

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

Monday September 7, 2026

CLOSED FOR LABOR DAY

Tuesday September 8, 2026

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

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

12:45-1:30 pm ~~**Mobility for Life with Jenn Fall 26-Tuesday***~~ **Cancelled Jenn still on vacay!**

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

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

5:00-8:00 pm **Coginchaug Devils CHEER Practice**

5:15-7:00 pm **Stagecoach Farms Association Meeting**

6:15-8:30 pm **Lion's Club Meeting**

6:30-8:30 pm ~~**CRPPC Meeting**~~ **Cancelled**

7:00-9:00 pm **William Kent Foundation Meeting**

Wednesday September 9, 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***

5:00-8:00 pm **Coginchaug Devils CHEER Practice**

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

Thursday September 10, 2026

9:30 am-12:00 pm **Chronic Disease Self-Management Class**

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 Fall 26-Thursday***

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

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

6:00-7:00 pm **Prepared & Empowered Series: Why is it so Hard to Let My Stuff Go?**

7:00-9:00 pm **Complete Streets Meeting**

7:00-9:00 pm **Recreation Committee Meeting**

Friday September 11, 2026

9:15-10:15 am **Tai Chi Chuan Class with Richard FRIDAYS***

12:00-2:00 pm **Special Senior Luncheon Durham Fair Info & History 12-2 pm**

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

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

5:00-7:00 pm **Coginchaug Devils CHEER Practice**

6:00 pm **9/11 Remembrance Ceremony on the TOWN GREEN**

Saturday September 12, 2026

10:00 am-12:30 pm **Garden Club Meeting**

1:00-4:00 pm **Celebration of Life-Bruce Schmottlach**

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

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



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 10th, through Thursday, October 15th.
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).



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



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 12th
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 13th
10 am - 12 pm



Register on
dmyfs.org or scan
the QR code here



  Durham Middlefield
YOUTH & FAMILY SERVICES

Generously Supported
in Part by CVEF



VACCINE CLINICS at the Durham Community Center

NEXT ONE SEPTEMBER 22nd 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



- 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

FIGHT THE FLU.

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



Durham America250 Upcoming Events!

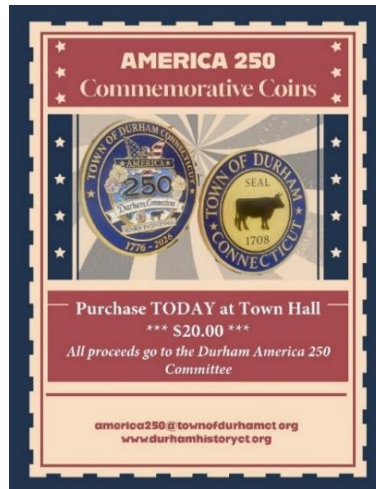


[Town of Durham America250 Committee Webpage](#)

[Durham Historical Society Durham America250 Events](#)

[Durham America250 Facebook page](#)

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



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



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

Recreation Director- Brian Medeiros 860-894-7836 bmedeiros@townofdurhamct.org

Social Services Coordinator- Morgan Perry 860-349-3153 mperry@townofdurhamct.org

Office Manager- Carolyn Havrda 860-894-7837 chavrda@townofdurhamct.org



Visitors, kindly check-in at the Reception Area.

