

# Durham Senior Happenings

## March 2026

### 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: 3/5/26 @ 5:30PM** *Menu: Corn beef, cabbage, carrots, potatoes, and Irish soda bread.* Please bring a dessert if able. ***Volunteers needed for future meals!***

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

### Some Key Dates:

- ▶ Nutrition Education: Heart Health—3/9 @ 12PM
    - ▶ St. Patrick's Day Luncheon—3/13 @ 12PM
  - ▶ Lunch & Learn: Live Your Best Life—3/23/26 @ 12PM
    - ▶ April Luncheon: Senior Resources—4/16 @ 12PM
  - ▶ Apply for Senior Town Tax Freeze Program: 2/1—5/15 (Letter on last page).
- More information inside.***

### Lunch & Learn: Live Your Best Life

*Join us for a discussion on healthy aging, sharing tips to empower your healthcare choices and answer your questions.*

- *How to maintain independence*
- *How to make the most of your doctor visits*
- *How to maintain health to stay out of the hospital*
  - *How to determine goals of care*
- *Learn about the health resources in your community*



**Monday, 3/23/26 @ 12PM Durham Community Center. Call 860-349-3153 to sign up by 3/18. Lunches for those aged 60+ and their spouses although anyone is welcome to listen in!**

Morgan Perry | Social Services Coordinator | Town of Durham | (860) 349-3153 | 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

**Long Term Care Ombudsman Program:** 1-866-388-1888 or [LTCOP@CT.gov](mailto:LTCOP@CT.gov)

### **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:** [smarterrecovery.org/community](http://smarterrecovery.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](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



## St. Patrick's Day Luncheon

with musician Paul Penders singing Irish ballads.

3/13/2026 @ 12PM – 2PM

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

Co-sponsored with the Julia C Bryant Fund.

## VITA Free Tax Preparation

- ▶ Free tax preparation for those making less than \$70,000.
- ▶ Call 2-1-1, and press option 3, then 6 to schedule or <https://book.appointment-plus.com/ykojqodv#/>
- ▶ Locations include IMPACT, Amazing Grace Food Pantry, and Wesleyan University in Middletown.

**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

## March 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](mailto:mperry@townofdurhamct.org) to reserve your spot.

Monday	Tuesday	Wednesday	
<b>2</b> Baked Potato Veggie Chili (4oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait	<b>3 Food Allergy</b> 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.	<b>4</b> Eggplant Parm 8 oz Ziti with marinara 4 oz Garlic Bread Mixed veggies (4oz) Milk Orange	<p style="text-align: center;"><b>Meals for those age 60+ and their Spouses provided by the Kitchen at Futures.</b></p> <p style="text-align: center;"><b>Suggested donation of \$3 per meal or \$4.50 per special meal. No one is turned away if they can't pay.</b></p> <p style="text-align: center;"><b>Lunch runs from 11AM—1PM at the Durham Community Center, 144 Picket Lane with lunch served at noon.</b></p> <p style="text-align: center;"><b>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.</b></p> <p style="text-align: center;"><b>New? No problem! All we need is your reservation and one form you can fill out when you come in.</b></p>
<b>9 Nutrition Education: Heart Health</b> Sweet and Sour chicken (4oz.) Steamed white rice 4oz Stir Fry Veggies 4 oz String Cheese Pear cup 4 oz	<b>10</b>	<b>11 BBQ chicken legs 3 oz</b> Glazed sweet potatoes 4oz Cole Slaw 4 oz Cornbread & Butter String Cheese Fruit Cup 4 oz	
<b>16 \$4.50 suggested donation</b> Corned Beef 3 oz Potato 4 oz Cabbage & Carrots 4oz Raisin Bread & Butter String Cheese Fruit Cup 4oz 	 <b>May your day</b>  be touched by a bit of Irish luck  brightened by a song in your heart  warmed by the smiles of the people you love	<b>18</b> Beef Taco meat (4oz.) Taco shells (2) Lettuce, cheese, salsa Spanish Veggie Rice (4oz.) Milk Fruit Cocktail 4 oz	
<b>23 L+L: Live Your Best Life</b> Beef Bolognese ( 4 oz) Ziti /sauce(4oz) Mixed Veggies 4 oz Dinner Roll & butter String cheese	<b>24</b>	<b>25 \$4.50 suggested donation</b> Chicken & sausage gumbo 8 oz Herbed rice 4 oz Roll/Butter Green Beans 4 oz String Cheese Birthday Cupcake 	
<b>30 Asian chicken and Broccoli</b> Fried rice 4 oz Mixed veggies (4oz) Fortune Cookie String cheese Apple Sauce		*Menu items are subject to change.*	

## Bus Trips April

### March

3/4: Stop & Shop, Wallingford  
3/11: Mark Twain House (confirm trip is on, then purchase ticket in advance \$26-29), Lunch @ Flock + Herd Gastropub  
3/18 Foxwoods Casino  
3/25: New Britain Museum of Art (\$20); Lunch @ Taste of Poland

