

September

# DURHAM SENIOR HAPPENINGS

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## **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, 2<sup>nd</sup> 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 Manager at 860-349-3153

- For a Wednesday reservation you must call **prior** to **12:00** on Tuesday.
- For a 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!



**September birthdays will be celebrated on Sept 28th . We will be having cake courtesy of the Durham Citizens Senior Board after the senior luncheon.**



# Transportation—

## Durham-Middlefield Senior/ Disabled Bus

St. Luke's Eldercare is located at 163 College Street  
Middletown, CT 06457

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 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

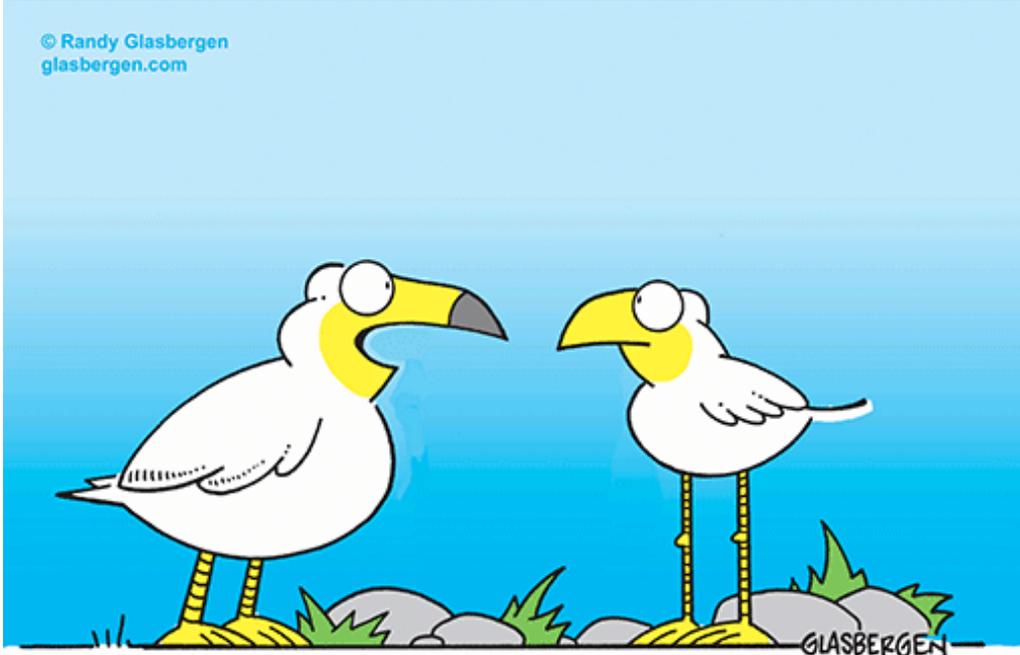


To Reserve  
Call  
860-347-5661

Monday	Tuesday	Wednesday	Thursday	Friday
			12 Out of County Medical New Haven/West Haven	2 Out of County Medical Meriden/ Wallingford
5 Closed Labor Day	6 Clinton Crossing and Tanger Outlets Westbrook, CT Lunch at Lenny and Joe's	7 Mohegan Sun 	8 Out of County Medical New Haven/ West Haven	9 Out of County Medical Meriden/ Wallingford
12 Out of County Medical Hartford/ Newington	13 Norman Rockwell Museum Stockbridge, MA	14 Christmas Tree Shop Orange, CT Lunch at Panera	15 Out of County Medical New Haven/ West Haven	16 Out of County Medical Meriden/ Wallingford
19 Out of County Medical Hartford/ Newington	20 Shopping Olde Mistick Village Lunch on your own	21 WEBS– America's Yarn Store Northampton, MA	22 Out of County Medical New Haven/ West Haven	23 Out of County Medical Meriden/ Wallingford
26 Out of County Medical Hartford/ Newington	27 Bishop's Orchards Guilford, CT. Pick your own fruit Lunch at Farmer's Market	28 Mohegan Sun 	29 Out of County Medical New Haven/ West Haven	30 Out of County Medical Meriden/ Wallingford  o

# Senior Moments...

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glasbergen.com



"Of course I'm gullible. I'm a gull!"



