barnes and Leila Upson Barnes Memorial Trust at the Main Street Community Foundation.

What is a Dementia Friendly Community?

A Dementia Friendly community is informed, safe and respectful of individuals with dementia, their families and caregivers and provides supportive options that foster quality of life.

LiveWell has created this list of places to visit in Southington informed by results from an audit tool for evaluating considerations for individuals living with dementia. They include accessibility, environment, lighting, parking, staff participation in dementia friendly staff education (if any), adaptations for COVID safety, types of seating, etc. The goal is to provide a quick review of what to expect from a 'dementia friendly' perspective.

Learn more about Dementia Friendly Southington here: [Dementia Friendly Southington](#)

Some Favorite Spots to visit in or near Southington:

Outdoor / Recreation:

Crescent Lake

This is a lovely destination with boating, fishing, hiking trails and a picnic grove. Great place for a picnic and time by the water at one of the three picnic tables. Plenty of parking with a couple of handicap spaces. There is a porta potty available. The walk from the parking lot to the picnic grove is short, but uneven with some tree roots and rocks to navigate. Not too challenging. There are a few hiking trails. The red trail is challenging with LOTS of tree roots and rocks.

(GPS Address = 495 Shuttle Meadow Rd., Southington)

Details: [Town of Southington](#)

Hidden Valley Mini-Golf & Waterfront Grille (Seasonal)

Family owned and operated for over 30 years; Hidden Valley is not your average mini golf course. The landscaping is *beautiful* featuring waterfalls and lush greenery. Visit for golf, lunch at their Waterfront Grille and Ice Cream Parlor or both!

The staff is very attentive and taken steps to be COVID safe. Parking is ample and easy with a few handicap spots. Restrooms (gender specific) are easy to access. The restaurant is all outdoor seating on two levels with beautiful views of the golf course. Note that the golf course while stunning may be difficult to navigate if someone is unsteady or experience vision challenges.

Details: [Hidden Valley Mini-Golf & Waterfront Grille](#) / Phone: 860-621-2428

Hubbard Park (Meriden)

Hubbard Park is a beautiful, wooded, and located just outside the Meriden's City Center. There is easy parking throughout the Park with many options for a picnic or strolls around the water. Picnic tables are available and restaurants or Tops Marketplace is nearby to pick up food.

Enjoy a scenic drive or hike to the top of the lookout point to visit Castle Craig Tower. The Tower offers a spectacular view of the Greater Meriden area. There are hiking trails to the Tower as well as a road which is open from May 1st through October 31st from 10:00 a.m. to 5:30 p.m. (weather permitting).

Details: [Hubbard Park](#)

Southington Linear Trail

The Southington Linear Trail is flat, paved 4.1-mile walking trail between Hart Street and the Southington/Cheshire Line on the right of way of the old New Haven and Northampton Company railroad. It is a section of the 81.2-mile Farmington Canal Heritage Trail, which will eventually run unbroken from the Yale campus in New Haven to Northampton, MA.

Details: [Linear Trail \(Rails-to-Trails\)](#)

Southington Historic Walking Tour

This armchair tour will acquaint you with a small part of Southington's rich history. Sit back and relax as you "walk" through the heart of Southington while listening to a narration of information about ten selected historic and interesting buildings.

The tour covers about two miles in the Southington Town Center from the Orchards at Southington located on Hobart St., to North Main St., Main St., Eden Ave., Liberty St., and finishes at the intersection of Center and Main St. The tour will just give you a taste of Southington. It may whet your appetite to get out and walk or drive the tour and visit the featured sites.

Details: [Southington Historic Walking Tour](#)

Southington Town Green

As it was more than 200 years ago, the little strip of green in front of the town hall is a wonderful destination and the core of the Southington Center Historic District. In July and October is the location for the town's farmer's market every Friday afternoon. For nearly 30 summers, Southington has also put on a "Music on the Green" program from June to September. There is a concert every Wednesday evening featuring pop & rock, soul, country music, funk, jazz or polka.

Parking is available around the Green or nearby. It is in the center of town, so there are many restaurants and public buildings nearby. Walkways are clear and well lit. A gazebo and several benches allow for many places to sit. Porta Potties are on the Green for events.

Details: [Southington](#)

Roger's Orchards

Established in 1809, Rogers Orchards represents eight generations of family fruit growing in Southington. The two Southington stores feature some of the best fruit the region has to offer, as well as seasonal vegetables. The bakery offers a wide variety of fresh baked treats. Pick-Your-Own is an option early September to late October on Fridays, Saturdays, and Sundays at both the Home Farm and Sunnymount locations.

