

DURHAM SENIOR HAPPENINGS

AUGUST 2017

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This newsletter includes:

- Jaelyn office hours
- Renter's Rebate information
- Senior lunch information
- August café menu
- Transportation information
- September bus calendar
- Events at DAC

Social Services office hours/locations in August

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If you are looking to make a reservation for lunch during this time, please call Sherry Hill at 860-343-6724

If you are in need of immediate assistance, please call the First Selectman's office at 860 349-3625



Monday 7/31

8:30 – 1:00 DAC

1:15 – 3:30 Town Hall

Tuesday 8/1

8:30 – 2:30 Town Hall

Wednesday 8/2

8:30 – 1:00 DAC

1:15 – 3:30 Town Hall

Thursday 8/3 – Closed

Friday 8/4 – Closed

**Monday 8/7 – Monday 8/14
Office Closed - Honeymoon**

RENTERS REBATE 2017

Applications will be accepted May 30 – October 1st
Filing period begins May 30 and ends October 1.

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.

Documentation you will need to bring:

2016 1099 SS income statement

A copy of your 2016 tax return (if filed)

Proof of rent paid for 2016

Utility payment history printout from Eversource

Proof of interest or Dividends from bank accounts, stocks, bonds ...

Please call Jaclyn at 860-349-3153 to schedule an appointment

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Senior Lunches

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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 at noon**

To help cover the cost of the meal, a suggested donation of **\$2.50** is welcomed. Please come join us for lunch !

****See menu on next page****

Monday reservations must be made the prior Thursday, no later than 12:00

Wednesday reservations must be made within 24 hours notice

**To make lunch reservations call Jaclyn at
860-349-3153**

Dial-A-Ride is available for transportation to lunches...See page 4

**August birthdays will be celebrated on
Wednesday August 30th after the
senior lunch**



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**Birthday cake is courtesy of the Durham
Citizens Senior Board.**



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

**CRT SUMMER PICNIC
WEDNESDAY AUGUST 16TH
12:00 AT DAC**

MENU:

Orange-Pineapple Juice
BBQ Peach Chicken
Potato Salad
Tossed Green Salad w/Cherry
Tomatoes/Cucumbers & Onions
Raspberry Vinaigrette Dressing
Wheat Dinner Roll
Strawberries Over Biscuit

**CRT HOT DOG PICNIC
WEDNESDAY AUGUST 30TH
12:00 AT DAC**

MENU:

Orange Juice
Hot Dog
Vegetarian Baked Beans
Red/Green Cabbage Coleslaw
w/Shredded Carrots
Hot Dog Roll
Mustard/Relish/Ketchup
Frosted Banana Cake ³



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

AUGUST —2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Cran-Apple Juice Pot Roast w/ Gravy Baked Sweet Potato Spinach 100% Whole Wheat Bread Homemade Cookie	3	4
7 Pineapple-Orange Juice Meatballs w/ Italian Sauce Ziti w/ Sauce Broccoli & Cauliflower Oatnut Bread Pears	8	9 Roast Turkey w/ Gravy Corn Bread Stuffing Sliced Carrots Cranberry Sauce 100% Whole Wheat Bread Pineapple Tidbits & Mandarins	10	11
14 Sausage w/ peppers Penne with Tomato Basil Sauce Italian Green Beans Club Roll Tropical Fruit	15	16 CRT SUMMER PICNIC Orange-Pineapple Juice BBQ Peach Chicken Potato Salad Tossed Green Salad Wheat Dinner Roll Strawberries over Biscuit	17 	18
21 Stuffed Green Pepper w/ Tomato Sauce Mashed Potatoes Brussel Sprouts 100% Whole Wheat Bread Pineapple Tidbits	22 	23 Tuna w/ Bowtie Noodles Casserole Peas & Diced Carrots Oatnut Bread Fresh Orange	24	25
28 Grape Juice Salisbury Steak w/ Gravy Rice Pilaf Creamed Spinach Rye Bread Tropical Fruit	29	30 CRT SUMMER PICNIC Orange Juice Hot Dog Vegetarian Baked Beans Red/Green Cabbage Coleslaw w/ Carrots Frosted Banana Cake	31	

**Elderly Nutrition Program meals are served Monday thru Friday to persons
60 years of age or older and their spouses.**

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can af-**



Transportation

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Disabled /Durham-Middlefield Senior Bus: Provides medical appointments outside of Middlesex County as well as recreational trips. Transportation for medical appointments is a door to door service and you must be registered in advance to use the bus. Bus accommodates wheelchairs.

