

DURHAM SENIOR HAPPENINGS

MAY 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



**May birthdays will be celebrated on Wednesday
May 31st 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

MAY-2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Apple Juice Stuffed Pepper w/Tomato Sauce White & Brown Rice Prince Edward Blend Vegetables Oatnut Bread Chocolate Cake	2	3 Orange Juice Roast Pork Loin w/Gravy Rice Pilaf Green Beans Wheat Dinner Roll Applesauce	4	5 
8 Italian Chicken w/ Artichokes & Chickpeas Farfalle Noodles California Blend Vegetables 12-Grain Bread Pineapple Tidbits	9	10 Turkey Chow Mein Over Fluffy White Rice Bias Cut Carrots Pumpkin Bread Fresh Orange	11	12
15 Salisbury Steak w/Vegetable Gravy Lyonnise Potatoes Scandinavian Blend Vegetables 100% Whole Wheat Bread Tropical Fruit	16	17 Six Bean Soup BBQ Pork Ribeye Carnival Rice Cut Green Beans Saltines Pineapple Tidbits	18	19
22 Meatloaf w/Gravy Garlic Smashed Potatoes Creamed Spinach Pumpkin Bread Fruit Cocktail	23	24 Beef Vegetable Soup Grande Cheese Ravioli w/ Tom. Sauce French Style Green Beans Saltines Fresh Orange	25	26
29 CLOSED IN OBSERVANCE OF MEMORIAL DAY HOLIDAY!	30	31 Corn Chowder Potato Crumbled Pollock w/ Tartar Sauce Chive Mashed Potatoes Beets Saltines Fruit Cocktail 		

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

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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



June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
5	6	7	8	9
Out of County Medical Hartford Newington New Britain	Mohegan Sun	World War I: Beyond the Front Lines Knights of Columbus Museum New Haven, CT	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
12	13	14	15	16
Out of County Medical Hartford Newington New Britain	Shopping at Olde Mistick Village Mystic, CT Lunch on your own	Roseland Cottage Woodstock, CT Admission \$9	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
19	20	21	22	23
Out of County Medical Hartford Newington New Britain	Elizabeth Park West Hartford	Mohegan Sun	Out of County Medical New Haven West Haven	Out of County Medical Meriden Wallingford
26	27	28	29	30
Out of County Medical Hartford Newington New Britain	Bartlett Arboretum & Gardens Stamford, CT	Shopping at Christmas Tree Shop Manchester, CT	Out of County Medical New Haven West Haven	Out of County Medical New Haven West Haven

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

The impact of World War I was felt for generations. Methods of warfare were forever altered. The map of Europe was completely redrawn at the conclusion of the war, and decisions that followed may be attributed to the start of World War II in 1939. No one was unaffected during this time period. **The Knights of Columbus Museum** commemorates the 100th anniversary of the United States' participation in the war with an exhibition, **World War I: Beyond the Front Lines** (Apr. 6, 2017 – Dec. 30, 2018). The exhibition provides an historical retrospective of the war and includes interactives, images and artifacts from the Knights of Columbus Museum collection, Supreme Council archives and borrowed materials from private lenders and organizations. *No admission fee.*

Come, spend a relaxing day in **Olde Mistick Village**. Stroll the beautiful lanes and enjoy shopping in distinctive buildings designed to represent a New England Village of about 1720. In our Village, we have picturesque settings of flowers, trees & duck ponds that surround you as you relax and unwind. Our shopkeepers pride themselves on offering you some of the most interesting and unique items from around the world. Feeling hungry? Olde Mistick Village is home to some of Mystic's best restaurants. We also feature a multi theatre arts & movie cinema for your enjoyment. Walkways and restrooms are handicapped accessible. There are many benches and rest areas to catch your breath, unwind, enjoy the beautiful surroundings and let your mind slip pleasantly back to another era.

Built in 1846 in the newly fashionable Gothic Revival style, **Roseland Cottage** was the summer home of Henry and Lucy Bowen and their young family. While the house is instantly recognizable for its pink exterior, Roseland Cottage has an equally colorful interior, featuring elaborate wall coverings, heavily patterned carpets, and stained glass, much of which survives unchanged from the Victorian era. The house is a National Historic Landmark.



Elizabeth Park is on the national register of historic places. Elizabeth Park offers just over one hundred acres of formal gardens, green space, recreational facilities, walking loops, and the Pond House Café. Come enjoy the beauty of the gardens and grounds. Bring your camera!

Bartlett Arboretum & Gardens - with 12 gardens and hundreds of new species to discover, the Bartlett is a living classroom for people of all ages to experience and enjoy nature. Walk miles of trails that will take you through beautiful gardens, past champion trees, and into native Connecticut habitats, alongside colonial stonewalls and over pristine wetlands.



Upcoming Events

Soup and Salad Luncheon

Friday May 5th 12:00pm at the Durham Activity Center

There will be a special music program to honor the memory of Malcolm Pearce. Music will be provided by the **Coginchaug High School's Dixieland Jazz Band**. Lunch will be provided by Dackaroo's Country Kitchen and is free to all seniors, but donations are generously accepted. For reservations please call Jaclyn 860-349-3153 or sign up at the Durham Activity Center.



Senior Picnic Hoe Down

Friday June 9th from 12:00pm-2:00 at the Durham Raccoon Club
853 New Haven Road

Hot dogs and hamburgers provided. Potluck will be served, please bring your favorite dish or dessert! Learn how to square dance from the help of our very own square dance caller. Register at the Durham Activity Center or call 860-343-6720

No fee

June 21—SAVE THE DATE

Enjoy a fun shopping experience at DAC. Bea Smith's Traveling Clothing Store will be coming to DAC from 11-3 with fashions from Alfred Dunner, Lanz of Salzburg, Shadowline, and Bea Smith's signature line. Coats by Mackintosh and London Fog from petite to 24 woman's. Cash, checks, and major credit cards will be accepted. More info to follow!!!



MAY IS BETTER HEARING MONTH

*1 in 3 people over age 60 have hearing loss
1 in 2 people over age 85 have hearing loss*



People with untreated hearing loss (those with hearing loss who do not wear hearing aids) experience a decreased quality of life. Untreated hearing loss can lead to sadness, depression, anxiety, paranoia, and poor social relationships.

Common Signs of Hearing Loss

- ⇒ Asking people to repeat what they say
- ⇒ Feeling like others are always mumbling or not speaking clearly
- ⇒ Difficulty hearing and understanding speech in noisy environments.
- ⇒ Missing words or phrases on the telephone
- ⇒ Turning the volume up on the television or radio louder than normal

[CLICK HERE](#) to take a quick
Hearing Health Quiz!

Hearing Aid Facts

- ⇒ Hearing aids can improve communication with family, friends, and co-workers, which can help maintain a better quality of life.
- ⇒ Medicare covers hearing testing with a physician's referral, but Medicare does not cover the cost of hearing aids.
- ⇒ Medicaid, some private insurance carriers, and some charitable organizations may help cover the cost of hearing aids.
- ⇒ Most audiologists have financing or payment plans available to help with the costs of hearing aids.
- ⇒ Hearing aids come in several styles that include completely in-the-canal, in-the-canal, in-the-ear, and behind-the-ear. Behind-the-ear hearing aids are smaller than in years past and come in a variety of styles, colors, and shapes.

Prevention - Research has shown that the “use it or lose it” principle applies to our ears. Untreated hearing loss can lead to deteriorated understanding of speech over time.

Treating hearing loss early rather than later or putting it off is highly recommended.

Find an Audiologist in your area and schedule a hearing screening today!