Durham Senior Happenings
November 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: 11/5/26 @ 5:30PM. Please bring a side or dessert if able.
Menu: Turkey, stuffing, mashed potatoes, & a vegan option.
Volunteers needed for future meals!
Sign up online or call or call 860-349-3153 to reserve your spot!

Some Key Dates:

►Nutrition Education: Processed vs Natural Foods: 11/2 @ 12PM
►New to Medicare Presentation:11/4 @ 5PM
►Senior Veterans Luncheon: 11/6 @ 12PM
►Vaccine Clinic: 11/10 @ 8AM – 12PM
►Prepared & Empowered: I Know I Have it Somewhere: 11/12 @ 6PM
►Senior Holiday Potluck Lunch with CRHS Jazz Combo: 12/4 @ 12PM
► Lunch & Learn - AED and CPR: 12/9 @ 12PM
►Prepared & Empowered: AI Made Simple: 12/10 @ 6PM

►Community Center Closed for Elections: 11/3
►Town Buildings Closed: 11/11, 11/26, & 11/27
►Thanksgiving Basket Flyer Inside.
►Energy Assistance season September – April.
►Medicare Open Enrollment 10/15 – 12/7.
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

November

11/4: Stop and Shop, Wallingford
11/11: No Trip
11/18: Foxwoods
11/25: Pink Sleigh Christmas Shop, Westbrook
& Lunch at Cristy's Restaurant

December

12/2: Walmart, Wallingford
12/11: Olde Mistick Village Festival of Lights (Friday PM trip, first pickup time starts at 1:30PM, Return time 7PM)
12/16: Mohegan Sun Casino
12/23: No Trip ; 12/30: No Trip

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

●**Needle Felted Pumpkins:** A craft technique that sculpts loose wool into solid 3D objects by repeatedly poking the fibers with a special needle. Supplies provided. **11/12 @ 6PM**
●**A Perky Pairing: Coffee and Fine Chocolates:** Learn about the history, benefits, how and where coffee and chocolate hail from, the famous pioneers in both industries, interactive trivia quiz, best brewing and roasting methods, fun coffee terminology, & more. **11/19 @ 6PM**
●**Open Mic Night:** Theme: Thankfulness. Bring a poem (original or a favorite) to share. 5 minutes max. Or come to listen! **12/1 @ 6PM**
●**Serene Memories: Acrylic Painting Workshop:** In this Expressions of Healing workshop, artists of all ages and skill levels will be guided in mixing colors and using painting techniques to represent an environment that reminds each person of safety, calm, or relaxation. Recommended to bring a reference photo. Dinner provided. **12/17 @ 5:30PM**

●**Sign up online or call 860-349-9544 | durhamlibrary.org**

Senior Community Café Congregate Calendar
November 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.



Sun	Mon	Tue	Wed
	2 Baked Potato Veggie Chili (3 oz) Sour Cream 1 oz Broccoli (4 oz) Milk Fruit Cup 4 oz	3	4 Bbq Glazed Pork Tenderloin 3 oz 4 oz Macaroni & Cheese Peas 4oz Dinner Roll & Butter String Cheese Orange Cup 4 oz
8	9 Swedish Meatballs (2 per person) Wheat pasta noodles (4oz.) Broccoli (4oz.) Milk WW Roll & Butter Fruit Cocktail 4 oz	10	11 HAPPY Veterans DAY
15	16 Chicken Cordon Blue 3 oz Roasted Potatoes 4 oz Creamed Spinach (4oz.) WW Roll & Butter String Cheese Cup of Grapes 4 oz	17	18 Turkey Sloppy Joes 3 oz Bun Carrots 4 oz String Cheese Fruit Cup 4 oz
22	23 BBQ Pulled Pork Sandwich 3 oz WW Roll Corn 4 oz Roasted Potatoes 4 oz String Cheese Jello Cup 4 oz	24	25 Meat Sauce 4 oz WW Pasta Noodles 4 oz Mixed Veggie 4 oz WW Roll & Butter Milk Birthday Cupcake Lunch Special
29	30 Asian Honey Garlic Salmon 4 oz Scallion Sesame Rice (4oz) Cucumber Tomato Salad 4 oz Fortune Cookie Pineapple Cup 4 oz Milk		*Menus are subject to change due to seasonality and product availability.

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.

Medicare Open Enrollment October 15—December 7, 2026

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: 860-349-3153 or the Senior Resources CHOICES program: (860) 887-3561 x132.

