

# DURHAM SENIOR HAPPENINGS

## MAY 2018

Durham's new Social Services Coordinator, Melissa Young, is starting on Monday May 7th. Until that time please contact Jaclyn for with any questions 860-349-3625 or [jlehet@townofdurhamct.org](mailto:jlehet@townofdurhamct.org)

### ***IMPORTANT INFORMATION REGARDING SENIOR TAX RELIEF:***

#### *UPDATED LOCATIONS & TIMES:*

*Monday & Wednesday – Town Hall First Selectman's Office (1<sup>st</sup> Floor)  
between 11:00am-1:00pm*

*Tuesday & Thursday- Town Hall Assessor's Office (2<sup>nd</sup> Floor)  
between 9:00am – 12:00 noon*

**\*\* Applications will NOT be accepted at Durham Activity Center  
after Wednesday March 26, 2018**

***Deadline for this program is May 15th, 2018***

### **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 Jaclyn to schedule an appointment, 860-349-3625



## 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>	<u>djfrey161@gmail.com</u>

## Staff

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

## **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 Jaclyn 860-349-3153 to register.

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

*Please see menu on next page*

Birthdays are celebrated on the last Wednesday of the month, after the senior lunch. Cake is sponsored by the Durham Senior Board. May birthday cake will be served on Wednesday May 30th



# SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

## MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Tomato Basil Soup Breaded Chicken Filet On Multi-Grain Bun/ Mayo/ Mustard Sliced Tomatoes & Shred- ded Lettuce/ Tortellini Salad/ Wheat Saltines Frosted Carrot Cake	3	4
7 Rotini w/ Beef Meat Sauce French-style Green Beans Tossed Salad w. Cherry To- matoes & Cucumbers Whole Wheat Bread Pineapple Tidbits	8	9 <b>CRT Mother's Day Meal</b> Cran-Apple Juice Broccoli & Cheese Stuffed Chicken w/ Gravy Mashed Potatoes Orange-Glazed Carrots Corn Muffin Lemon Cake	10	11
14 Boneless Mandarin Chicken Fluffy White Rice Oriental-Style Vegetables 100 % Whole Wheat Bread Pear	15	16 Roast Beef w/ Gravy Chive Mashed Potatoes Whole Baby Carrots 12 Grain Bread Fresh Orange	17	18
21 Italian Style Meatballs w/ Seashell Pasta in Mari- nara Sauce Italian Blend Vegetables Wholegrain White Bread Applesauce	22	23 Macaroni & Cheese Garden Salad Greens w/ Tomatoes & Cucumbers/ Italian Dressing Stewed Tomatoes 12 Grain Bread Peaches	24	25
28 <b>Memorial Day</b> <b>NO LUNCH</b>	29	30 Orange P'Apple Jce/Hot Dog/ Condiments/ Hot Dog Roll/ Sauerkraut/ Vegetarian Bked Beans/Berries on Biscuit & Topping/Mixed Fruit	31	

**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**

# TRANSPORTATION OPTIONS

## *FOR DURHAM SENIORS*



Join us for a lunch and learn

<b>When:</b>	<b>Wednesday May 9th, 2018</b>
<b>Time:</b>	<b>12:15</b>
<b>Where:</b>	<b>Durham Activity Center, 350 Main St—2nd Floor</b>

This information session will be led by Lisa Seymour, Administrator for Middletown Area Transit (MAT). Lisa will review MAT transportation options for seniors in Durham and answer any questions.



CRT Lunch is served at 12:00, menu will include:  
Broccoli & Cheese stuffed Chicken, Mash Potatoes, Gravy,  
Orange-Glazed Carrots, Corn Muffin and Lemon Cake  
Suggested donation of \$2.50

Please contact Jaclyn to make a reservations—860-349-3625 or  
[jlehet@townofdurhamct.org](mailto:jlehet@townofdurhamct.org)

# COLLAGE WORKSHOP WITH ANNE COFFEY

Sponsored by the Durham Senior Citizen's board

Tuesday May 8th  
Durham Activity Center  
1:00—4:00 pm

Anne Coffey, well-known artist, will present a collage demonstration and workshop. Participants will need to bring recycled security envelopes, a very sharp pair of scissors, and an old library card or old credit card. All other materials will be provided.

Everyone will take home a completed framed art work.

The cost is \$20.00 per person. Please send your checks to Durham Recreation, PO Box 428 Durham, CT 06422 or register online at <https://durhamct.recdesk.com/Community/Home>

## SENIOR PICNIC & HOE DOWN

Friday June 8th  
Raccoon Club; 853 New Haven Road  
11:00 - 3:00pm.

RAIN OR SHINE

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 860-349-3153

NO FEE



## SOUP & SALAD UPDATE

*No May Soup & Salad*



June Soup & Salad Date TBD!

Please keep an eye out for our June Soup & Salad flyer - we will have entertainment by the high school Dixieland Jazz band



# DURHAM ACTIVITY CENTER

## Next Blood Pressure Clinic

Monday May 7th

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 Senior Citizen Board meeting is Wednesday May 23rd 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 between – come join us!

Free & open to the public



Call Jaclyn 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.

# 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*

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Shopping at Blue Back Square West Hartford, CT Lunch on your own	2 Colorblends House & Spring Garden Bridgeport, CT	3 Out-of-County Medical	Out-of-County Medical
7 Out-of-County Medical	8 Mohegan Sun	9 The Promenade Shops at Evergreen Walk South Windsor Lunch on your own	10 Out-of-County Medical	11 Out-of-County Medical
14 Out-of-County Medical	15 Bridge of Flowers Shelburne Falls, MA Lunch TBD	16 Discover Cedar Hill Highlight Tour Hartford, CT Admission: \$5 Lunch at First & Last Tavern	17 Out-of-County Medical	18 Out-of-County Medical
21 Out-of-County Medical	22 Rough Point Estate Newport, RI Lunch at 99	23 Mohegan Sun	24 Out-of-County Medical	25 Out-of-County Medical
28 Memorial Day No Rides	29 Shopping at Westfarms Mall West Harford Lunch on your own	30 Champlin's Seafood Deck Narragansett, RI	31 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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Out of County Medical
4 Out of County Medical	5 CT River Lunch at Black Seal Grill	6 Mohegan Sun	7 Out of County Medical	8 Out of County Medical
11 Out of County Medical	12 Shopping LL Bean Trader Joe's Plaza Lunch at Bertucci's	13 Elizabeth Park Lunch at Pond House Café	14 Out of County Medical	15 Out of County Medical
18 Out of County Medical	19 Mohegan Sun	20 Canal Street Antiques Mall Lawrence, MA Lunch TBD	21 Out of County Medical	22 Out of County Medical
25 Out of County Medical	26 Shopping Clinton Crossing Lunch on your own	27 Town Line Square Shopping Meriden (Marshalls, Michaels, Pier 1) Lunch Panera	28 Out of County Medical	29 Out of County Medical

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