Mondays: Hartford, Newington, New Britain area

Thursdays: New Haven, West Haven area

Fridays: Meriden, Wallingford area

Recreational trips are provided on Tuesdays and Wednesdays. Please see the calendar on the next page.

- There is no fee for this service
- You must give 48 hours notice prior for the medical trips

For more information or to register, please call St. Luke's 860-347-5661
Monday - Friday from 9am - 3pm to make a reservation. You will receive confirmation after 4pm.

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 \$3.00 each way.

9 Town Transit: Public transit for Chester, Clinton, Deep River, Durham, Essex, East Haddam, Haddam, Killingworth, Lyme, Old Lyme, Old Saybrook, and Westbrook, with connections to New Haven, New London and Middletown areas.

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. 860-510-0429 or visit www.9TownTransit.com

Durham/Middlefield Senior Bus

For reservations,
please call St. Luke's
860-347-5661



September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Out of County Medical Meriden Wallingford
4 Labor Day	5 Shopping at Christmas Tree Shop Orange Lunch Bertucci's or Panera	6 Magic Wings Butterfly Conservatory Senior discount: \$12.50	7 Out of County Medical New Haven West Haven	8 Out of County Medical Meriden Wallingford
11 Out of County Medical Hartford Newington New Britain	12 Mohegan Sun	13 Bridge of Flowers Shelburne, MA No admission	14 Out of County Medical New Haven West Haven	15 Out of County Medical Meriden Wallingford
18 Out of County Medical Hartford Newington New Britain	19 Shops at Evergreen Walk Lunch at Longhorn	20 WEBS—America's Yarn Store North Hampton, Ma	21 Out of County Medical New Haven West Haven	22 Out of County Medical Meriden Wallingford
25 Out of County Medical Hartford Newington New Britain	26 New England Air Museum Admission: \$11.50	27 Mohegan Sun	28 Out of County Medical New Haven West Haven	29 Out of County Medical Meriden Wallingford

*For recreation— pickup locations are United Churches and Mauro Meadows.
Times are specified by driver.*

Magic Wings Butterfly Conservatory & Gardens, opened in October of 2000, consists of an 18,400-square foot facility that includes a 8,000-sq. ft. glass conservatory filled with butterflies, moths and tropical vegetation. We commemorated our new expansion in a Grand Opening ceremony June 26, 2004. The sun shines through the glass walls and heats up the conservatory to an 80-degree tropical-like environment all year round. The heart-shaped pond with Japanese koi graces the center of the conservatory.
Located in South Deerfield, MA



The Bridge of Flowers
Located in Shelburne, Ma

WEBS - America's Yarn Store offers the most comprehensive selection of yarns, needles, books, patterns and supplies for knitters, crocheters, weavers! WEBS carries your favorite name-brand yarns from Berroco, Classic Elite, Cascade, Noro, Tahki, Blue Sky Alpacas, and many many more! Located in North Hampton, MA



The New England Air Museum is owned and operated by the Connecticut Aeronautical Historical Association, a private, non-profit educational institution organized in 1959. Located Windsor Locks, CT, the Museum is the largest aviation museum in New England. This educational organization is dedicated to preserving and presenting historically significant aircraft and related artifacts, engaging visitors through high-quality exhibits helping them to understand aviation technology and history and inspiring students through innovative and hands-on educational programs.

DURHAM ACTIVITY CENTER EVENTS

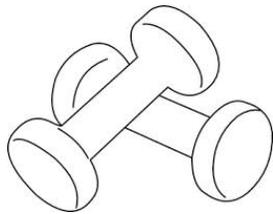
Exercise at DAC is every Monday, Wednesday & Friday

Class 1: 9:00am-10:00am.

This class is for the more active Senior. Weights, Mats, Exercise Balls, and Steps are used in this class. Every class is different and will keep you energized. Class is free for Durham and Middlefield Seniors. Out of town residents may be invited for 3.00 dollars a class. Class is scheduled all year. Senior is age 55 and older for class.

Class 2: 10:00AM-11:00am

This class is for the Senior that may want to use a chair. Every class is different and will keep you energized. Class is free for Durham and Middlefield Seniors. Out of town residents may be invited for 3.00 dollars a class. Class is scheduled all year. Senior is age 55 and older for class.



Next Blood Pressure Clinic

Monday September 11th

12:00 at DAC

Sponsored by Middlesex Hospital Homecare



Bridge games are held every Friday evening at 6:15pm. Classes are adapted to suit any person's needs or concerns. So don't be shy and come and join us for some fun.



Soup & Salad will be back in October!