

# Durham Senior Happenings

## September 2025

### Know Your Medicare Options!

9/30/2025 from 5:30-6:30PM

Durham Community Center



Navigating Medicare

**CHOICES/SHIP**  
provides free  
unbiased  
information and  
does not sell  
insurance

Topics Include:

- Overview of Medicare Parts A, B, C, and D
  - Various Medicare options available
  - Tips on making Medicare affordable

To sign up contact Morgan: 860-349-3153 or [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org).  
Presented by Laura Crews from Senior Resources Agency on Aging.

Durham & Middlefield Senior & Social Services Presents: **Prepared & Empowered: A Life Planning Series for Older Adults & Their Families** with Lynn McPhelimy. Funded by a grant from CVEF.

**September 11: Too Much Stuff? Let's Fix That!**

*Declutter, Downsize & Take Control Now!*

Learn to confidently decide what to keep, sell, donate, or toss—without second-guessing yourself.

**October 9: Organize Your Life – Not Just Your Stuff!**

*Be ready for anything: Essential planning for life's unexpected challenges*

Organize key information so others can easily step in during emergencies.

**November 13: Stay Safe Online**

*How to Click with Confidence and Avoid Scams*

Protect yourself from digital fraud with safer, more confident online habits.

**December 11: Your Day, Your Way!**

*Plan Your Funeral with Confidence*

Take control of your legacy and leave clarity—not guesswork—for your loved ones.

**January 8: Ready, Set, Move!**

*A Stress-free Plan for Downsizing & Moving*

Make your next move manageable, meaningful, and even joyful.

**Mark Your Calendar & Register Today!**

**When:** 2nd Thursday [September-January]

**Time:** 6:00pm

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

**Registration:** Call: Morgan @ 860-349-3153 • E-Mail: [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org)

### Other Upcoming Programs...

#### AARP Safe Driving Course:

10/21/25 @ 9AM – 1PM

Durham Community Center

\$20 AARP Member or \$25 for non-member. Cash or check made out to AARP accepted. Contact Morgan to sign up: 860-349-3153.

#### TUMM!: Stay tuned for TUMM!:

Towns United through Meals and Mentoring. A collaboration between DMYFS and Durham & Middlefield Senior & Social Services, we are bringing generations and the community together. Under direction of professional chefs, older adults will mentor youth and together prepare a meal leading to a community dinner.

Morgan Perry | Social Services Coordinator | Town of Durham | (860) 349-3153 | [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org)  
Monday-Thursday 7AM-3PM, Friday 7AM-12PM (Appointments suggested as this position works from the Town Hall, Community Center, and within the community and flexes time based on needs).

## Resources

**See what benefits you may be eligible for:** <https://benefitscheckup.org/>

**Meals on Wheels:** For those 60+, unable to eat at a congregate meal site, and homebound. Contact the Durham Human Services office to apply.

**Senior Resources Agency on Aging Eastern CT:** Contact for any aging related resources including caregiving programs: (860) 887-3561 or [www.seniorresourcesec.org/](http://www.seniorresourcesec.org/)

**CHOICES:** Unbiased information on Medicare. Contact the CHOICES program (860) 887-3561 or the Durham Human Services office.

**SNAP:** End Hunger CT! SNAP line: 866-974-SNAP (7627) (for applications over the phone). Older adult hours are Monday-Friday between 8AM and 10AM (can request in voicemail).

**Bridges:** The program serves adults (55+) who may have mental health and/or substance misuse concerns. Services include education, support, counseling, referrals to senior service networks and referrals for treatment. (203) 878-6365

**Resources Directory:** 211 or dial 1-800-203-1234

**Alzheimer's Association:** <https://alz.org/> (Trainings & education, virtual caregiver support groups; 24/7 Helpline: 800-272-3900)

**LiveWell:** Services, support, and resources to people living with dementia, care partners, and anyone interested in taking an active role in cognitive health and wellbeing: <https://livewell.org/> or 860-628-9000

