

DURHAM SENIOR HAPPENINGS

JULY 2017

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Town of Durham

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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



**July birthdays will be celebrated on Wednesday
July 26th after the senior lunch**

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

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

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SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

JULY—2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b style="color: red;">CLOSED IN OBSERVANCE OF JULY FOURTH HOLIDAY	4	5 Potato Crumbled Fish Chive Mashed Potatoes Creamed Spinach Tartar Sauce Rye Bread Peaches	6	7
10 Stuffed Green Pepper w/ Tomato Sauce Mashed Potatoes Brussel Sprouts 100% Whole Wheat Bread Pineapple Tidbits	11	12 Tuna w/Bowtie Noodles Casserole Peas & Diced Carrots Oatnut Bread Fresh Orange	13	14
17 Grape Juice Salisbury Steak w/Gravy Rice Pilaf Creamed Spinach Rye Bread Tropical Fruit	18	19 Orange-Juice Baked Ham w/Raisin Sauce Mashed Potatoes Broccoli Normandy 12-Grain Bread Lemon Pudding Tart (Pudding & Tart Shell)	20	21
24 Orange Juice BBQ Peach Chicken Potato Salad Corn Wheat Dinner Roll Fruit Oatmeal Bar	25	26 Corn Chowder Breaded Fish Square Potato Wedges Tartar Sauce/Saltine Crackers Creamy Coleslaw w/ Carrots, Purple & Green Cabbage Peaches & Pears	27	28
31 Pork Ribeye Vegetarian Baked Beans Prince Edward Blend Vegetables 12-Grain Bread Peaches				

**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

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

August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Mohegan Sun	Tour of Gillette's Castle Lunch at Blue Oar Cash \$7 - \$15	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
7	8	9	10	11
Out of County Medical Hartford Newington New Britain	Shopping Evergreen Walk Manchester, CT	Ireland's Great Hunger Museum Quinnipiac University Tour Lunch on your own	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
14	15	16	17	18
Out of County Medical Hartford Newington New Britain	Blueberry Picking Lyman Orchards Lunch @ Apple Barrel (need 11 participants)	Shopping Westfarms Mall Lunch on your own	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
21	22	23	24	25
Out of County Medical Hartford Newington New Britain	Thimble Island Boat Tour \$12.00 Lunch on your own	Mohegan Sun	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
28	29	30	31	
Out of County Medical Hartford Newington New Britain	Norman Rockwell Museum Stockbridge, MA Admission \$18	Shopping Christmas Tree Shop Orange	Out of County Medical New Haven West Haven	

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

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Gillette's Castle



Thimble Island Boat Tour



Norman Rockwell Museum



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PIZZA PARTY

SENIOR CITIZEN BOARD WILL BE SPONSORING A SUMMER
PIZZA PARTY AT THE
DURHAM ACTIVITY CENTER ON
FRIDAY JULY 21ST
11:00-1:00PM

Register with Jaclyn or on
the sign up sheet at DAC
860-349-3153

Light refreshments & coffee/tea will be served