

## Durham Community Center Our Week-at-a-Glance



**Office Hours: Monday-Friday 8:30 am – 4:30 pm**

**Center Open M-F evenings and Saturday based on programming & bookings**

**\*Use this link [Durham Rec Program Registration](#) for Recreation Department Programming listed in red.**

**Use this Link [Senior Happenings](#) for more detailed Senior Citizen activities.**

**Call/Email for INDOOR PICKLEBALL availability & reservations:**

**860-894-7837 [chavrda@townofdurhamct.org](mailto:chavrda@townofdurhamct.org)**

### **Monday August 31, 2026**

9:15-10:15 am **Tai Chi Chuan Class with Richard MONDAYS\*** Sign up for FALL

11:00 am-1:00 pm **Senior Congregate Lunch**

2:00-4:00 pm **Community Center-Youth FALL Session 26\***

7:00-9:00 pm **Private Meeting**

7:00-9:00 pm **DDTC Subcommittee Meeting**

### **Tuesday September 1, 2026**

9:00-11:00 am **Knit2gether Knitters**

10:00-11:00 am **Walking Club**

2:00-4:00 pm **Mahjong\***

2:00-4:00 pm **Community Center-Youth FALL Session 26\***

### **Wednesday September 2, 2026**

9:00-11:00 am **MTA Student Interns**

11:00 am-12:00 pm **Arthritis Class Fall 26 with Marcy\***

11:00 am-1:00 pm **Senior Congregate Lunch**

2:00-4:00 pm **Community Center-Youth FALL Session 26\***

6:00-8:00 pm **American Legion Meeting**

7:00-9:00 pm **Private Meeting**

### **Thursday September 3, 2026**

10:00-11:00 am **Walking Club**

11:00 am-12:00 pm **Zumba Gold Fall 26\***

12:45-1:30 pm **Mobility for Life with Jenn Summer 26-Thursday\*** No class this week only!

2:00-4:00 pm **Mahjong\***

2:00-4:00 pm **Community Center-Youth FALL Session 26\***

2:30-5:30 pm **TUMM! Dinner COOKING** including Breadmaking by Local Selectpersons

5:30-8:00 pm **TUMM! Community Dinner**

7:00-9:00 pm **DDTC Meeting**

7:00-8:00 pm **D.A.R.T. Meeting**

### **Friday September 4, 2026**

9:15-10:15 am **Tai Chi Chuan Class with Richard FRIDAYS\*** Sign up for FALL

12:00-2:00 pm **DDWC/DDTC Brown Bag Lunch Talk**

12:30-4:00 pm **Bridge**

2:00-4:00 pm **Community Center-Youth FALL Session 26\***

### **SAVE THIS INFORMATION & THESE DATES!**

**Senior ONLINE Cardio Zoom Exercise Classes with Sue Schade Mon, Wed, Fri 9-10am 'Active'**

**or 10-11am 'Chair' Email Sue to Sign up: [sschade@choate.edu](mailto:sschade@choate.edu)**

### **TUMM! COMMUNITY DINNER SEPTEMBER 3rd 5:30 pm at Durham Community Center**



#### ***You are Invited to a Community Dinner!***

#### **TUMM! (Towns United through Meals and Mentoring)**

TUMM! is a monthly dinner series designed to celebrate our incredible community. TUMM! brings together residents of Durham, Middlefield, and Rockfall for a warm, home-cooked community meal. Each dinner is preceded by a unique opportunity: local older adults partner with a professional chef to teach and mentor youth how to prepare a meal.

Meals are on the 1<sup>st</sup> Thursday of every month at 5:30PM at the Durham Community Center. Any adults and youth wishing to cook can contact [cwhite@dmvys.org](mailto:cwhite@dmvys.org) or 860-349-0258.

Join us to build a stronger, more resilient community, one meal at a time.

#### **Register now for the next one:**

**Date & Time: September 3, 2026 @ 5:30PM**

Menu: Meat loaf, mashed potatoes, & a vegan option.

**Please bring a side or dessert if able!**

Location: Durham Community Center, 144 Pickett Lane

Sign up here: <https://www.dmyfs.org/upcoming-events.html>

or call 860-349-3153 to reserve your spot!

A partnership between DMYFS and Durham & Middlefield Senior & Social Services.  
Sponsored in part by the Coginchaug Valley Education Foundation.

## FREE Chronic Disease Self-Management Workshop begins September 10th 9:30 am



### FREE Chronic Disease Self Management Workshop

Take Control

Feel Better

Energize

Live

Enjoy

Join this 6-week workshop and learn how to better manage your ongoing health condition!

We will learn about:

Healthy eating, physical activity and exercise, dealing with difficult emotions, decision-making and communications skills, working with healthcare providers, action planning, and more!

Meetings are 2.5 hours in duration, once a week for six-weeks beginning Thursday, September 10<sup>th</sup>, through Thursday, October 15<sup>th</sup>.  
9:30 am - 12:00 pm

Durham Community Center, Room 2  
144 Pickett Lane

To register, please call (860) 349-3153.

We need at least 8 folks to run the class (maximum of 16).



BACK BY POPULAR DEMAND!