### Agency on Aging

Virtual Caregiver Support Groups: 203-785-8533 ext 3159

**Crisis Text Line:** Text 741741

**National Suicide Prevention Lifeline:** Call or text 988

**Veteran's Crisis Line:** 1-800-273-8255 (Press 1) or Text 838255

**RAINN** (Rape, Abuse & Incest National Network): 860-656-4673

**TrevorLifeline** (LGBTQ+): 1-800-488-7386 or Text 678678

**Alcoholics Anonymous** (Online Meetings): [aa-intergroup.org](http://aa-intergroup.org) **SMART Recovery Online:** [smartrecovery.org/](http://smartrecovery.org/) community

**Trans Lifeline:** 877-565-8860

**National Sexual Assault Hotline:** 800-656-4673

**National Domestic Violence Hotline** 800-799-7233

**New Horizons:** Domestic Violence. Available 24/7. 860-344-9599.

### **Free Webinars through Hartford Healthcare**

- Medicare 101 — Understanding Your Options:

You are also welcome to contact the Medicare Education Department with any questions at 860-972-9030

- To Register for these and more call 1.855.442.4373 or visit the website: <https://hartfordhealthcare.org/health-wellness/classes-events?tag=webinar>

### **AARP Free Classes:**

<https://local.aarp.org/virtual-community-center/>

### **Amazing Grace Food Pantry**

16 Stack Street, Middletown

Open Mon., Wed., & Fridays from 12PM—4PM

#### **Mobile Food Pantry**

Middlesex Community College

Schedule: [ctfoodshare.org/get-help/](http://ctfoodshare.org/get-help/)

### **Library Delivery Service**

Access to the library for those who are homebound. Sign up online or call or email:

(860) 349-9544 ext. 5 or

[Lredfield@durhamlibrary.org](mailto:Lredfield@durhamlibrary.org)

### **Durham Food Pantry**

Open to all Durham residents.

Call or email the Human Services Office for an appointment: 860-349-3153 or [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org)

Donations accepted Monday-Friday at the Community Center. Monetary donations, checks (made out to Durham Neighbors in Need), or gift cards may be mailed to:

Human Services      P.O. Box 428      Durham, CT 06422

## **Medicare Open Enrollment October 15 – December 7, 2025**

*Advice for Medicare Beneficiaries during Open Enrollment from the SHIP Director at the CT Bureau of Aging:*

- ▶ Read all Medicare and plan notices in general but especially this time of year.
- ▶ If you are happy with your plan, you do not need to take further action BUT be aware of any changes that your current plan might be making to services/care and medications as these could affect you.
- ▶ If considering a Medicare Advantage plan, consider the impact of a network to your care: Are your preferred providers in the network of the plan you are choosing?
- ▶ Any changes made during Open Enrollment will go into effect January 1 of the following year.
- ▶ Don't wait until the end of Open Enrollment (December 7).

If you'd like to make an appointment to go over your options you can contact Morgan after October 14: 860-349-3153 or the Senior Resources CHOICES program: (860) 887-3561 x132.

**Lifeline—Free Cell Phones:** Phone: (800) 234-9473 If you call, they can mail an application to you.

Website: [www.lifelinesupport.org/how-to-get-lifeline/](http://www.lifelinesupport.org/how-to-get-lifeline/)

Email: [LifelineSupport@usac.org](mailto:LifelineSupport@usac.org)

You May Qualify:

---Based on Your Income      OR

----If You Use SNAP, Medicaid, or other programs such as Supplemental Nutrition Assistance Program (SNAP), Medicaid, Supplemental Security Income (SSI), Federal Public Housing Assistance (FPHA), Veterans Pension and Survivors Benefit, Tribal Programs (and live on federally-recognized Tribal lands). Show a card, letter, or official document, as proof that you participate in one of these programs when you apply for Lifeline.

## **Emergency Notifications from the Town of Durham:**

Sign up here: <https://member.everbridge.net/index/892807736721584#/signup> or call the Emergency Management Department: (860) 343-6735 and leave them a message

**The storm line is: 860-343-6735**

Remember, if EOC is activated, the shelter will not open until at least 72 hours after the event. Plan for how you would manage 3-5 days without power.

# Senior Community Café Congregate Calendar

## September 2025

- Please let us know by 1PM Wednesday each week if you will be coming either day the following week. Sign up sheets for the month will be available onsite as well.
- Call (860) 349-3153 or email [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org) to reserve your spot.

