

Mar 2016

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, 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



March birthdays will be celebrated on March 30th. 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

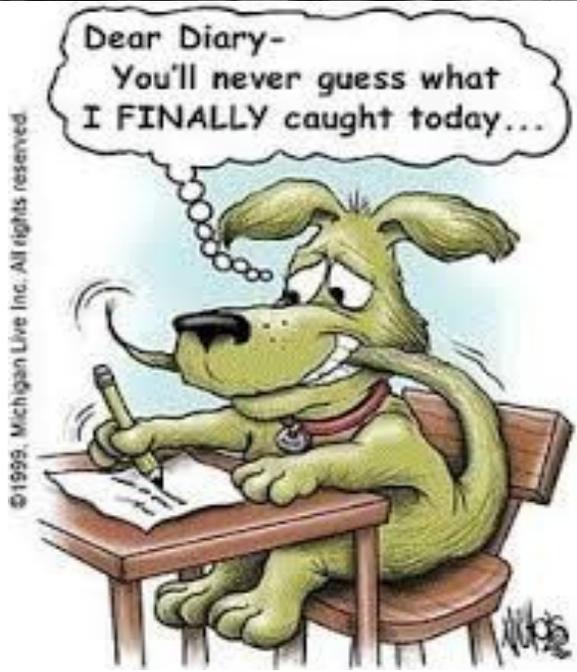
Durham/Middlefield Bus Schedule



To Reserve
Call
860-347-5661

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Mohegan Sun 	3 Out of County Medical New Haven/ West Haven	4 Out of County Medical Meriden/ Wallingford
7 Out of County Medical Hartford/ Newington	8 Knights of C olumbus Museum New Haven Admissions free Lunch at Pepe's	9 Boscov's Meriden mall Lunch on your own	10 Out of County Medical New Haven/ West Haven	11 Out of County Medical Meriden/ Wallingford
14 Out of County Medical Hartford/ Newington	15 Mohegan Sun 	16 Book Talk Jewish Historical Society of Fairfield County Stamford, CT	17 Out of County Medical New Haven/ West Haven	18 Out of County Medical Meriden/ Wallingford
21 Out of County Medical Hartford/ Newington	22 Matinee Movie Before Noon \$5.50 Middletown Lunch at Athenian Diner	23 Westfarms Mall West Hartford Lunch on your own	24 Out of County Medical New Haven/ West Haven	25 Closed
28 Out of County Medical Hartford/ Newington	29 Shopping Christmas Tree Shop Orange	30 Shopping Clinton Crossing Lunch at Lenny and Joes	31 Out of County Medical New Haven/ West Haven	

Senior Moments...



March Lunch Menu



* High Sugar Content
 **High in Sodium Content
 +Higher Fat Content
 LS-Low Sodium



March Menu 2016

1% or Skim milk provided
 Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Call Amanda at 860-349-3153 for Reservations	Meatloaf Garlic Mashed Potatoes Corn with Diced Tomatoes Pumpnickel Bread Banana	Call Amanda at 860-349-3153 for Reservations	
7 Pulled Pork Mashed Potatoes Coleslaw W.W. Hamburger Roll Applesauce		9 Ravioli with Meat Sauce Broccoli Romaine Salad Thousand Island+ Garlic Bread Fresh Pear		
14 Sloppy Joe Sweet Potato California Veggies 7 Grain Bread Pineapple Chunks		16 Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheese** Cheesy Mushroom Rice Geneva Blend Veggies 100% W.W. Bread Pudding Cup		
21 Orange Juice Hamburger Steak Fries Corn with Peppers Lettuce Tomato Slices Hamburger Bun Oatmeal Cookies*		Easter Special 23 Apple Juice LS Sliced Ham with Orange Cranberry Sauce Loaded Potatoes Pea and Pearl Onions  Rudi Roll Coconut Easter Cake*		
28 Chicken Pot Pie with Carrots, Celery and Peas Diced Potatoes Chopped Spinach Biscuit Tropical Fruit Cup		30 Grilled Chicken Breast with Honey Mustard Sauce* Baked Potato Capri Blend Vegetables Rye Bread Pears		



Town of Durham, CT -Resident State Trooper

The Resident State Trooper Office would like to make the community aware of potential scams in the new year. For more information about crime prevention and safety tips please visit the Resident State Trooper page on the website. Go to Emergency Services/Resident State Trooper.

Top Scams

The top scams of 2015 nearly mirrors 2014's list, so chances are, these scams are not going away. As we close out the year, protect yourself and your hard-earned money from these top scams:

- 1. IRS Imposters.** This remains the nation's biggest scam: Phone calls from fraudsters posing as IRS agents who threaten arrest, deportation or seizure of property or businesses unless immediate payment is made for alleged back taxes. Recently, bogus mailing and faxes have been added. Remember, the real IRS doesn't call out-of-the-blue nor demand immediate payment, especially by prepaid debit card or wire transfer.
- 2. Tech Support Scam.** These imposters, claiming to be from Microsoft and other tech companies and lying about a supposed computer virus, also claim the most AARP members. By year's end, some 3.3 million Americans will have paid an estimated \$1.5 billion to these fraudsters for bogus "tech support" and, in the process, will have given these scammers remote access to their computer files and passwords for possible identity theft.
- 3. Foreign Lotteries.** What to know: You can't win some far-away lottery you didn't enter. Remember that "You win!" phone calls, letters, or emails are scams. If you ever win a legitimate lottery, you never have to pay taxes, processing fees or anything else upfront to collect. And that received "partial payment" check is counterfeit; in fact, you're on the hook for funds drawn from its deposit.
- 4. Sweepstakes.** Different type of contest, but same instructions and outcome: You're told you need to pay in order to collect your prize be it cash or merchandise. But the bounty never comes. The reigning (and classic) ruse aims for upfront taxes and fees under the guise of winning Publishers Clearing House.
- 5. Grandparents Scam.** What ignites more fear and sense of urgency than a desperate call from a loved one in trouble? But it's not grandchildren or other relatives calling; it's scammers who glean names and family details online or simply let you fill in holes with generic greetings ("Hi, it's your favorite grandchild and I need help!").

Contact Information

TFC. Larry Morello
Resident State Trooper
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Durham, CT 06422

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www.townofdurhamct.org



Upcoming Events

Birthday Cake Celebration for March birthdays will be held at DAC on March 30th. This is sponsored by the Durham Citizens Senior Board.

Soup and Salad will be held on March 4th at the Durham Public Library. Reservations are required so please call Amanda at 860-349-3153. The luncheon starts at 12 and the music program begins at 1 PM. There will be a special presentation by Sean and Deidre Murtha of Norwalk, CT. They will highlight the history of Irish Immigration to America through traditional music, song, and dance. The Murthas accompany themselves on a variety of instruments, including fiddle, bouzouki, guitar, piano, harmonica, tin whistle, and bodhran. They share traditional tunes, step dancing, ballads, laments, and humorous songs that offer the audience a chance to sing along.

Tea party March 22 at 11:00 at DAC . Come join us for tea and mini desserts at 11. Reservations are required so call Amanda 860-349-3153 or Sherry 860 343-6720.

Senior Citizens Board Meeting 1:00 at DAC on March 23rd

