

DURHAM SENIOR HAPPENINGS

AUGUST 2018

Please contact Melissa for more information - 860-349-3153
myoung@townofdurhamct.org

Monday Afternoon Crafting with Melissa



Join me at the Durham Activity Center Monday August 20th and Monday August 27th. We will be decorating tea cups and saucers on the 20th (you may bring your own if you would like), and turning them into bird feeders on the 27th. This activity will start at 1:00pm directly after our Senior Community Café Lunch.

Please feel free to come early and enjoy lunch with us. RSVP to Melissa at 860-349-3153.

(see menu on page 3 for lunch options on those days)



Renter's Rebate

Applications will be accepted April 1, 2018 - October 1, 2018

Qualifying income limits for this program are as follows:

Filing Single: \$35,300

Filing Married: \$42,900

Applicants 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.

Please call Melissa to schedule an appointment, 860-349-3153



Senior Board Members

<u>Elaine Melvin, Chairperson</u>	<u>Lainymelvin@gmail.com</u>
<u>Henry Coe, Vice Chairperson</u>	<u>Hcoect@gmail.com</u>
<u>Norm Hicks</u>	<u>Hicks@snet.net</u>
<u>Stu Keating</u>	<u>Irishstu4@yahoo.com</u>
<u>Carol Kleeman</u>	<u>Carol.Kleeman@ravies.com</u>
<u>Jim Martinelli</u>	<u>Jim_martinelli@hotmail.com</u>
<u>Beverly Pedersen</u>	<u>Bvrlypdrsn@sbcglobal.net</u>
<u>Doug Marden</u>	
<u>Deb Frey</u>	<u>djfrey161@gmail.com</u>

Staff

<u>Sherry Hill - Recreation Director</u>	<u>shill@townofdurhamct.org</u>
Phone: 860-343-6724	
<u>Melissa Young -Social Service Coordinator</u>	<u>myoung@townofdurhamct.org</u>
Phone: 860-349-3153	

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. To help cover the cost of the meal, a suggested donation of \$2.50 is welcomed.

Please come join us for lunch! This program is open to all patrons, regardless of your ability to pay. Reservations must be made 24 hours in advance. Please call Melissa 860-349-3153 to register.

Hot lunches are available at the **Durham Activity Center 350 Main Street, 2nd Floor every Monday and Wednesday at noon.**

Birthday's are celebrated on the last Wednesday of the month, after the senior lunch. Cake is sponsored by the Durham Senior Board. August birthday cake will be served on Wednesday August 29th



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cran-Apple Juice Rosemary Seasoned Chicken Yellow Rice Peas & Diced Carrots 12 Grain Bread Fruit Yogurt	2	3
6 Meatloaf w/ Gravy Potato Puffs Capri Blend Vegetables 100 % Whole Wheat Bread Pears	7	8 Hawaiian Style Roast Pork Rice Pilaf Peas 12 Grain Bread Mandarin Oranges	9	10
13 Cran-Apple Juice Tuna Salad on Multi-Grain Roll Sliced Tomatoes & Shredded Lettuce Sweet Potato Wedges Fruit Cocktail	14	15 BBQ Pork Ribeye Carnival Rice French-Style Green Beans Oatnut Bread Fresh Orange	16	17
20 Hamburger w/ Broth on Multi-Grain Bun Sliced Tomatoes & Leaf Lettuce / Tortellini Salad/ Mustard, Ketchup, Relish Fresh Orange	21	22 Country Vegetable Soup Garden Salad Greens/ Cherry Tomatoes/ Cucumbers/ Onions w/ Grilled Chicken Strips/ Cheddar Cheese/ Italian Dressing/ Saltine Crackers Peaches	23	24
27 Orange Juice Barbeque Pulled Pork on Multi-Grain Bun Potato Salad Marinated Three Bean Salad Tapioca Pudding W/ Whipped Topping	28	29 CRT Celebrates August Birthdays Boneless Chicken Breast w/ Gravy Brown & White Rice Broccoli & Cauliflower 12 Grain Bread Frosted Cake/ Fresh Fruit	30	31

**Elderly Nutrition Program meals are served Mondays and Wednesdays to persons
60 years of age or older and their spouses.**

All meals are served with milk, bread and margarine.

