

Durham Senior Happenings

August 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: 8/6/26 @ 5:30PM. Please bring a side or dessert if able.

Menu: Mac & Cheese/ BBQ Theme

Volunteers needed for future meals!

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



August is National Wellness Month.

Whether you go for a walk, cook up some vegetables, or reach out to a friend, don't forget to prioritize your own wellness!

Some Key Dates:

- ▶ Nutrition Education—GLP-1 Basics: A Dietician's Perspective: 8/3 @ 12PM
- ▶ Blood Drive (RESCHEDULED): 8/13 @ 2PM – 6PM
- ▶ Chronic Disease Self Management 6 Week Workshop: Thursdays 9/10-10/22 @ 9:30-12PM
 - ▶ Prepared & Empowered Series: Why Is It So Hard to Let My Stuff Go? 9/10 @ 6PM
 - ▶ Senior Luncheon – Durham Fair Talk: 9/11 @ 12PM
 - ▶ Vaccine Clinic: 9/22 @ 12PM – 6PM, Durham CC
- ▶ Lunch & Learn: Navigating the Health Care System: 9/30 @ 12PM
- ▶ 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/

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

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.

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

Bus Trips

August

8/5: Stop + Stop & Aldi, Wallingford

8/12: Lavendar Pond Farm/Lunch @ Copper Skillet

8/19: Mohegan Sun Casino

8/26: Thimble Island Cruise aboard the Volsunga (\$20)

September

9/2: Walmart, Wallingford

9/9: Harkness Memorial State Park, Waterford (Bring your own picnic lunch)

9/16: Foxwoods Casino 9/23: No Trip

9/30: Heirloom Market @ Comstock Ferre/Lunch on site

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

- **Unearth Connecticut's Geologic Mysteries** with Dr. Gary Robbins, Emeritus Professor in the Departments of Natural Resources and Earth Sciences at UConn in Storrs. **8/6 @ 6PM**
 - **The Conservation of Paintings:** Allen Kosanovich, head paintings conservator at The Wadsworth in Hartford, will explore the ethical, philosophical, and practical considerations of paintings conservation. **8/13 @ 6PM**
 - **Open Mic Night:** Theme: Fall/Falling. Come to listen or bring either a favorite or original poem to share. 1 poem up to 5 minutes max each, up to 14 readers. **9/15 @ 6PM**
 - **Non-Fiction Book Discussion Celebrating the 250th Anniversary of Our Nation:** Join us to discuss "Travels with George," and revisit America's founding through an engaging blend of history, travel, and the enduring legacy of George Washington. **9/15 @ 6PM, DCC**
- **Sign up online or call 860-349-9544 | durhamlibrary.org**

Senior Community Café Congregate Calendar August 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.

Mon	Tue	Wed
3 5 oz Italian Sausage & Peppers 1 Sub Roll 1 Corn on The Cob & Butter Milk 4 oz Fruit Cup	4	5 3 oz Polynesian BBQ Chicken 4 oz Rice Pilaf 4 oz Tomato Cucumber Salad Cornbread Milk 4 oz Melon
10 Baked Potato 4 oz Veggie Chili 1 oz Sour Cream 4 oz Broccoli Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait	11	12 3 oz Grilled Chicken 2 oz Mango Salsa 4 oz Mexican Corn Salad Dinner Roll & Butter Milk Bottle 4 oz Grapes 
17 3 oz Herb Grilled Chicken 4 oz Grilled Vegetables 4 oz Potato Wedges WW Dinner Roll Watermelon	18	19 3 oz BBQ Pork Tenderloin 4 oz Glazed Sweet Potatoes 4 oz Southern Greens Dinner Roll & Butter String Cheese Orange
24 3 oz Shaved Steak 2 oz Roasted Peppers & Onions 4 oz Potato Salad Sub Roll String Cheese 4 oz Fruit Cup	25	26 4 oz Roasted Salmon 4 oz Summer Squashes 4 oz Scalloped Potatoes Dinner Roll & Butter String Cheese Birthday Cupcake  Lunch Special
31 Beef Taco 3oz Soft Taco Shell (2 per person) Lettuce, Cheese, Sour Cream 4oz Rice + Refried Beans Milk 4oz fruit cup 	*Menus are subject to change due to seasonality and product availability. FOOD ALL in contact or fish. Ple consumpt	

**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 a form you can fill out when you come in.

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/

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.

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: sschade@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.

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 @ 9:30AM 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: 9/16/2026 @ 1:15PM
Location: 144 Picket Lane
Meetings open to the public.



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).



Note: We likely will skip Durham Fair Week (9/24) and add one to the end (10/22).



Durham and Middlefield Senior and Social Services Presents:

The "Prepared & Empowered" Series is back!