Monday	Tuesday	Wednesday
<b>1</b> 	<b>2</b>	<b>3</b> 3 oz Crispy Fish Cakes 2 oz Tartar Sauce 4 oz Cran Almond Cous Cous 4 oz Pesto Summer Squashes Dinner Roll & Butter Milk & Box of Raisins
<b>8</b> BLT Sandwich 2 Slices Sourdough Bread Tomato Basil Bisque 2 oz Lettuce 2 oz Tomato 4 oz Tropical Fruit Cup Milk	<b>9</b>	<b>10</b> 3 oz Meatloaf & Gravy 4 oz Peas and Carrots 4 oz Smashed Potatoes Dinner Roll & Butter Yogurt Parfait, fruit & Granola
<b>15</b> 3 oz Egg Salad Sandwich 1 Bun 2 oz Lettuce 2 oz Tomato 1 Pickle 8 oz Baked Potato Soup Yogurt Parfait, Berries & Granola	<b>16</b> Food Allergy Food may contain peanuts, tree nuts, sesame, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to con- sumption or meals.	<b>17</b> 3 oz Fish Fillet Sandwich 1 Bun 4 oz Potato Wedges 4 oz Coleslaw String Cheese Applesauce
<b>22</b> 3 oz BBQ Pulled Pork Sandwich 1 Bun 4 oz Corn on the cob Butter String Cheese 4 oz Melon	<b>23</b>	<b>24</b> <b>\$4.50 suggested</b> 4 oz Chicken Marsala 4 oz Roasted Veggie Med- ley 4 oz Yellow Rice Milk 4 oz Peach Cup Birthday Cupcake
<b>29</b> 3 oz Chicken Parm 4 oz Pasta with Sauce 4 oz Green Beans Dinner Roll & Butter String Cheese 4 oz Fruit Cup		

**Meals for those age  
60+ and their  
Spouses provided by  
the Kitchen at  
Futures.**

**Suggested donation  
of \$3 per meal or  
\$4.50 per special  
meal. No one is  
turned away if they  
can't pay.**

**Lunch runs from  
11AM—1PM at the  
Durham Community  
Center, 144 Picket  
Lane with lunch  
served at noon.**

**Please reserve by  
Wednesday for the  
following week by  
calling 860-349-3153,  
emailing the Social  
Services Coordinator,  
or using the sign-up  
sheets onsite.**

**New? No problem!  
All we need is your  
reservation and one  
form you can fill out  
when you come in.**

\*Menu items are subject to change.\*

## Bus Trips

### September

9/3: Price Chopper & Aldi

9/10: Holmberg Orchards (Pick your own apples & a farm store) & Lunch @ Fireside Brick Oven, Gales Ferry

9/17: Foxwoods Casino

9/24: Shop Blue Back Square & Lunch @ Cheesecake Factory, W Hartford

**To book a trip, please call RVT at (860) 346-0212, and press 2.** Limited, first-come, first-served house pickup is available to those unable to get to a bus stop.

**Ideas? Let us know where you would like to go!**

## Transportation

### Out-of-County Medical Trips:

Curb-to-curb transportation for older adults and disabled residents to out-of-county medical appointments, Monday through Friday. Trips must be booked at least one week in advance. **Please call River Valley Transit (RVT) at 860-346-0212 and press 2.** Mention what town you are calling from and what type of trip you are looking to book. If you do not hear from RVT one day before your planned trip, please contact them to confirm the trip.

### Dial-A-Ride:

Curb-to-curb transportation for older adults and disabled residents within Middlesex County: Middlefield, Durham, Middletown, Portland, and East Hampton. Trips include: medical appointments, shopping, banking, and other places. Services are available Monday through Saturday, from 8:30 a.m., to 4:00 p.m. Fare is \$3.50 each way. **Please call RVT at 860-346-0212 and press 2.** Reservations must be made 2+ days in advance.