CRT Nutrition Session

FOR DURHAM SENIORS

Join us for a lunch and learn

When:	Wednesday August 1st, 2018
Time:	12:15
Where:	Durham Activity Center, 350 Main St—2nd Floor

Join us on Wednesday August 1st we will have a nutritionist from CRT come and discuss healthy options for seniors.

Senior Lunch is served at 12:00, menu will include:

Cran-Apple Juice, Rosemary Seasoned Chicken, Yellow Rice, Peas & Diced Carrots, 12 Grain Bread, Fruit Yogurt

Suggested donation of \$2.50

Please contact Melissa to make a reservations—860-349-3153 or
myoung@townofdurhamct.org

Join Us For A Very Special Evening And Learn To Become A Dementia Friend

When: Wednesday August 8th, 2018
Time: 6:30 pm
**Where: Durham Activity Center,
350 Main St—2nd Floor**

Please join us at the Durham Activity Center for a special evening event with Erica DeFrancesco, a Dementia Friends Champion. Erica will lead an hour long informative session, upon completion of the session you will be given Dementia Friends pin, and all participants will receive certificates acknowledging that they are Dementia Friends.

For more information please see the flyer on next page

To attend this session please RSVP by August 6th to Melissa at 860-349-3153, or you can sign up for the session at the Durham Activity Center in person.



Join a growing movement of people like you who are helping fellow community members living with dementia. A little support can make a big difference in their lives. Be a Dementia Friend!

What Makes You a Dementia Friend?

You become a Dementia Friend by attending a one-hour informational session to learn about this worldwide movement, about living with dementia, and the simple things you can do to support someone living with the disease.

What Happens at the Information Session?

The one-hour session is a discussion led by a Dementia Friends Champion. It is not a training session. You'll learn what dementia is, what it's like to live with the disease, and some tips for communicating with people who have dementia. Everyone who attends is asked to turn their new understanding of dementia into a practical action that can help someone living in your community. The action can be as big or as small as you choose—every action counts!



Remember...

You don't need to be a dementia expert to become a Dementia Friend.
You don't need to know someone with dementia to become a Dementia Friend.
After you attend the session, you decide about becoming a Dementia Friend.

Dementia Friends...

...is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Connecticut and across the United States. By helping everyone in a community understand what dementia is and how it affects families, each of us can make a difference for people touched by dementia.

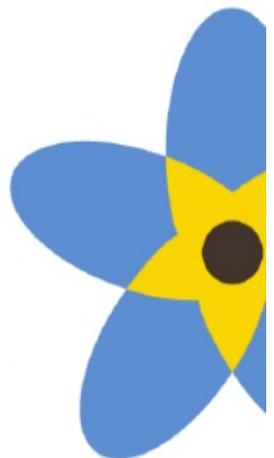
When & Where:

Durham Activity Center , 350 Main St—2nd Floor August 8th 6:30pm

Champion:

Erica DeFrancesco

Learn More: RSVP to Melissa by August 6th at 860-349-3153 or email myoung@townofdurhamct.org



Join us for a lunch and learn

**Medicare Presentation and Q &A
with Laura Crewz from Senior
Resources Agency on Aging**

FOR DURHAM SENIORS

When: Wednesday August 15th, 2018

Time: 12:15pm

**Where: Durham Activity Center,
350 Main St—2nd Floor**

Senior Lunch is served at 12:00, menu will include:

BBQ Pork Ribeye, Carnival Rice, French-Style Green Beans, Oatnut Bread,
and
Fresh Orange

Suggested donation of \$2.50

Please contact Melissa to make a reservations—860-349-3153 or
myoung@townofdurhamct.org

DURHAM ACTIVITY CENTER

The Durham 60+ Club and Travel

Seniors from surrounding towns are welcomed to join this social, active, travel club. Our next regular meeting will be held on Monday, September 10, same time same place.

Wii Bowling

Mondays 11am at the Durham
Activity Center.