4 brand-new presentations

that give you real solutions for the things that's been weighing on your mind:

- ✓ Clutter you keep meaning to deal with, and somehow never do
- ✓ A health crisis or family emergency that could hit without warning — and you have no plan in place
- ✓ Essential documents and household information buried somewhere you'll "never forget" but have
- ✓ Wanting AI to help with everyday tasks — emails, planning, research — but not knowing where to start

Upcoming Presentations

• **September 10: Why Is It So Hard to Let My Stuff Go?**

The Real Reasons Your Stuff Is Still There and What to Do About It

You know the basement, the closet, or the china cabinet you keep meaning to deal with. This session gets to the real reasons decluttering feels so hard, even when you know exactly what needs to go. You'll leave with three questions that cut through the "should I keep it" struggle and two strategies you can start immediately.

• **October 8: Organize Your Life – Be Ready for Anything**

No More Guesswork, No More Scrambling

Emergencies, illness, and loss can change everything overnight, and most of us aren't ready. This session walks you through the essential information and access the people you love will need to step in and help. You'll leave with a clear plan for your home, accounts, pets, and even your own end-of-life wishes — decided by you, not left to chance.

• **November 12: "I Know I Have It Somewhere..."**

Find Any Document in Under 5 Minutes — Every Time

If your important papers are scattered across drawers, folders, and "it's somewhere in that pile," this session is for you. You'll learn exactly which documents you need and a simple three-step system that puts them all within easy reach. You might even uncover money you didn't know you had.

• **December 10: AI [Artificial Intelligence] Made Simple: More Useful Than You Know**

Practical AI for Everyday Life

AI doesn't have to be confusing or intimidating. In this easy-to-understand session, you'll learn how different AI models like Chat-GPT, Gemini or Perplexity can help with everyday tasks like writing emails, planning meals and trips, comparing products, and answering questions in plain English — plus how to spot scams, fake reviews, and misleading offers. You'll leave with practical skills and the confidence to get started.

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*.

Mark Your Calendar & Register Today!

When: 2nd Thursday of the month [September-December 2026] **Time:** 6:00pm

Location: Durham Community Center • 144 Pickett Lane

Registration: **Call:** Morgan @ 860-349-3153 • **E-Mail:** mperry@townofdurhamct.org

Proudly sponsored by a grant from the Coginchaug Valley Educational Foundation

Nutrition Education with Chris Blancarte, MS, RDN

8/3 @ 12PM

Topic: GLP-1 Basics: A Dietician's Perspective

Lunches for those aged 60+ although anyone is welcome to listen in!

Sign up on sign up sheet @ CC or contact Morgan.

Lunch & Learn: Fall Prevention

8/26 @ 12PM

Durham Community Center

Lunches for those aged 60+ although anyone is welcome to listen in!

Sign up on sign up sheet @ CC or contact Morgan.

September Luncheon

9/11 @ 12PM - 2PM

Join us for lunch and a talk with the Durham Fair Association on information as well as history about the fair. Sponsored by the Durham Senior Board.

Sign up on sign up sheet @ CC or contact Morgan.

Lunch & Learn: Navigating the Health Care System

9/30 @ 12PM

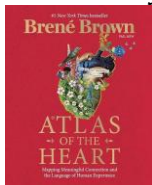
Durham Community Center

Lunches for those aged 60+ although anyone is welcome to listen in!

Sign up on sign up sheet @ CC or contact Morgan.

Mental Health Book Club

Tuesday, 8/25 @ 6PM



Levi Coe Library

414 Main St, Middlefield

Atlas of the Heart by Brene Brown.

Please register for this program. This event is hosted in partnership with Levi Coe Library, RSD13, DMYFS, and DMLWC. Bonus for Educators: Participation counts toward your teaching professional development requirements.

Register here:

<https://lp.constantcontactpages.com/ev/reg/kndnj58/lp/77d2969b-dc8c-43af-88ec-2513d3bc46c6>

Grandparents/Caregiver Refresher Course



We will review and teach adults how to provide the best and safest care for infants and young children. We will also learn how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and injury management.

8/18/26 from 9AM - 12PM

Durham Community Center

To register: Please use link

<https://lp.constantcontactpages.com/ev/reg/pqe5hxxg> or contact Morgan.



Blood Drive

Durham Community Center

Thursday, August 13
2:00pm - 6:00pm

Room 3
144 Pickett Lane, Durham



Sign up at ctblood.org/drives
and use code RC27

Prepare to donate



Eat well
and hydrate



Bring a
photo ID



Feel good and
symptom free



Must be 17+ or
16 with parental
consent form



Meet minimum
weight requirements

Visit ctblood.org/eligibility
for complete donation guidelines.

800.283.8385 • ctblood.org



Sign up here https://donate.ribc.org/donor/schedules/drive_schedule/82660 or
call Morgan for assistance.