

August 2016

DURHAM SENIOR HAPPENINGS

Senior Board Members

Elaine Melvin, Chairperson
lainymelvin@gmail.com

Henry Coe, Vice Chairperson
hcoect@gmail.com

Mary Ellen Dontigney
maryellend1947@comcast.net

Norm Hicks
hicks@snet.net

Stu Keating
irishstu4@yahoo.com

Diane Levy
dedelevy@hotmail.com

Jim Martinelli
jim_martinelli@hotmail.com

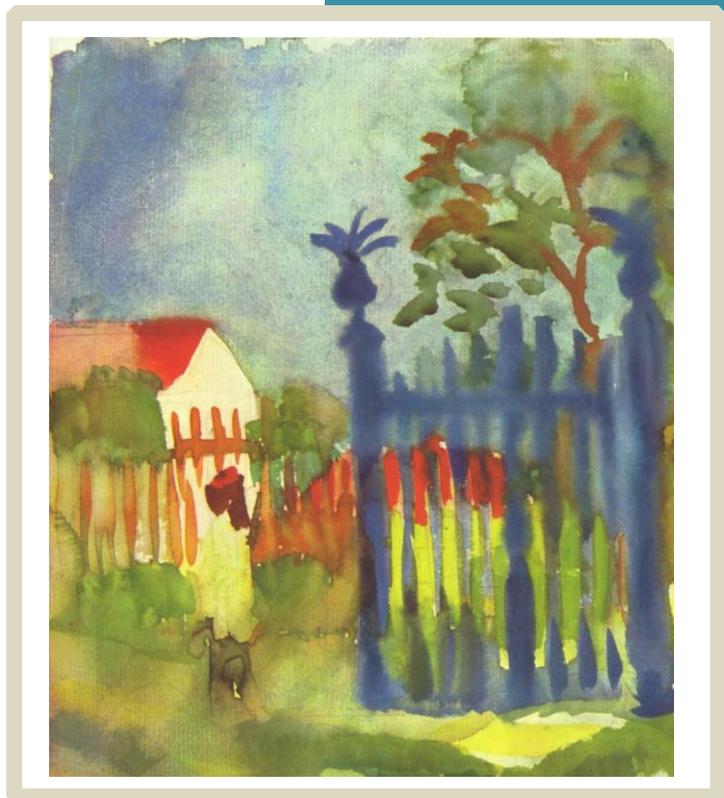
Beverly Pedersen
bvrlypdrsn@sbcglobal.net

Karin Thody
tchrkmt@sbcglobal.net

Staff

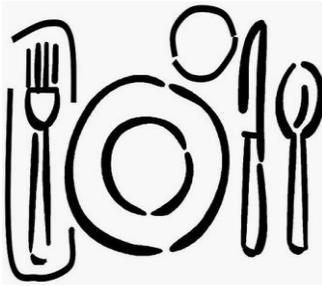
Amanda Pedersen
apedersen@townofdurhamct.org
860-349-3153

Sherry Hill
shill@townofdurhamct.org
Town Hall 860-343-6724
Activity Center 860-788-3337



Town of Durham

Amanda Pedersen
Social Services
Coordinator
860-349-3153



SENIOR LUNCHES

The Elderly Nutrition program is designed to provide nutritional meals, at a low cost to all persons ages 60 and over, and their spouses.

Hot lunches are available at the Durham Activity Center.
350 Main Street, 2nd Floor every Monday and Wednesday
To help cover the cost of the meal, a suggested donation of **\$2.00** is welcomed. Please come join us for lunch!

This program is open to all patrons, regardless of your ability to pay.

To make lunch reservations call Amanda Pedersen,
Senior Café Manger at 860-349-3153

- Wednesday reservation you must call prior to 12:00 on Tuesday
- Monday reservation you must call by 12:00 on the prior Friday
- Dial-A-Ride is available for transportation to lunches...See page 3

Happy Birthday!



August birthdays will be celebrated on August 31st. We will be having cake courtesy of the Durham Senior Board after the senior luncheon.

Transportation



You must fill out an application prior to first trip. Contact individual companies listed to have application sent to you.