Senior Lunch will be served at 12pm if you have worked up an appetite please join us.



Join Us For a Bridge Bidding Class
At The Durham Activity Center
The next class will take place in
September stay tuned for dates.

(Bridge is still played every Friday night at 6:15pm at the
Durham Activity Center)



SOUP & SALAD UPDATE

The next Soup and Salad will be held on Sept 6th at 12pm at the Durham Activity Center. Noreen Kokoruda and John Michael Parker, both running against each other for the 101st District, representing Durham and Madison will attend. Please join us and listen or ask questions. This soup and salad is being sponsored by the Senior Board and the 60 Plus Club.



Heartfelt 
THANKS
TO OUR VOLUNTEERS!

Senior Lunches would not be able to take place without the help of
several very special volunteers:

Bev , Doug , Cheryl , Allan, Mike and Betsy, Carol , Dot, Dottie,
Arlene, Marylou, Deb, and Mary

DURHAM ACTIVITY CENTER

Next Blood Pressure Clinic

Monday August 13th

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. Come and join us for some fun!



Next Senior Citizen Board meeting is in September at the Durham Activity Center.

(Date to be determined)

Meetings are open to the public. All are welcome to express concerns or ideas at the beginning of each meeting.

Middlefield-Durham



Every Tuesday, 9:00am at the Durham Activity Center
350 Main St. - Second Floor

NEW MEMBERS WELCOME!

Whether you knit, crochet or anything in between – come join us!
Free & open to the public



Call Melissa for more information
860-349-3153

Tai Chi

Tuesday & Thursday at DAC

Register on

<https://durhamct.recdesk.com/Community/Home>
or contact Sherry Hill 860-343-6724

Senior Exercise

M-W-F at DAC

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

This class is for the more active Senior.

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

This class is for the Senior that may want to use a chair.

Classes are free for Durham and Middlefield Seniors. Out of town residents may be invited for \$3.00 a class. Classes are scheduled all year. Senior is age 55 and older for class.

Knit2Gether



Gives back to the community

A very special group of ladies gets together to knit every Tuesday morning at 9am at the Durham Activity Center. The group is called Knit2Gether and they are a group of about 12-15 women. Knit2Gether also takes place in Middlefield at the community center and these women partake in that group as well. Many of these ladies are from Durham and Middlefield, as well as, some out of town residents. The group consists of all different skill levels with knitting and crocheting all are welcome no matter your age or skill level. The comradery, and friendships that have been forged in this group over the years is quite plan to see when you spend time with these ladies. Not only do they knit for fun, they also knit items for several charities throughout the surrounding communities. These ladies create and donate hats for cancer patients and newborns at Middlesex Hospital, and preemies in the NICU at New Britain General Hospital. They have also donated hats and shawls to the homeless through St. Vincent DePaul's in Middletown. Many of them submit their work to the Durham Fair, and also volunteer on several of the different fair committees.

Knit2Gether is always looking for new members to join their group. If you are interested in joining all you have to do is go to their group on Tuesday at the Durham Activity Center 9am or Thursday at the Middlefield Community Center 9am. The ladies also take material donations, if you have yarn or any materials that you would like to donate please contact Melissa at 860-349-3153.

The Ladies Of Knit2Gether



TRANSPORTATION FOR DURHAM SENIORS

Disabled /Durham-Middlefield Senior Bus: Middletown Area Transit provides out-of-county medical trips and recreational trips. This service is a curb-to-curb transportation for the elderly and disabled residents of Durham, Middlefield, and Rockfall to out-of-county medical appointments on Monday, Thursday and Friday and recreational trips on Tuesday and Wednesday. **Please see the calendar on the next page for a list of recreational trips. Calendars are sent out a month in advance.**

48 hours notice is required for out-of-county medical trips. Please call 860-346-0212 and press 2. Please mention what town you are calling from and what type of trip you are looking to book.