The staff is very attentive and taken steps to be COVID safe, including directional arrows on the floor and spacing markers. Parking is ample and easy with a few handicap spots. The store is well lit and easy to navigate. Note that the restroom option at the Home Farm location (Long Bottom Road) is undesirable, as it is difficult to access. It is a porta potty outside accessible by narrow, steep, uneven steps at the back of the store.

Details: [Rogers Orchards](#)

Restaurants:

Chip's Family Restaurant

Chip's is a wonderful casual restaurant featuring delicious homemade food and a friendly staff. It is also the first restaurant in Southington to support the Dementia Friendly Southington Initiative by having managers and frontline staff participate in dementia friendly education.

COVID safe practices are observed. The restaurant is well lit and easy to navigate with many booths and tables available. Chairs are heavy with arms for easy up and down. A simple menu featuring fewer choices is available upon request. Staff is also happy to seat guests in quieter areas when asked. Parking is plentiful with two handicap spots. The restrooms are gender specific.

Details: [Chip's of Southington](#)

Close Harbour Seafood

A delicious spot for lunch or dinner featuring seafood-centered menus in a modern setting with a fish market. COVID safe practices observed. Ample parking with two handicap spots. Easy access from the parking lot to outdoor patio or indoor seating. The outdoor patio is heated with screens that provide good ventilation. Chairs throughout the restaurant are lightweight with arms. Lighting is natural and bright. Restrooms gender specific, but private and large so can accommodate more than one person.

Details, including the menu: [Close Harbour Seafood](#)

Inn Manor

This family restaurant is another Southington staple and offers delicious Italian food. COVID safe practices are observed. They have a large parking lot with two handicap spots and a place to sit outside the entrance for easy drop-off and pick-up. Indoor seating only at a booth (mostly) or a table with armed chairs. Restrooms are gender specific. The menu is busy, but available for review on the website before your visit.

Details: [Manor Inn](#)

Steve's Family Restaurant

A simple spot for breakfast and lunch. COVID safe practices observed. Ample parking with two handicap spots. Good lighting inside and outside. Place to sit outside front door for drop-off. Seating options include booths and tables. Chairs have arms. Family restrooms.

Details: 1091 S Main St, Plantsville, CT 06479 and (860) 621-7116

Tops Marketplace

This wonderful family market is a great stop for picnic supplies, as well as regular groceries. When Tops rebuilt last year after a devastating fire, the owners, managers, and about half the frontline employees, participated in Dementia Friendly education. They also made their two restrooms "family restrooms" rather than gender specific. The store is brightly lit with easy-to-read signage.

Details: [Tops Marketplace](#)

Arts & Culture:

Barnes Museum

The Barnes Museum is another Southington gem. The wealthy Bradley/Barnes family lived at this Greek Revival home from its construction in 1836 until it was left to the Town of Southington by Bradley Barnes in 1973. The house is filled with fine furniture, photographs, paintings, ceramics, and all sorts of vintage home appliances. A visit is like stepping back in time.

COVID safe practices are observed and visits are by appointment. This is an old home, so the second floor is only accessible by stairs. Parking on site is limited with an uneven surface, but street parking is an option. Then Museum's Outreach Coordinator and Preservationist, Bonnie Plourde, is receptive to accommodations needed to enhance visits of individuals living with dementia. She was one of many town employees to become a Dementia Friend by attending an education session.

Details: [The Barnes Museum](#)

Southington Community Cultural Arts (SoCCA)

Southington Community Cultural Arts Center (SoCCA) offers a welcoming environment where people of all ages and abilities are free to imagine, create, exhibit, and welcome the arts into their lives. They provide a place for the sharing of artistic talent and enriching the quality of life in the community.

Visit SoCCA for art programs, art classes, to view artwork, and hear live music. The gift gallery features hundreds of handmade items and crafted by local artisans. Located in an historic building, the center has ample parking, handicap spots, and elevator, and a staff that is especially sensitive to accommodating any special needs a visitor may have. SoCCA is following all state and local policies and procedures to prevent the spread of COVID 19 and welcome visits their gift gallery.

Details: [SoCCA](#)

Southington Public Library

The Southington Public Library is the first Southington stakeholder to participate in the Dementia Friendly Southington Initiative by; educating staff, adding dementia specific programming, enhancing collection with dementia related resources, creating "Take Me Back" totes (theme specific bags for individuals living with dementia to borrow), designating a family restroom and extending borrowing time for individuals living with dementia. The Library offers a robust list of events, both virtual and in-person. Safe COVID practices are in place.

Details: [Southington Public Library](#)