

DURHAM SENIOR HAPPENINGS

SEPTEMBER 2017

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****IMPORTANT INFORMATION REGARDING THE SENIOR/DISABLED BUS****

Due to situations outside of our control, the Towns of Durham and Middlefield will no longer be partnering with St. Luke's to provide transportation to our senior and disabled population.

Both Town's are working diligently to find a new transportation provider.

Please be aware, that all trips AFTER September 15th have been cancelled. If you are registered for any trips after this date, you will be receiving a call.

We currently do not have any trips planned for after September 15th, including the October calendar. We will be working hard to get an October calendar out within the upcoming weeks.

Please feel free to call Jaclyn in Durham, 860-349-3153, or Sue in Middlefield, 860-349-7121, if you have any questions concerning the bus or if you are in need of transportation for out-of-county medical appointments.

We are sorry for the inconvenience and hope to have this sorted out very soon. We thank you for your patience and understanding during this time.

-Jaclyn

DURHAM SENIORS:
JOIN US FOR A GOOD OLD FASHIONED

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ICE CREAM SOCIAL



Don't miss out on a game of
*Left, Right,
Center!* Please
bring 3
Quarter's
(per game) to
play
Please register



with Jaclyn

860-349-3153 or at DAC

SPONSORED BY THE DURHAM

Friday September 8th ~ 12:30

At the Durham Activity Center

All Seniors welcome!

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 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 8

**September birthdays will be celebrated on
Wednesday September 27th after the
senior lunch**



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



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



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

SEPTEMBER—2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
LABOR DAY CAFÉ CLOSED		Corn Chowder Breaded Fish Square Potato Wedges Tartar Sauce Saltine Crackers Creamy Coleslaw w/ Carrots, Purple & Green Cabbage Peaches & Pears		
11	12	13	14	15
Pork Riqueque Vegetarian Baked Beans Prince Edward Blend Vegetables 12-Grain Bread Peaches		Spring Vegetable Soup Chef Salad with Mixed Greens, shredded cheese, turkey, ham. Cooked Ham, croutons, ranch dressing, wheat dinner roll & mandarin oranges		
18	19	20	21	22
Pineapple-Orange Juice Meatballs w/Italian Sauce Ziti w/Italian Sauce Broccoli & Cauliflower Oatnut Bread Pears		Roast Turkey w/Gravy Corn Bread Stuffing Sliced Carrots Cranberry Sauce 100% Whole Wheat Bread Fresh Orange		
25	26	27	28	29
Sausage w/Red & Green Peppers Penne w/Tomato Basil Sauce Italian Green Beans Club Roll Tropical Fruit		Chicken Vegetable Soup Orange & Cumin Rubbed Pork w/Broth White & Brown Rice Broccoli Spears 100% Whole Wheat 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-

DURHAM ACTIVITY CENTER

Next Blood Pressure Clinic

Monday September 11th
12:00 at DAC

Sponsored by Middlesex Hospital
Homecare

*Next Senior Citizen Board meeting
is Monday September 18th at 1:15*

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.

*Next Bridge Bidding Class - Sunday
September 10th, 1pm at DAC*



Lunch & Learn with State Representative Noreen Kokoruda.

She will be at DAC for the Senior lunch on **Monday September 18th at 12:20pm**

Noreen will be here to talk about what's going on in Hartford/State budget and to answer questions. Register with Jaclyn 860-349-3153



State Rep. Noreen Kokoruda represents the 101st General Assembly District, which encompasses Durham and Madison.

October Soup & Salad

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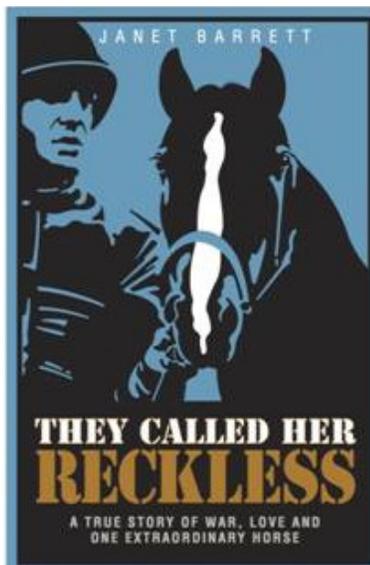


Friday October 13th
12:00
Durham Public Library



Author Janet Barrett will be here to talk about her book:

They Called her Reckless
A True Story of War, Love And One Extraordinary Horse



About the book: When the Fifth Regiment's Recoilless Rifle Platoon acquired a small Korean pony to haul ammunition to the front lines, what they got was a real-life warhorse, the courageous and indomitable Reckless, who stood with her Marines for two years during the Korean War, saving many lives, raising spirits, and winning the love and respect of all who knew her.

Please register with Jaclyn, 860-349-3153, or the sign up at DAC

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RENTERS REBATE 2017

Applications will be accepted May 30 – October 1st

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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

MEDICARE 2018

Open Enrollment is October 15th—December 7th

During this time is the Medicare Part C and D annual enrollment. Unlike Medicare Part A and B in which you do not need to re-enroll in every year, you may want to make changes to your Advantage Plans or stand alone prescription Drug plans.

During this time you can:

- Change from Original Medicare (A and B) to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan to original Medicare (A and B)
- Switch from one Advantage Plan to another Advantage Plan
- Join a Medicare Prescription Drug Plan (penalties may apply if you did not originally sign up during your initial enrollment period)
- Switch from one Prescription drug plan to another Prescription Drug Plan
- Drop your Medicare prescription drug coverage completely (keep in mind, if you drop your drug coverage and do not have any other source of drug coverage, you might incur lifelong penalties should you wish to sign up for a drug plan during the next annual enrollment period)



Wednesday October 25th—Laura Crews will be at DAC at 1:00 PM from Agency on Aging (Norwich, CT) to discuss Medicare 2018 changes and your options.

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SENIOR EXERCISE CORNER

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Tai Chi is back!

Tuesday & Thursday at DAC

10:00-11:00am

8 Week Course/16 Classes for \$80

8Week Course/8 Classes for \$40

Tai Chi classes are designed for people of any ability who want to feel better and reduce their chance of a mishap.

Experts in exercise science designed this popular, effective and fun program to help people gently re-educate their bodies. Participants re-learn how to move more comfortably and safely.

Register on <https://durhamct.recdesk.com/Community/Home> or

Contact Sherry Hill 860-343-6724 for more info



Senior 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 a class. Class is scheduled all year. Senior is age 55 and older for class.



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Transportation

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Disabled /Durham-Middlefield Senior Bus: *Please check with Jaclyn 860-349-3153*

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

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