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 \$3.50 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



Please call Melissa if you have any questions concerning transportation - 860-349-3153

August 2018
Durham Middlefield
Senior/Disabled Bus
Out-of-County Medical & Recreational

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Lunch at Abbott's Lobster in the Rough, in beautiful Noank, CT (depart 10:30 a.m)	Out of County Medical	Out of County Medical
6	7	8	9	10
Out of County Medical	Shopping Buckland Mall, Manchester, CT Lunch on your own	Mohegan Sun Casino	Out of County Medical	Out of County Medical
13	14	15	16	17
Out of County Medical	Florence Griswold Museum- \$9.00 Lunch at Morning Glory Café.	Roseland Cottage, Woodstock, CT See the famous Lipizzaner Stallions Cost: \$9.00 Lunch-Pizzeria 101	Out of County Medical	Out of County Medical
20	21	22	23	24
Out of County Medical	Explore Downtown Mystic, CT (departs 9:00 a.m.) Lunch: S&P Oyster House	Bridge of Flowers Shelburne Falls, MA Lunch: Blue Rock Restaurant & Bar	Out of County Medical	Out of County Medical
27	28	29	30	31
Out of County Medical	Mohegan Sun Casino	Collinsville An- tiques New Hartford, CT Café on premises	Out of County Medical	Out of County Medical

Transportation is provided by Middletown Area Transit. Please call 860-346-0212, and press 2 to book trips. 48 hours' notice is required for out-of-county medical trips. Please make sure you state what town you are calling from and if you are booking a medical or recreational trip.

Attention all residents of Mauro Meadows:

**Melissa will be coming for another meet and greet on
Thursday August 23rd from 10am-12pm.**

**All residents are encouraged to come if you can. This is
a great time to bring any questions or concerns you
have, and set up renter's rebate appointments.**

Senior Fun in July

Crafting fun with friends join us the last two Mondays of the month, call Melissa for more information 860-349-3153.



We had a wonderful turn out for our Dementia Friend Informative Session. A special thanks to Erica DeFrancesco for an enlightening, energetic, terrific session.

(If you missed this session there is an evening session being held on August 8th at 6:30pm, at the Durham Activity Center. Call Melissa to sign up 860-349-3153.)



DURHAM 60+ CLUB INVITATION
TO CELEBRATE OUR 50TH ANNIVERSARY
(ESTABLISHED OCTOBER 27, 1968)



PLEASE JOIN US FOR OUR 50TH ANNIVERSARY JAZZ & BRUNCH CRUISE
ON BOARD THE BEAUTIFUL LADY KATHARINE
ON THE CONNECTICUT RIVER.

DATE: SATURDAY, SEPTEMBER 15, 2018

TIME: 12 NOON TO 2:00 P.M. BOARDING AT 11:30 A.M.

WHERE: HADDAM EAGLE LANDING DOCK
(ACROSS FROM THE GOODSPEED)

GUEST COST: \$55.00 - MEMBER COST \$45.00

CONTACT: SUE GIUFFRIDA [\(860\) 346-0724](tel:8603460724) FOR
RESERVATIONS AND QUESTIONS

WE LOOK FORWARD TO CELEBRATING OUR 50TH ANNIVERSARY JAZZ &
BRUNCH CRUISE WITH YOU. RESERVATIONS ARE FILLING UP FAST.

You Are Invited To An Ice Cream Social

When: Wednesday August 8th

Time: 1:30 pm

Where: Durham Activity Center

Please join us for an ice cream social at the activity center. Ice cream will be served at 1:30pm. Senior Lunch is served at 12pm. Lunch for today will include: Hawaiian Style Roast Pork, Rice Pilaf, Peas, 12 Grain Bread, and Mandarin Oranges. If you are interested in going to lunch, the ice cream social, or both please RSVP to Melissa at 860-349-3153.





September Soup and Salad

Thursday Sept 6th
at the Durham Activity Center,
12pm.

Please join us and listen or ask questions at a very special Soup and Salad event. This Soup and Salad is being sponsored by the Senior Board and the 60 Plus Club. They have confirmed speakers Noreen Kokoruda and John Michael Parker, both running against each other for the 101st District, representing Durham and Madison. To attend please RSVP to Melissa at 860-349-3153, or sign up in person at the Durham Activity Center.