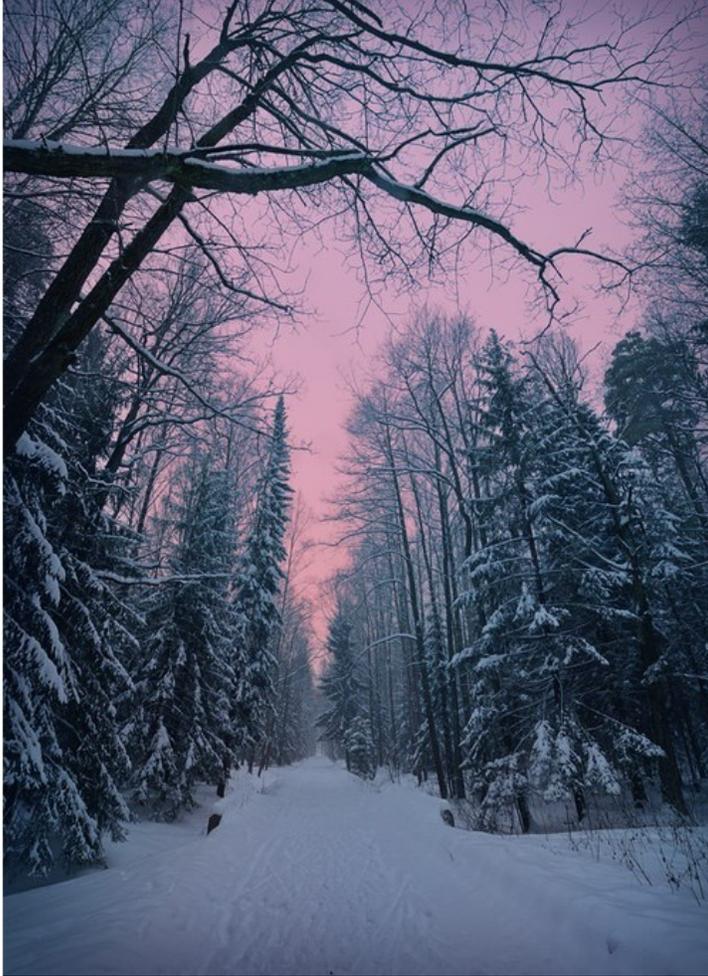


DURHAM SENIOR HAPPENINGS



Morgan Perry
Social Services Coordinator
Town of Durham
mperry@townofdurhamct.org
(860) 349-3153

***The food pantry at DAC is open from 10AM–1PM
Mondays and Wednesdays, or by appointment**

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SENIOR BOARD MEMBERS

Elaine Melvin, Chairperson
Henry Coe, Vice Chairperson
Norm Hicks
Simone Howe
Carol Kleeman
Jim Martinelli
Beverly Pedersen
Doug Marden
Deb Frey

lainymelvin@gmail.com
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djfrey161@gmail.com

STAFF

Sherry Hill - Recreation Director
Morgan Perry - Social Services Coordinator

shill@townofdurhamct.org Phone: 860-343-6724
mperry@townofdurhamct.org Phone: 860-349-3153



SENIOR LUNCHESES

Please come join us for lunch! The Elderly Nutrition program is designed to provide nutritional meals to all persons aged 60 and over and their spouses. To help cover the cost of the meal, a suggested donation of \$2.50 is welcomed.

Reservations must be made by 1:00 on the Monday or Wednesday prior.

Please register on the sign up at DAC or contact the Social Services Coordinator to make a reservation.

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

Transportation: See Dial-A-Ride on page 4

HAPPY BIRTHDAY TO YOU!!!!

Birthdays are celebrated on the last Wednesday of the month, after the senior lunch.
Sponsored by: Durham Senior Citizen's Board
Baked by local CRHS student Thomas Kannam
The January birthday cake will be served on
Wednesday, January 29th.