Thursday September 10<sup>th</sup> 6 pm

## Prepared & Empowered Series: Why is it so Hard to Let My Stuff Go?



**Durham & Middlefield Senior and Social Services Present:**

*Prepared & Empowered:  
A Life Planning 5-Part Series for Older Adults and Their Families*

### Why Is It So Hard to Let Go?

**The Real Reasons Your Stuff Is Still There and What to Do About It**

*Most people know they need to deal with the basement, the closet, the china cabinet full of things nobody uses but every time they try, they end up keeping almost everything.*

*This session addresses the emotional and psychological barriers to decluttering with compassion, clarity, and practical tools.*

**YOU WILL:**

- Discover it's not just physical stuff: the three kinds of clutter that are quietly weighing them down
- Understand why knowing what to do isn't enough and the one thing that actually gets people unstuck
- Use three questions that cut through the "should I keep it?" paralysis instantly
- Walk away with two simple strategies they can use now to start letting go even if they've tried before

**ABOUT THE SPEAKER:**  
*Lynn McPhelimy is a sought-after life organizer, speaker, and international bestselling author who helps people face life's transitions with clarity and confidence.*  
*With nearly 30 years of experience, she has helped thousands organize their essential information, plan ahead, downsize, and simplify their lives.*  
*She has been featured on The Oprah Winfrey Show, NBC's TODAY Show, PBS, ABC, CBS and The New York Times.*

**Date:** Thursday, September 10, 2026

**Time:** 6:00pm-7:00pm

**Location:** Durham Community Center • 144 Pickett Lane

**Register:** Contact Morgan @ 860-349-3153

*Free & Open to the Public*

## Friday September 11th Durham Fair Info & History Luncheon 12-2 pm



Third Wednesdays Each Month! Next one September 16th Handmade Hangout\* 6-8 pm Flyer



**DMYFS EXPRESSIONS OF HEALING EVENT AT LEVI COE LIBRARY & THE HEARTSTONE LABYRINTH**

*An Expressions of Healing Workshop*

# Foraging Photos

Creating Images Inspired By Nature For Well-Being

**September 12<sup>th</sup>**  
**10 AM - 12 PM**

**Levi Coe Library and the Heartstone Labyrinth**

This two-hour workshop will allow participants to slow down, connect to nature, create an ephemeral (impermanent) sculpture, and make it permanent through photography.

**Rain Date:**  
September 13<sup>th</sup>  
10 am-12 pm



Register on [dmyfs.org](http://dmyfs.org) or scan the QR code here



 **CV&F**  
Cape Valley Education Foundation

 **Durham Middlefield**  
YOUTH & FAMILY SERVICES

**Generously Supported in Part by CVEF**

 **LEVI E. COE LIBRARY**  
EST. 1963

## VACCINE CLINICS at the Durham Community Center

**NEXT ONE    SEPTEMBER 22<sup>nd</sup>    12 noon to 6 pm**

**Town of Durham  
Vaccine Clinics  
2026**

Flu, COVID-19, Pneumonia, RSV, and Shingles vaccines available.

Open to all, residency not required. Walk-in style, no appointment needed. Please bring your insurance card.

No out-of-pocket payments will be taken at these clinics. Please go to a pharmacy directly if needing to pay out-of-pocket.

Children can receive the flu shot for free with or without insurance at these clinics.

**Thank you to our partners:**  
Stop & Shop Pharmacy  
CT River Area Health District

**FIGHT THE FLU.**



- 1**  
**September 22, 2026**  
12PM - 6PM  
Durham Community Center  
144 Pickett Lane
- 2**  
**October 13, 2026**  
12PM - 6PM  
Durham Community Center  
144 Pickett Lane
- 3**  
**November 10, 2026**  
8AM - 12PM  
Durham Community Center  
144 Pickett Lane

For questions call  
860-661-3300 or  
860-349-3153.



## **Durham America250 Upcoming Events!**



[Town of Durham America250 Committee Webpage](#)

[Durham Historical Society Durham America250 Events](#)

[Durham America250 Facebook page](#)

**Get your coins or pins NOW before the final batch is sold out!**

**AMERICA 250  
Commemorative Coins**



**Purchase TODAY at Town Hall**  
\*\*\* \$20.00 \*\*\*  
*All proceeds go to the Durham America 250 Committee*

america250@townofdurhamct.org  
www.durhamhistoryct.org

**SAVE THE DATE!!!!!!!!!!!!!!!!!!!!!!**

**DURHAM, CT**

# REVOLUTIONARY WAR

## *Encampment*

★ ★ ★

STEP BACK IN TIME. EXPERIENCE HISTORY.

SEE HISTORY  
COME TO LIFE!

MILITARY DRILLS &  
BATTLE DEMONSTRATIONS

COLONIAL CRAFTS,  
TRADES &  
DANCING

FIFE AND  
DRUM CORPS

SUTLERS & FOOD

**SATURDAY, OCTOBER 17, 2026**

JOIN US FOR A DAY OF  
LIVING HISTORY, MUSIC,  
AND COMMUNITY ON THE  
BEAUTIFUL  
DURHAM FAIRGROUNDS!

HONORING  
OUR PAST  
INSPIRING  
OUR FUTURE

★ ★ PRESENTED BY DURHAM250 AND THE DURHAM HISTORICAL SOCIETY ★ ★

FOR MORE INFORMATION, VISIT [WWW.DURHAMHISTORYCT.ORG](http://WWW.DURHAMHISTORYCT.ORG)

FOLLOW US ON FACEBOOK AT DURHAMCT250

For more Durham Community Center information please visit our [DCC Full Web Page](#)

Recreation Director- Brian Medeiros 860-894-7836 [bmedeiros@townofdurhamct.org](mailto:bmedeiros@townofdurhamct.org)

Social Services Coordinator- Morgan Perry 860-349-3153 [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org)

Office Manager- Carolyn Havrda 860-894-7837 [chavrda@townofdurhamct.org](mailto:chavrda@townofdurhamct.org)



**Visitors**, kindly check-in at the Reception Area.