4/1: Price Chopper + Aldi, Middletown  
4/8: Quilt Show @ Convention Center (\$12)  
4/15: Mohegan Sun Casino  
4/22: Yale Center for British Art  
4/29: Bill's Restaurant, Westbrook

**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.

## Energy Assistance

Appointments can be made with the Human Services Office or apply online: [https://portal.ct.gov/heatinghelp/applyonline?language=en\\_US](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

- Calligraphy That Inspired a Nation: Learn to Write like America's Founders:** 3/12 @ 6PM
- Book Launch:** Local author Leslie Bulion launches her new children's poetry book, Nature's Remarkable Partners: Wild Poems for Two Voices! 3/19 @ 6:30
- Trace Your Revolutionary Roots:** presented by Bryna O'Sullivan of Charter Oak Genealogy: 4/30 @ 6 on Zoom  
**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**
- **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.

*Thank you CT River Area Health District!*

### Mahjong

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

If interested in joining, please call Carolyn at the Community Center:  
860-894-7837

### 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 Pickett Ln, Durham  
Contact Jim to learn or play:  
860-593-7635

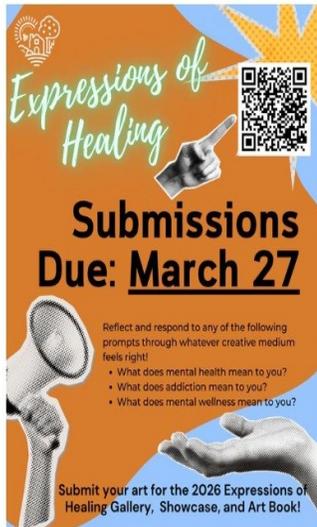


### Durham Senior Board

Next Meeting: 3/25/2026 @ 1:15PM  
Location: 144 Picket Lane  
Meetings open to the public.

# Expressions of Healing Submissions are DUE!

Fri Mar 27th



Whether you're an artist, writer, musician, or maker of any kind, we invite you to submit your original work to be featured in:

- The Expressions of Healing Art Book-- A professionally printed collection of visual art, photography, poetry, essays, and more. Last year's art book was 160 pages!
- The Gallery Exhibition and Showcase-- A live showcase in Spring 2026 at the Durham Community Center.

Theme: Mental Health, Wellness, and Addiction

Deadline to Submit: MARCH 27th, 2026

No experience necessary! Submissions can be ANONYMOUS!

We welcome submissions from people of all ages, backgrounds, and locations. If your work expresses something real, it belongs here.

Questions?

Contact Jade Adalbert at [jadalbert@dmyfs.org](mailto:jadalbert@dmyfs.org) or call (860) 349-0258.



## 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



Navigating Medicare

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



Preventing Medicare Fraud

Or sign up here: [https://us06web.zoom.us/meeting/register/3fvoEt\\_oQpW2vwh7-Hf16Q#/registration](https://us06web.zoom.us/meeting/register/3fvoEt_oQpW2vwh7-Hf16Q#/registration)



JOIN US FOR...

## HEART HEALTHY NUTRITION

AT THE  
DURHAM SENIOR  
CENTER

MONDAY

MARCH 9TH @ 12 PM

Program presented by:  
Chris Blancarte, MS RDN  
Senior Resources Agency on Aging

Be sure to sign up for lunch too!  
\*A Form 5 is needed on file to attend  
congregate lunch.

# OFFICE OF THE ASSESSOR

Durham, Connecticut 06422



JOHN S PHILIP, C.C.M.A. II  
ASSESSOR

Telephone: (860) 343-6709  
Fax: (860) 349-0284

30 Town House Road, P.O. Box 428, Durham, Connecticut 06422

Email: [jphilip@townofdurhamct.org](mailto:jphilip@townofdurhamct.org)

## STATE/LOCAL TAX RELIEF PROGRAMS Filing Period: February 1, 2026 – May 15, 2026

Dear Homeowner:

This letter is to remind Durham Residents that applications are being accepted for the State Elderly and Totally Disabled Tax Relief Program, the Town of Durham Senior Tax Relief Programs (Freeze and Deferral), and the Additional Veterans Programs.

Applications will be **taken by appointment** only. Please call the Assessor's Office at (860) 343-6709 or the Human Services Office at (860) 349-3153 to arrange a time after you've filed your income tax return (if applicable).

Please note office locations:

Assessor's Office, Second Floor, Durham Town Hall, 30 Town House Road; and  
Human Services Office, Durham Community Center, 144 Pickett Lane.

To qualify for the State Elderly or the Town Senior Tax Relief programs, applicants must be at least 65 years of age 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 be sure to bring **all forms of income** including your 2025 Social Security Statement (SSA 1099), dividend and interest statements, pension statements, Veterans benefits, etc., and your 2025 IRS tax return 1040 (if you file).

**Failure to re-file each year will result in the removal of this benefit from your July tax bill. Late filing is not acceptable.**

We look forward to seeing you.

Best Regards,

Lynn Riotte  
Assistant to the Assessor  
Assessor's Office

Morgan Perry  
Social Services Coordinator  
Human Services Office

### 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