

# Durham Senior Happenings

## May 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: 5/7/26 @ 5:30PM. Please bring a side or dessert if able.**

**Menu: Yankee Pot Roast and a lentil-based vegan dish.**

**Volunteers needed for future meals!**

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

### Reminder: Tax Relief Programs

The deadline to apply or re-apply to the local and/or state tax relief programs is **May 15**. Please call to schedule your appointment if you have not done so.

Assessor's Office: 860-343-6709

Human Services Office: 860-349-3153

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

Community Center Closed Tuesday, 5/5—for Voting.

### Some Key Dates:

- ▶ May Luncheon: Remember When—5/15 @ 12PM
- ▶ Apply for Senior Farmers Market Nutrition Program
- ▶ Apply for Senior Town Tax Freeze Program: 2/1—5/15
- ▶ Apply for Renters Rebate: 4/1—9/30

***More Information Inside.***

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

## Bus Trips

### May

5/6: Stop & Shop, Wallingford

5/13: Beardsley Zoo (\$16 or check with library)

5/20: Foxwoods

5/27: Yale Peabody Museum (1 hour later pickup time)

### June

6/3: Price Chopper & Aldi, Middletown

6/10: Katherine Hepburn Museum

6/17: Mohegan Sun Casino

6/24: Mystic Seaport (\$32)

### July

7/8: Walmart, Wallingford

7/15: Lavender Pond Farm, Lunch @ Copper Skillet

7/22: Foxwoods

7/29: Hammonasset & Lunch @ Lenny + Joe's

**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 Chester, Clinton, Deep River, Durham, Essex, East Haddam, East Hampton, Haddam, Killingworth, Lyme, Middlefield, Middletown, Portland, Old Lyme, Old Saybrook, Westbrook. 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

- **Paper Quilling:** Learn simple techniques and create a charming flower-inspired project. Perfect for first-timers. 5/5 @ 6PM
- **Count the Bobolinks:** Meet at Frederick White Farm open space. 6/13 @ 9AM
- **Bird/Nature Walk with Birding for Pleasure** Meet at Frederick White Farm open space. 6/17 @ 9AM
- **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

## **Renters Rebate**

April 1 – September 30

- Income limits: \$46,300 (unmarried) or \$56,500 (married)
  - Must have been 65 by December 31, 2025 or eligible to receive permanent total disability benefits
- Documents:
- Federal tax forms for tax year 2025 (if you file)
  - Social Security SSA 1099 Form
  - Any other income documents (Pension, interest, dividend, annuity 1099s, Veterans benefits, etc.)
  - Proof of rental payments for each month
  - Proof of utility payments (includes electric, gas, water, and fuel)

**Call for an appointment: (860) 349-3153.**

**Lifeline—Discounted Phones or Internet:** 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.

# 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/F, 9:15AM**
- **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). Email Sue directly to sign up for this class: ssschade@choate.edu **M/W/F**
- **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.

**Note: May's clinic is moved to 5/27.**

*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 Picket Ln, Durham  
Contact Jim to learn or play:  
860-593-7635



## Durham Senior Board

Next Meeting: 5/27/2026 @ 1:15PM  
Location: 144 Picket Lane  
Meetings open to the public.



The Senior Board Presents:

# May Luncheon

‘Remember When’...

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**MAY 15, 2026**

**12:00 – 2:00PM**

DURHAM COMMUNITY CENTER  
144 PICKETT LANE

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Join us for sandwiches as a few of our guests share stories about what life was like years ago.

Sign up by 5/12 by calling Morgan or using the sign-up sheet at the CC: 860-349-3153.

No cost.

## Senior Farmers Market Nutrition Program

Contact the Human Services Office if interested in receiving a voucher for fruits, vegetables, eggs, fresh cut herbs (no plants), and honey available to use at Farmers’ Markets.

- Must be age 60+ and meet income requirements
- Proof of income required



Household Size	Annual	Monthly
1	\$29,526	\$2,461
2	40,034	3,337
3	50,542	4,212
4	61,050	5,088