

Durham Senior Happenings

February 2026

Long Term Care Ombudsman Program

This program advocates for residents of nursing homes, board and care homes, assisted living facilities, and other similar adult care facilities as well as those receiving care services within their own homes. Ombudsman programs work to resolve problems individual residents face and effect change at the local, state, and national levels to improve quality of life and care. The program can:

- Respond to and investigates complaints from individuals, families, etc.,
- Provide consultations and information to individuals and providers,
- and more.

Whether you would like information on yours or someone else's rights, or have a quality of life concern, contact the Long Term Care Ombudsman Program:

1-866-388-1888 or LTCOP@CT.GOV

Some Key Dates:

- Valentine's Day Pancake Breakfast—2/13/26 @ 11AM
 - Vaccine Clinic—2/19/26 @ 11AM—4PM
- Lunch & Learn: Live Your Best Life—3/23/26 @ 12PM
- Apply for Senior Town Tax Freeze Program: 2/1—5/15

More information inside.

You are Invited to a Community Dinner!

TUMM! (Towns United through Meals and Mentoring) 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 the first Thursday of every month. 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.

Next Date: 2/5/26 @ 5:30PM (Menu: Chili, Baked Potato, Cornbread)
Please bring a side dish if able!

Sign up online or call or call 860-349-3153 to reserve your spot!

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/

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 **SMART Recovery Online:** 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

Victory Church, 191 Meriden Rd, Middlefield,
Schedule: <https://mobilefoodpantry.ctfoodshare.org/>

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

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

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



Valentine's Day Pancake Breakfast

2/13/2026 @ 11AM – 1PM

Durham Community Center, 144 Pickett Lane
To reserve call 860-349-3153 or sign up on the sheet at the CC.

AARP Free Tax Prep:

Middlefield Community Center on 2/17/26 and 3/17/26. Contact for an appointment: 860-349-7121.

AARP Safe Driving Course:

Middlefield Community Center on 3/3/26. Contact for an appointment: 860-349-7121.

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/

Email: 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

February 2026

- 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 to reserve your spot.

Monday	Tuesday	Wednesday	
2 Baked Potato Veggie Chili 4oz 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt w/berries/ Granola	3 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 consumption or meals.	4 Beef Shepards Pie 8 oz Roll & Butter Milk Bottle Mixed veggies 4 oz Orange 4oz	Meals for those age 60+ and their Spouses provided by the Kitchen at Futures.
9 Lasagna 8oz Roll and butter California Veggie Medley 4 oz String Cheese Pear cup 4 oz	10 	11 Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter Milk Banana	Suggested donation of \$3 per meal or \$4.50 per special meal. No one is turned away if they can't pay.
16 Closed for 	17 	18 Taco Meat & Pinto Beans (3oz.) Taco shells Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Fruit Cup 4 oz	Lunch runs from 11AM—1PM at the Durham Community Center, 144 Picket Lane with lunch served at noon.
23 Beef Bolognese (4oz) Pasta (4oz) Green Salad apples/cran(4oz) Dinner Roll & Butter Milk Fruit Cup 4 oz	24 	25 \$4.50 suggested donation Chicken Parm (3oz) Pasta with Sauce 4 oz Roll & Butter Mixed veggies (4oz) Milk Birthday Cupcake	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.
Heart Health Month Tips: For heart-healthy nutrition, aim to consume whole grains, fruits, vegetables, lean animal protein, and fats derived from plant sources, which can be heart protective.		*Menu items are subject to change.	New? No problem! All we need is your reservation and one form you can fill out when you come in.

Bus Trips

February

- 2/4: Price Chopper & Aldi, Middletown
- 2/11: Hill-Stead Museum (\$18) & Lunch @ Wood-n-Tap
- 2/18: Mohegan Sun Casino
- 2/25: Boscov's & Lunch @ Lido's, Meriden

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!

Energy Assistance

Appointments can be made with the Human Services Office or apply online: https://portal.ct.gov/heatinghelp/applyonline?language=en_US

Documents you will need include:

- Income documents for everyone 18 or older in the household (4 consecutive pay stubs from within the last 2 months, social security award letter, pension letter or 1099s, and any other income)
- SNAP Verification letter (if applicable)
- Current electric bill
- Oil vendor information
- For renters, landlord name, address, and phone number; lease only required if heat is included in the rent
- Current rent or mortgage payment

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

- **Open Mic Night:** The theme this month is BABY. Come to share your favorite or an original poem (5 minutes max, up to 14 readers) or just to listen! **2/17 @ 6PM**
- **Screening & Discussion: "The Spirit of Service":** Includes selected excerpts from the PBS documentary series, The American Revolution. Discussion will be led by Kristina E. Poznan, PhD. **2/17 @ 6PM**
- **Intro to Poetic Form:** with Leslie Bulion. No experience necessary. **2/26 @ 6PM**

Sign up online or call 860-349-9544 | 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**
- **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. **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. **T, 9:30AM**
- **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. **T/TH, 12:45**

► 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.

**February is Heart Health month.
Know your numbers!**

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. Most of our walkers come anywhere between 9 and 11AM.
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: 2/25/2026 @ 1:15PM
Location: 144 Picket Lane
Meetings open to the public.

Town of Durham Senior Tax Freeze Programs

February 1—May 15

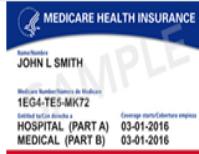
Must have been 65 as of December 31, 2025, or 60 years of age or over and the surviving spouse of a taxpayer qualified under this plan at the time of his or her death; or under 65 and qualify for permanent total disability benefits, and meet the income criteria.

Please call the Assessor's Office (860-343-6709) or the Human Services Office (860-349-3153) to make an appointment.

Please bring all 2025 income documentation (Social Security statement SSA-1099, complete IRS tax return, pension, dividend, annuity, and/or interest statements, Veterans benefits, etc.)

Years of Residency Single/Married

1-10 Years	\$45,920 / \$56,000
11-20 Years	\$71,176 / \$86,800
20+ Years	\$96,432 / \$117,600



New to Medicare? Know your options!

Topics Covered:

- An overview of the Medicare Program
- Employment and insurance beyond the age of 65 ?
- How to avoid penalties: Understanding enrollment timelines
- Exploring your Medicare options
- Making Medicare more affordable through assistance programs
- Reporting Medicare fraud

Monthly webinars

2nd Wednesday's
10 a.m. - 12 p.m.

Scan QR code to register



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



Or sign up here: https://us06web.zoom.us/meeting/register/3fvoEt_oQpW2vwh7-HfI6Q#/registration

Vaccine Clinic

* Thursday, February 19, 2026

11:00 AM - 4:00 PM

Durham Community Center,
144 Pickett Lane

* Flu, COVID-19, Pneumonia, RSV

* Walk-in style, no appointment
needed. Residency not required.
Please bring your insurance
card.

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

FIGHT THE FLU.