



DURHAM SENIOR HAPPENINGS

JANUARY 2018

Happy New Years!

Staff

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Sherry Hill • Recreation Director • shill@townofdurhamct.org • 860-343-6724



In the event on inclement weather, please check NBC Channel 30 or WTNH Channel 8

**Please note - If RSD 13 is closed, the Durham Activity Center will also be closed.

Social Services Hours/Location

| | |
|------------------|--------------------------------------|
| Monday | 8:30-1:00 DAC 1:15-3:00 Town Hall |
| Tuesday | 8:30-3:00 Town Hall |
| Wednesday | 8:30-1:00 DAC 1:15-3:00 DAC |
| Thursday | 8:30-2:00 Town Hall |
| Friday | Off |

Town Hall - 30 Town House Road Durham
Durham Activity Center - 350 Main St. 2nd Floor
(above Core Club)

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>Bvrlpdrsn@sbcglobal.net</u> |
| <u>Doug Marden</u> | |
| <u>Deb Frey</u> | |

SENIOR LUNCHESES

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 Jaclyn 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.**

Please see menu on next page

Birthday's are celebrated on the last Wednesday of the month, after the senior lunch.

Cake is sponsored by the Durham Senior Board.

January birthday cake will be served on Wednesday January 31st



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

JANUARY 2018

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------|--|----------|---|
| 1 Closed Happy New Year! | 2 | 3 Cream of Broccoli Soup Roasted Chicken w/ Veg Broth Mashed Potatoes Spinach 12-grain Bread Fresh Orange | 4 | 5 |
| 8 Swedish Meat Balls w/ Gravy Bowties Peas & Carrots Wheat Bread Peaches & Pears | 9 | 10 Orange Juice Roast Pork a La Orange Sweet Potatoes & Apples Caribbean Blend Veggies Corn Muffin Fresh Banana | 11 | 12 |
| 15 Closed Happy MLK Day! | 16 | 17 Beef Vegetable Soup Tuna Fish Salad on Kaiser Roll Potato Wedges Sliced Tomato/Lettuce Pineapple Tidbits | 18 | 19 |
| 22 BBQ Pork Ribque Confetti Rice Broccoli & Cauliflower Oatnut Bread Apple Sauce | 23 | 24 French Onion Soup Beef Liver w/ Sautéed Onions Mashed Potatoes Garden Blend Veggies 12 Grain Bread Fresh Banana | 25 | 26 |
| 29 Grande Cheese Ravioli w/ Italian Sauce Mixed Greens w/ Tomatoes & Cucumbers Raspberry Vinaigrettes Dressing Caribbean Blend Veggies Italian Bread Fresh Orange | 30 | 31 Six Bean Soup Roast Pork Hawaiian Style Brown & White Rice Medley California Normandy Saltine Crackers Peaches & Pears | |  |

**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)

January Soup & Salad

The Durham Senior Citizen Board will be sponsoring a Soup & Salad Luncheon on

January 5th, 2018

12:00-2:00

at The Durham Public Library

Beth Payne, Director of the Dudley Farm Museum will be the featured speaker. She will be talking about the Great Blizzard of 1888 which killed some 400 New Englanders.



This program is free to seniors of Durham and Middlefield. Please call Jaclyn at 860-349-3153 to make a reservation or sign up at Durham Activity Center

The food will be provided by Dakaroo's Country Kitchen
Snow date for this event will be January 12

DURHAM ACTIVITY CENTER

Next Blood Pressure Clinic

Monday January 22nd

12:00 at DAC

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 Bridge Bidding Class:
Sunday, January 14th at 1pm at
DAC*

*Next Senior Citizen Board
meeting is Wednesday January 24th, 1:15
at the Durham Activity Center.
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 be-
tween – come join us!

Free & open to the public



Call Jaclyn for more information
860-349-3153

Tai Chi

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.

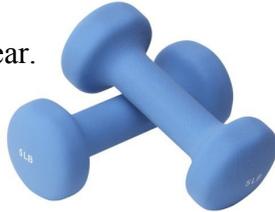
Register on <https://durhamct.recdesk.com/>
Community/Home or

Contact Sherry Hill 860-343-6724 for more info

**Senior Exercise: Monday, Wednesday & Friday
at Durham Activity Center**

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.