### Durham Public Library Programs

- Durham Resident & Author Deborah Proctor: "Every Child Counts" 9/4 @ 6PM
- Durham Resident & Author Andrea Steele - **SAVED: Equine Rescues of CT**: 9/16 @ 6PM
- Nature Journaling & Nature Poetry**: 9/30 @ 6:30PM. Join Science and Nature Poet Leslie Bulion and explore how nature journaling can help bring extra life and feeling to your own poetry writing.

**Sign up online or call 860-349-9544 | [durhamlibrary.org](http://durhamlibrary.org)**

### Foot Care Clinic

Once a month on Fridays  
9AM—1PM

Middlefield Community  
Center, 405 Main Street,  
Middlefield

Call for next date and to sign  
up: 860-349-7121  
Cost: \$35



## Durham Senior Exercise Classes

- **Arthritis Program:** Marcy Henehan has been trained in the Arthritis Foundation's Exercise Program and will teach techniques for improving joint flexibility and muscle strength. Exercise to music, learn tips for managing arthritis, and have fun! W, 11AM
  - New** ● **Tai Chi:** Bring balance and harmony to your life while you strengthen your body in this traditional T'ai Chi Ch'uan class. Students practice relaxation, balance, and flexibility while learning to understand the body/mind relationship. Starts 9/15. M, 9:30AM
  - **Zoom Cardio Option:** Get your cardio on with Sue Schade. Two options: 9AM (for the more active) and 10AM (modified option where a chair can be used). MWF
  - **Gentle Flow Yoga:** This class moves through a series of gentle movements connecting your breath to your body, improving relaxation, flexibility, and recovery. Especially well-suited for those with pain, trouble sleeping, anxiety, or high levels of stress. Option to do class from a chair. **Restart 9/30**
  - **Zumba:** Expect a low to high level of intensity, low impact dance workout, featuring international music and a variety of rhythms. Zumba is for both the body and the brain! (Th, 11AM)
  - **Mobility for Movement:** Functional fitness focusing on mobility, strength, flexibility, and balance. **Restart T, 9/2**
  - **Line Dancing:** \$5/class starting M, 9/15
- **Sign up on Durham RecDesk or call Brian with questions: 860-894-7836**

### Blood Pressure Clinics

Clinics will be held the **third Wednesday** of each month from 11-12:00 at the Durham Community Center.

*Thank you CT River Area Health District!*

### Drop In Mahjong

Tuesdays & Thursdays  
2-4PM at the Durham Community Center.

Whether you're a novice or a pro, join us! If you have a set, please bring it.  
Drop in; no registration needed.

### Walking Club

Tuesdays and Thursdays at 10AM  
Durham Community Center

Drop in; no registration needed.

Do you like to knit, sew, or crochet? Would you like to learn?

### Join the Knitters!

Tuesdays @ 9AM at the Durham Community Center, 144 Pickett Lane & Thursdays @ 9:30AM at the Middlefield Community Center, 405 Main Street, Middlefield.  
Free and open to the public. No reservation needed.



### Bridge

Fridays @ 12:30 PM  
144 Picket Ln, Durham  
Contact Jim to learn or play:  
860-593-7635



### Durham Senior Board

Next Meeting: 9/17/2025 @ 1:15PM  
Location: 144 Picket Lane  
Meetings open to the public.

# Town of Durham Vaccine Clinics 2025

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



DURHAM 2025



1

**September 23, 2025**

12PM - 6PM

Durham Community Center  
144 Pickett Lane

2

**October 14, 2025**

12PM - 6PM

Durham Community Center  
144 Pickett Lane

3

**November 4, 2025**

8AM - 12PM

Durham Town Hall, 3<sup>rd</sup> Floor  
30 Town House Road

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

# Know Your Medicare Options!

## Topics include:

- Overview of Medicare Parts A, B, C and D
- Various Medicare options available
- Tips on making Medicare affordable through assistance programs



Navigating Medicare

**CHOICES/SHIP**  
provides free  
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**September 30, 2025**  
**5:30 p.m.**  
**Durham Community Center**  
**Library Room**  
**144 Pickett Lane**  
**Durham, CT**  
**RSVP to Morgan (860) 349-3153**



**SMP**  
Senior Medicare Patrol  
Preventing Medicare Fraud

## Presented By:



**Laura Crews**  
Senior Resources Agency on Aging  
Director of Benefits Access