SENIOR COMMUNITY CAFÉ CONGREGATE CALENDAR

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CRT Closed for the Holiday. Best wishes for a Happy, Healthy New Year!	2	3
6 Swedish Meatballs w/ Gravy / Bowties Peas & Diced Carrots Wheat Bread Peaches & Pears	7	8 Mediterranean Minestrone Soup Roast Pork A La Orange Sweet Potatoes & Apples Caribbean Blend Vegetables Corn Muffin Mandarin Oranges	9	10
13 Orange Juice Hot Dog / Hot Dog Roll Mustard, Ketchup, Relish Vegetarian Bkd Beans Red, Green, Purple Cabbage Coleslaw Pineapple Tidbits	14	15 French Onion Soup Beef Liver w/ Sauteed Onions Mashed Potatoes Broccoli 12 Grain Bread Fresh Orange	16	17
20 CRT Closed in Observation of Martin Luther King Jr. Day	21	22 Beef Vegetable Soup Cheeseburger w/ American Cheese on a Multigrain Bun Mustard, Ketchup, Relish Potato Salad Sliced Tomato / Leaf Lettuce Ice Cream Cup	23	24
27 Orange Ice / Grande Cheese Ravioli w/ Italian Sauce / Salad w/ Tomatoes & Cucumbers / Rasp Dressing / Parmesan Cheese Caribbean Blend Veggies Italian Bread / Fruit Cocktail	28	29 Hearty Vegetable Soup Roast Pork Hawaiian Style Brown & White Rice Medley Broccoli Cuts Saltine Crackers Fresh Orange	30	31

Elderly Nutrition Program meals are served Monday and Wednesday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread, and margarine

FOR RESERVATIONS:

Register at DAC or by contacting the Social Services Coordinator by 1:00 the Monday or Wednesday prior.

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 in this newsletter for a list of recreational trips.** 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, Portland, and East Hampton. This service can be used for medical appointments, shopping, banking, the **Activity Center**, and other places. This service is available 6 days a week, Monday - Saturday 8:30AM-4:00PM.

Please note there is an application that must be completed. It can be found at Middletownareatransit.org under ADA/Dial-A-Ride or contact the Social Services Coordinator for a hard copy. Then, reservations can be made two days in advance. Please call MAT at 860-346-0212 and press 2 for a reservation. Fare is \$3.50 each way.

Appointments are based on availability so at times they may not be able to accommodate a request.

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

Senior Bus Trips - January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 No Trip Happy New Year!	2 Out of County Medical	3 Out of County Medical
6 Out of County Medical	7 Mohegan Sun Casino	8 Shopping at the Christmas Tree Shops, Crystal Mall, Waterford, CT	9 Out of County Medical	10 Out of County Medical
13 Out of County Medical	14 Boston Museum of Fine Arts (\$23)	15 Brunch at Cromwell Diner Shopping at Shop-Rite in Cromwell	16 Out of County Medical	17 Out of County Medical
20 Out of County Medical	21 Shopping at Walmart, Wallingford	22 Foxwoods Casino	23 Out of County Medical	24 Out of County Medical
27 Out of County Medical	28 Magic Wings Butterfly Conservatory (\$14), Lunch at the Whatley Diner	29 Shopping at Target, Meriden Lunch at Huxley's Cafe	30	31

To book your trip, call 860-346-0212 and press 2
Please note: Starting in February, Tuesday and Wednesday recreation bus trips will include stopping at Mauro Meadows

DURHAM ACTIVITY CENTER

Join us for Wii Bowling!
Every Monday at 11:00 a.m. at the
Durham Activity Center



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



Bridge games are held every
Friday evening at 6:15pm. Classes are
adapted to suit any person's needs or con-
cerns. Come and join us for some fun!



Tai Chi

The fall Tai Chi session will begin
Thursday, September 5th, and will be held
at the Durham Activity Center
Register online
Contact Sherry Hill with any questions
(860) 343-6724

Blood Pressure Clinic

Please check back for upcoming dates
Durham Activity Center
Sponsored by Middlesex Hospital
Homecare

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 while exercising

Classes are free for Durham and Middlefield
Seniors. Out of town residents may attend for
a fee of \$5.00 per class. Classes are scheduled
throughout the year. Age 55 and older is
considered a "Senior" for these classes.