**Senior and Disabled Tax Relief
Programs**

The filing period is February 1
to May 15

Applications are filed in the Town Hall
with the Human Service Department or
the Assessor's Office

Applications for the local relief must be
filed every year, although the state
program only requires applications
every two years

Contact for more info:

Assessor's Office 860-349-3452

Social Services 860-349-3153

Apply for Energy Assistance

CT Energy Assistance Program is available to CT residents to offset the winter heating costs for lower income households, specifically those households whose income falls at or below 60 percent of the state median income.



Required Documents

- Social Security numbers for all household members
- Dates of birth for all household members
- For electric or natural gas: Current utility bill in name of a household member over 18
- For oil, kerosene, wood or propane: Name of fuel company
- Proof of current gross income (Social Security and other monthly benefits, pay stubs, bank statements) for all household members for 4 weeks prior to application date
- Current rent or mortgage statement
- Electric bill (regardless of heat source)
- Proof of current assets (bank statements, stocks, bonds, etc)

Applications are being accepted starting October 2nd in the Social Services office. Call Jaelyn for more information 860-349-3153

Filing your Taxes

Please contact the Cromwell Senior Center to make an appointment with an IRS trained AARP volunteer. They will complete Federal and State income tax returns at no charge for seniors 60 and over with low or moderate incomes.



Cromwell Senior Center

860-632-3447

Starts: Feb 5th

You can also call 211 to make an appointment in Middletown with The United Way or North End Action Team.

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 Jaclyn if you have any questions concerning transportation - 860-349-3153

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|--|--------------------------------|--------------------------------|
| 1 New Years Day No Trips | 2 Ice Skating at Bushnell Park FREE Hartford, CT | 3 Shopping at Westfarms Mall West Harford, CT Lunch on your own | 4 Out-of-County Medical | 5 Out-of-County Medical |
| 8 Out-of-County Medi- cal | 9 Shopping Meriden Mall Meriden, CT Lunch on your own | 10 Mohegan Sun | 11 Out-of-County Medical | 12 Out-of-County Medical |
| 15 Out-of-County Medi- cal | 16 24th Annual Holiday Train Show CT River Museum Essex, CT Lunch @ Griswold Inn | 17 Mark Twain House Hartford, CT Lunch @ Wood n Tap | 18 Out-of-County Medical | 19 Out-of-County Medical |
| 22 Out-of-County Medi- cal | 23 Shopping at Yankee Candle South Deerfield, MA Lunch @ Au Bon Pain | 24 Shopping at Christmas Tree Shop Lunch @ Modern Apizza | 25 Out-of-County Medical | 26 Out-of-County Medical |
| 29 Out-of-County Medi- cal | 30 Mohegan Sun | 31 Shopping at Clinton Crossing Clinton, CT Lunch @ Lenny n Joe's | | |

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.

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|---------------------|---------------------|
| | | | 1 Out-of-County | 2 Out-of-County |
| 5 Out-of-County | 6 Mohegan Sun | 7 Peabody Museum Admission \$9.00 Lunch at Pepe's Pizza | 8 Out-of-County | 9 Out-of-County |
| 12 Out-of-County | 13 Olde Mystic Shoppes Lunch @ Steak Loft Restaurant | 14 Shopping Wal-Mart Cromwell Lunch at Cromwell Diner | 15 Out-of-County | 16 Out-of-County |
| 19 Out-of-County | 20 Web's Americas Yarn Store North Hampton, MA Lunch TBD | 21 Mohegan Sun | 22 Out-of-County | 23 Out-of-County |
| 26 Out-of-County | 27 Shopping at Marshalls & Burlington Coat Wallingford Lunch @ Panera | 28 New England Air Mu- seum Windsor Locks Admission \$11.50 Lunch at Friendly's | | |

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.

DECEMBER BIRTHDAYS



Allan Dean, Karl Rubendunst & Morgan Daniels



Santa helping to serve lunch at the Annual Holiday party Thanks to everyone that came and enjoyed a catered lunch and enjoyed entertainment from the High School band!