

Jan 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 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



January birthdays will be celebrated on January 27th. 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
				1 No Trips New Year's Day! 
4 Out of County Medical Hartford/ Newington	5 Mohegan Sun 	6 Shopping at Meriden Square Lunch at food court	7 Out of County Medical New Haven/ West Haven	8 Out of County Medical Meriden/ Wallingford
11 Out of County Medical Hartford/ Newington	12 Matinee Movie Middletown Lunch @ Athenian	13 The Mark Twain House & Museum Hartford Admission \$16 Lunch Wood n Tap	14 Out of County Medical New Haven/ West Haven	15 Out of County Medical Meriden/ Wallingford
18 No Trips Martin Luther King Day 	19 22nd Annual Train Show CT River Museum Admission \$8.00	20 Mohegan Sun 	22 Out of County Medical New Haven/ West Haven	23 Out of County Medical Meriden/ Wallingford
25 Out of County Medical Hartford/ Newington	26 Antique Shopping Lunch at Lenny & Joes	27 Shopping IKEA New Haven Lunch at Pepe's Pizza	28 Out of County Medical New Haven/ West Haven	29 Out of County Medical Meriden/ Wallingford

Senior Moments...



January Lunch Menu



CW Resources Senior Community Café

JANUARY, 2016

1% or Skim milk provic
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>A HAPPY NEW YEAR</h1>				<p>New Year's Day</p> 
<p>Winter Picnic 4</p> <p>Hot Dog L.S. Baked Beans Broccoli Salad Mustard</p>  <p>Hot Dog Roll</p> <p>Pineapple Chunks</p>	<p>For Reservations Call Amanda at 860-349-3153</p>	<p>Apricot Glazed Grilled Chicken Breast Mashed Potato Carrots</p> <p>Multi Grain Bread</p> <p>Fresh Apple</p>	<p>For Reservations Call Amanda at 860-349-3153</p>	
<p>Roast Turkey 11 Turkey Gravy Stuffing Peas Cranberry Sauce</p> <p>Potato Bread</p> <p>Mixed Fruit Cup</p>		<p>LS Tomato Lentil Soup 13 Unsalted Crackers Crab Cake with White Sauce Brown Rice Mixed Veggies</p> <p>Multi Grain Bread</p> <p>Fresh Apple</p>		
 <p>CLOSED 18</p>		<p>Roast Pork with 20 Apples and Sauerkraut Oven Browned Potatoes Carrot Coins</p> <p>Rye Bread</p> <p>Fruit Cocktail</p>		
<p>Chicken Bruschetta 25 Brown Rice Geneva Blend Veggies</p> <p>100% Whole Wheat</p> <p>Apple</p>		<p>Italian Beef Open 27 Faced Sandwich Beef Au Jus Sliced Potatoes Buttered Beets</p> <p>Potato Bread</p> <p>Lemon Pudding</p>		



Pictures from Winter Holiday Party at DAC





Upcoming Events



Birthday Cake Celebration for January birthdays will be held at DAC on January 27th. This is sponsored by the Durham Senior Board.

Soup and Salad will be held on January 8th at the Durham Public Library. Reservations are required so please call Amanda at 860-349-3153. The Connecticut Audubon Society will be presenting a program on Birds of Prey which features live birds as part of their presentation. Snow date for this program will be on January 13, 2016 and the location will change to the Durham Activity Center if it snows .

Senior Citizens Board Meeting 1:00 at DAC on January 27, 2016.

Recreation Drawing Class Friday's January 8-February 5
Fee \$45. Call Sherry Hill to register and for more info at 860-343-6720.