

DURHAM SENIOR HAPPENINGS

JUNE 2017

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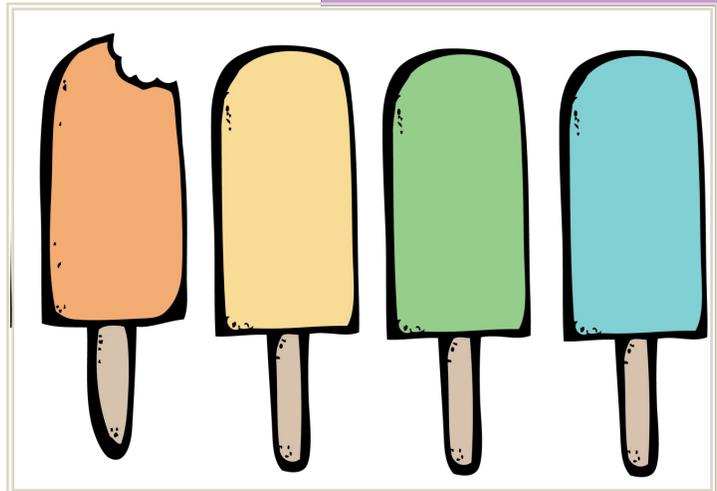
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Town of Durham

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Senior Lunches

2

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



**June birthdays will be celebrated on Wednesday
June 28th 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.

2



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

JUNE—2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Grape Juice Salisbury Steak w/ gravy Rice Pilaf Creamed Spinach Rye Bread Tropical Fruit	6	7 Baked Ham w/ Raisin Sauce Mashed Potatoes Broccoli Normandy 12-Grain Bread Pears	8	9
12 Orange Juice BBQ Peach Chicken Potato Salad Corn Wheat Dinner Roll Fruit Cocktail	13	14 CRT Father's Day Meal Pineapple-Orange Juice Roast Turkey w/ Gravy Cut-up Sweet Potatoes 4-Way Veggies Cranberry Sauce Mixed Berries on Biscuit w/ whipped cream	15	16
19 Pork Ribeye Veggie Baked Beans Prince Edward Blend Veggies 12-Grain Bread Peaches	20	21 Cran-Apple Juice Pot Roast w/ Gravy Baked Sweet Potato Spinach 100% Whole Wheat Bread Frosted Carrot Cake	22	23
26 Orange-Pineapple Juice Meatballs w/Italian Sauce Ziti w/Italian Sauce Broccoli & Cauliflower Oatnut Bread Pears	27	28 Roast Turkey w/Gravy Corn Bread Stuffing Sliced Carrots Cranberry Sauce 100% Whole Wheat Bread Pineapple Tidbits & Mandarins	29	30 

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 afford)



Transportation

4

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



July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
3 Out of County Medical Hartford Newington New Britain	4 <i>No Trips</i> <i>Happy 4th of July!</i> 	5 Fort Griswold Battlefield State Park Groton, CT	6 Out of County Medical New Haven West Haven	7 Out of County Medical Meriden Wallingford
10 Out of County Medical Hartford Newington New Britain	11 Buttonwood Farms Ice Cream Shop Griswold, CT	12 Mohegan Sun	13 Out of County Medical New Haven West Haven	14 Out of County Medical Meriden Wallingford
17 Out of County Medical Hartford Newington New Britain	18 Shopping at Clinton Crossing Lunch at Lenny & Joe's	19 Belltown Hill Orchards Farm Market & Pick- your-own Glastonbury, CT	20 Out of County Medical New Haven West Haven	21 Out of County Medical Meriden Wallingford
24 Out of County Medical Hartford Newington New Britain	25 Mohegan Sun	26 Hammonasset Beach State Park Lunch at Lenny & Joe's Madison, CT	27 Out of County Medical New Haven West Haven	28 Out of County Medical Meriden Wallingford
31 Out of County Medical Hartford Newington New Britain				

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

Fort Griswold Battlefield State Park is the site of the largest Revolutionary War battle fought in CT. On September 6, 1781, 800 British Forces, commanded by Benedict Arnold, defeated 165 local patriots in a bloody massacre. Current day, a Monument House Museum displays objects dating from the battle and the period. The restored home of Ensign Ebenezer Avery, which sheltered many wounded after the battle is also located on the grounds. As well as a 135 foot granite Groton Monument completed in 1830.



Belltown Hill Orchards is a working, fourth generation orchard nestled in the scenic rolling hills of South Glastonbury, CT. Step out into the beauty of our orchards for a picturesque afternoon in our Pick-Your-Own fields from mid-June to late October. Our farm is famous for our pick-your-own apples, offering over 24 varieties! Our fields are also open for blueberry, sweet cherry, and pumpkin picking when in season! Our farm fresh, hand-picked produce is a great way to bring home delicious fruits and



Buttonwood Farms has a lot to offer! Enjoy scenic country views and fresh air while enjoying their farm fresh ice cream. Homemade ice cream and waffle cones, made fresh each day. They even use real homemade whipped cream! Enjoy their beautiful Sun Flower farm and donate to a great cause; “Sunflowers for Wishes”

A visit to **Hammonasset Beach State Park** is more than just another day at the beach. Connecticut’s largest shoreline park offers over 2 miles of beach to enjoy swimming, strolling along the boardwalk or just relaxing in the sun. Enjoy a seafood lunch at **Lenny & Joe’s**.





A Bea Smith's Clothing Show is a personal shopping experience!
 Enjoy a full line of clothing just for you. Featuring items from Alfred Dunner, The Bea Smith Signature Collection, Lanz of Salzburg, Shadowline, Mackintosh, London Fog, Rafael and more.

Visa, MC, AMEX, check or cash are welcome.

Wednesday June 21st
10:00-2:00pm
at the Durham Activity Center



10% Senior Citizen Discount on all regularly priced items

Always Free Shipping