Durham-Middlefield Senior/ Disabled Bus: 860-347-5661

St. Luke's Eldercare is located at 163 College Street, Middletown, CT

The bus is available for transportation to activities and shopping. Please see schedule for planned trips. Transportation is also available to the following areas for medical appointments:

- Mondays- Hartford, Newington, New Britain area
- Thursdays- New Haven, West Haven area
- Fridays- Meriden, Wallingford area

There is no fee for this service

You must give 48 hours' notice prior to Dr. Appointment.

For more information please call 860-347-5661

Monday - Friday 9 am—3 pm to make a reservation.

You will receive confirmation after 4pm from driver.

Dial- A-Ride: 860-347-3313

Middletown Area Transit is available for in county trips.

Provides curb-to-curb transportation for the elderly and disabled residents of **Durham**, Middlefield, and Rockfall to appointments in Middlefield, Durham, Middletown, Cromwell, Portland, East Hampton and East Haddam.

This service can be used for medical appointments, shopping, banking and other places. This service is available 5 days a week, Monday – Friday 8:30AM- 4:00PM. Please call Albert at 860-347-3313 for a reservation.

Fare is **\$2.50** each way.

9 Town Transit: 860-510-0429

www.9TownTransit.com Call 9 Town to take a medical or recreational trip to any of the participating towns. All ages welcome. Call for pricing info and to register for a trip.

Pickups at United Churches and

Mauro Meadows at times specified by driver for recreation

Durham/Middlefield Bus Schedule

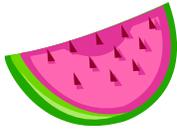
To Reserve
Call
860-347-5661



Monday	Tuesday	Wednesday	Thursday	Friday
1 Out of County Medical Hartford/ Newington	2 Mohegan Sun 	3 Shopping at Westfarms Lunch on your own	4 Out of County Medical New Haven/West Haven	5 Out of County Medical Meriden/ Wallingford
8 Out of County Medical Hartford/ Newington	9 Picnic at Wadsworth State Park. Picnic lunch \$7w/drink	10 Hammonasset Beach State Park Admission Lunch at Lenny and Joe's Madison	11 Out of County Medical New Haven/ West Haven	12 Out of County Medical Meriden/Wallingford
15 Out of County Medical Hartford/ Newington	16 Shopping Olde Mistick Village Lunch on your own	17 Thimble Island Boat Tour Admission \$12 Lunch at Stony Creek Market	18 Out of County Medical New Haven/ West Haven	19 Out of County Medical Meriden/ Wallingford
22 Out of County Medical Hartford/ Newington	23 Museum of CT History Hartford No Fee	24 Mohegan Sun 	25 Out of County Medical New Haven/ West Haven	26 Out of County Medical Meriden/ Wallingford
29 Out of County Medical Hartford/ Newington	30 Dinosaur State Park (Admission free w/Charter Oak Pass. Lunch at Cromwell Diner	31 Shopping at Christmas Tree Shop Orange	Out of County Medical New Haven/ West Haven	4

Lunch Menu...