"All I remember is the smell of melted butter,  
and then I woke up with my heart racing."

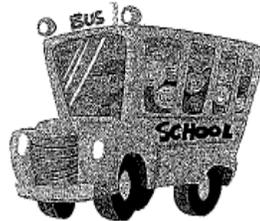


# September Lunch Menu

CW Resources Senior Community Café

## September, 2016

1% or Skim milk provided  
Margarine available

MENU ITEMS SUBJECT TO CHANGE			SUGGESTED DONATION	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 				
<p>5</p> <p><b>Labor Day Closed</b></p> 	<p>For Reservations call Amanda at 860-349-3153</p>	<p>7</p> <p>Chicken Corn Chowder Unsalted Crackers Cheese Lasagna Marinara Sauce Cauliflower and Zucchini  Italian Bread  Orange</p>	<p>For Reservations call Amanda at 860-349-3153</p>	
<p>12</p> <p>Apricot Ginger Grilled Beef Strips Au Jus White Rice Spinach  Pumpnickel Bread  Citrus Sections</p>		<p>14</p> <p>Cream of Mushroom Unsalted Crackers Southern Grilled Chicken Salad with Tomatoes, Olives, Black Beans and Corn Dressing 100% Whole Wheat Dinner Roll Cinnamon Applesauce</p>		
<p>19</p> <p>Veal Parmesan Spaghetti Broccoli  Italian Bread  Apricots</p>		<p>21</p> <p>Beef Barley Soup Unsalted Crackers Macaroni Salad with Tuna, Celery, Peas and Onion Tomato Mozzarella Salad  Dinner Roll  Apple</p>		
<p>26</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies  100% Whole Wheat</p>		<p>28</p> <p>Grape Juice Cheeseburger Sliced Seasoned Potatoes Chuck Wagon Veggies  Hamburger Bun</p>		

## ***IRS Scams***

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Below are five things scammers often do that the real IRS would never do.

### **The IRS will never:**

- Angrily demand immediate payment over the phone, nor will the agency call about taxes owed without first having mailed you a bill.
- Threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Require you to use a specific payment method for your taxes, such as a prepaid debit card.
- Ask for credit or debit card numbers over the phone.

### **Here's what you should do if you think you're the target of an IRS impersonation scam:**

- If you actually do owe taxes, call the IRS at 1-800-829-1040. IRS workers can help you with a payment issue. If you know you don't owe taxes or do not immediately believe that you do, you can report the incident to the [Treasury Inspector General for Tax Administration \(TIGTA\)](#) at 1-800-366-4484.

If you've been targeted by any scam, be sure to contact the Federal Trade Commission and use their "[FTC Complaint Assistant](#)" at [FTC.gov](https://www.ftc.gov). Please add "IRS Telephone Scam" to the comments of your complaint.

For more information on reporting tax scams, go to [IRS.gov](https://www.irs.gov) and type "scam" in the search box.



## Upcoming Events

*Birthday Cake Celebration* for Sept. birthdays will be held at DAC on Sept. 28th. Sponsored by the Durham Citizens Senior Board.

Sept. 9 Soup and Salad at the Durham Public Library.  
Guest speaker : Author Diana McCain (Thy Children's Children) Call Amanda for reservations 860-349-3153.

Save the date:

October 17 Laura Falt from Water's Edge Center for Rehabilitation will present a Healthy Fall Soup Demonstration at DAC at 12:45 PM.

October 5 Laura Crews will be at DAC from Agency on Aging (Norwich, CT) to discuss Medicare– Open enrollment is October 15– Dec 7.

Nov.15 Laura Crews will be at Middlefield Senior Center for open enrollment with a choice counselor. She will see which Part D plan is best for you. Call Amanda to set up an appointment . Limited spaces. 860-349-3153.