Senior Citizen Board Meeting

The next Senior Citizen Board meeting
will be held on Wednesday, January 8th, at
1:00 p.m. at the Durham Activity Center.
Meetings are open to the public. All are
welcome to present ideas or
concerns at the beginning of each meeting.

ANNOUNCEMENTS

Connecticut Energy Assistance Program

Applications for the Connecticut Energy Assistance Program (CEAP) are now being accepted. It may still be warm outside, but the cold weather will be here before we know it! The Connecticut Energy Assistance Program is available to Connecticut residents to help offset the winter heating costs for lower income households, specifically those households whose income falls below the 60% of the State median income.



Please, contact Community Renewal Team in Middletown to schedule your appointment
(860) 347-4465

Winter is Here!

Tips from FEMA:

- **Make a plan**
- **Be prepared for power outages. This includes making plans to address medical supplies that use electricity (such as oxygen).**
- **Plan to keep cell phones charged in case of power outages.**
- **Have at least two weeks' worth of medication already at home.**
- **Have medical records, prescriptions, contact lenses, extra glasses, and batteries for hearing aids readily accessible or stocked.**
- **Have at least one week's worth of food for yourself and your pets stocked up at home.**
- **Have a radio, flashlights, extra batteries, warm clothes, blankets, and first aid supplies at home.**
- **Reach out to family, friends, and neighbors**

Human Services Hours:

Monday: 8:30 – 3:00 (Activity Center**)

Tuesday: 8:30-3:00 (Town Hall)

Wednesday: 8:30-3:00 (Activity Center**)

Thursday: 8:30-2:00 (Town Hall)

**Available 10:00-1:00 at the Activity Center or by appointment

Save the Date—February Bus Trips

Tuesday, February 4: Mohegan Sun Casino

Wednesday, February 5: Shopping at Townline Square, Meriden CT; Lunch at Panera Bread

Tuesday, February 11: Shopping at CT Post Mall, Milford CT

Wednesday, February 12: New Britain Museum of Art (\$12); Lunch at East Side Restaurant

Tuesday, February 18: Shopping at the Meriden Mall

Wednesday, February 19: Foxwoods Casino

Tuesday, February 25: The Breaker's Newport Mansions (\$26), Newport, RI; Lunch at Breaker's Cafe

Wednesday, February 26: Shopping at BJ's in Wallingford & Lunch at Dad's Restaurant

The Library's Delivery Service

A wonderful way to access books and other materials from the Durham Public Library if you are homebound.

Forms are available online or by calling

(860) 349-9544, ext. 5.

Please contact Christine Michaud for more information or for help signing up:

(860) 349-9544 or cmichaud@durhamlibrary.org

DID YOU KNOW?

Durham has a Food Pantry.

- Please call (860) 349-3153 if you would like to make an appointment.
- We also accept donations of nonperishable food items and gift cards at the Durham Activity Center on Mondays and Wednesdays from 10AM-1PM or by appointment.
- If you choose to donate using a check, please make it out to Durham Neighbors in Need

Amazing Grace in Middletown is open to Durham Residents.

- Please call 860-344-0097 to make an appointment
- The Amazing Grace food pantry is open Mondays, Wednesdays, & Fridays from 1PM—4PM and Saturdays from 10AM—1PM
- Amazing Grace can help with SNAP, energy assistance, WIC, school meals, Husky Part A, Part B, State Administered General Assistance (SAGA), Temporary Assistance to Needy Families (TANF), Aid to the Blind or Disabled and Social Security Supplemental

Senior Health Seminar



Join us for lunch and a talk on the aging brain
with Dr. Marilise Hyacinth!

When: January 17 (**Snow date:** January 24)

Lunch @ 12:00; Seminar @ 12:45

Where: Durham Activity Center

Please sign up at the Activity Center or call
(860) 349-3153 to make a reservation.

Funded by CVEF