CW Resources Senior Community Café



August Menu

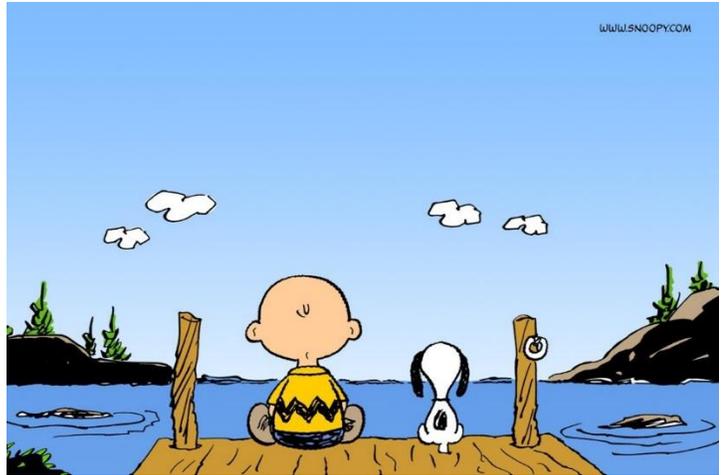
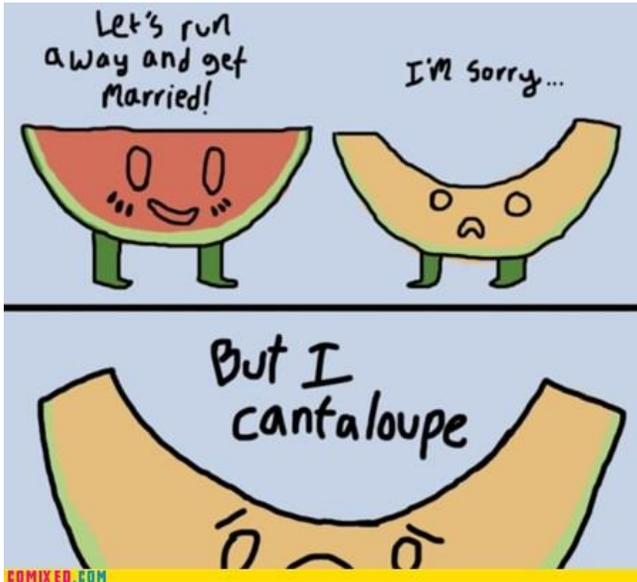
1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Cacciatore Long Grain Rice Capri Blend Veggies</p> <p>100% Whole Wheat</p> <p>Sliced Melon</p>		<p>3</p> <p>Apple Juice Chunky Turkey Salad with Cranberries Pasta Primavera with Vegetables Multi Grain Bread</p> <p>Ice Cream Social*</p>		
<p>8</p> <p>Apple Juice Boneless Pork Chop Onion Gravy Mashed Potato Green Beans</p> <p>Oatmeal Bread Sherbet</p>		<p>10</p> <p>Cream of Broccoli Soup Unsalted Crackers Grilled Chicken over Caesar Salad with Olives, Cucumbers and Croutons Caesar Dressing 100% Whole Wheat Applesauce</p>		
<p>15</p> <p>Grape Juice American Chop Suey Diced Carrots</p>  <p>Whole Wheat Bread Fruit Cup</p>		<p>17</p> <p>Cranberry Juice Roast Beef Beef Au Jus</p> <p>Au Gratin Potato Pickled Beet Salad</p> <p>Pumpernickel Bread Italian Ice</p>		
<p>22</p> <p>Orange Juice Spaghetti with Sauce Meatballs Parmesan Cheese Italian Blend Vegetables Italian Bread</p> <p>Apricots</p>		<p>Labor Day Special 24</p> <p>Lemonade Long Dog Potato Salad Cucumber Salad Mustard Long Dog Roll</p> <p>Watermelon</p>		
<p>29</p> <p>Apple Juice Beef Stroganoff Egg Noodles Peas and Carrots</p> <p>Multigrain Bread Pears</p>		<p>31</p> <p>Stuffed Shells with Chunky Marinara Sauce Tossed Slaad Ranch Dressing</p> <p>Italian Bread Fresh Apple</p>	 	

Senior Moments.....



~Do What Makes You Happy
~Be With Who Makes You Smile
~Laugh As Much As You Breathe
~Love As Long As You Live



Renter's Rebate



Applications will be accepted April 1st– October 1st.
Filing period begins **April 1st** and **ends October 1st**.

Qualifying income limits for this program are as follows:

Filing Single: \$35,200
Filing Married: \$42,900

Applicant must have been 65 years of age by the end of the calendar year preceding the filing period; or if under 65 is receiving social security disability.

Please call 860-349-3153 Amanda to schedule an appointment.

Documentation you will need to bring:

- 2015 1099 SS income statement
- A copy of your 2015 tax return (if filed)
- Proof of rent paid for 2015
- Utility payment history printout from Eversource
- Proof of interest or Dividends from bank accounts, stocks, bonds ...



Upcoming Events

September 2, 2016- Soup and Salad at the Durham Public Library.

12:00 PM Sponsored by the Durham Senior Board and CVEF
Presentation by: Diana McCain- Historian/Author of Thy Children's Children. Will talk about the Lyman Family.



August 31, 2016 Birthday Cake to celebrate August birthdays.
Will be served after the regular luncheon.