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. **TBD**

●**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

Tuesdays and Thursdays. Very informal, indoor walking option. Durham Community Center
Drop in & walk; 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.

knit2gether
a knitting community



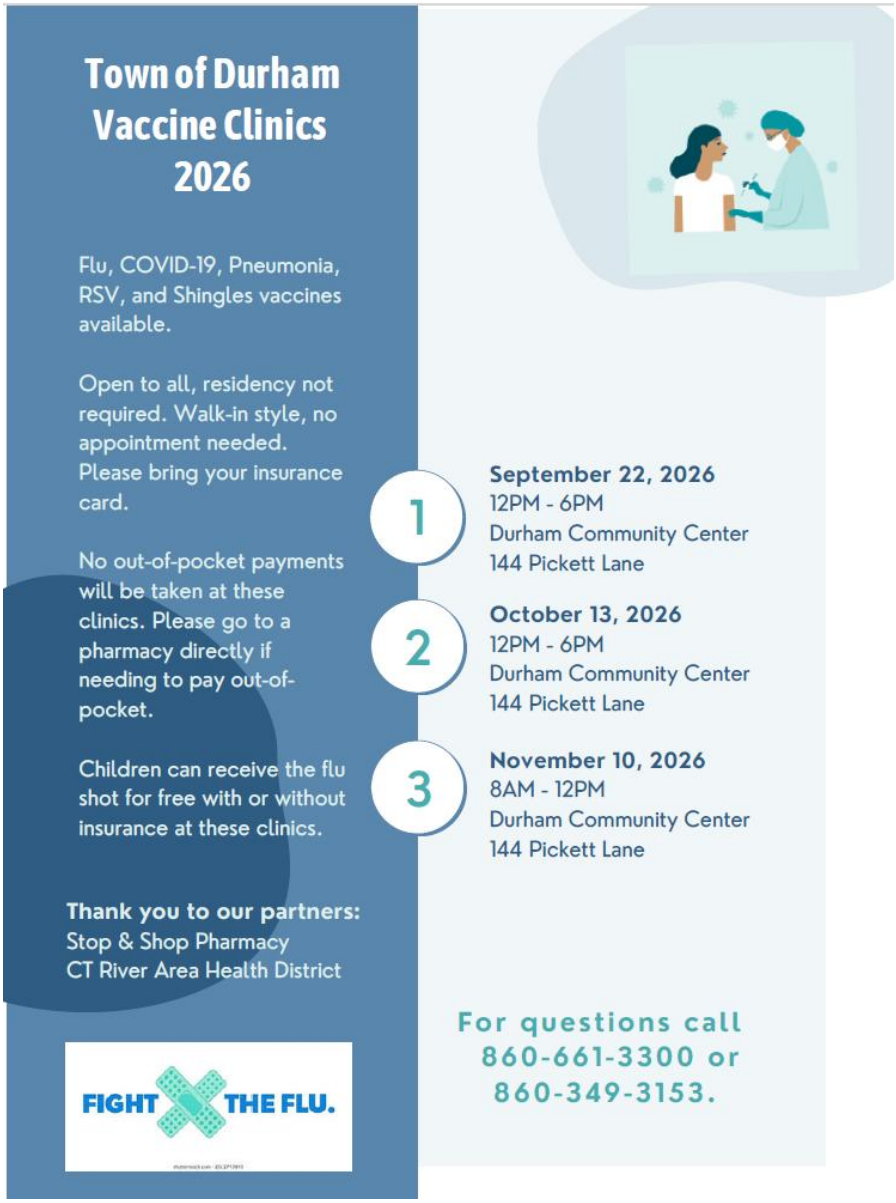
Bridge



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

Durham Senior Board

Next Meeting: 11/18/2026 @ 1:15PM
Location: 144 Picket Lane
Meetings open to the public.



Holiday Craft

Join us in creating your own holiday display mug!

Date: Monday, 12/7
Time: 11:00AM
Place: Durham Community Center

Cost: $10 (cash or check made out to the Garden Club)

Call 860-349-3153 to sign up.



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 most recent pay stubs, 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

Durham & Middlefield
Senior and Social Services Present:

PREPARED & EMPOWERED:
A Life Planning 4-Part Series for Older Adults and Their Families

"I Know I Have It Somewhere..."

How to Organize Your Important Documents and Information



Stop wasting precious time hunting for critical paperwork. This session takes you from "I think it's in here somewhere" to a simple, reliable system where everything is easy to find every time.

You'll Discover:

- Which documents could be needed in a moment's notice and whether you actually have them
- Money you might not know you have: uncashed checks and forgotten accounts
- A three-step process that ends the paper chaos for good
- The one folder that should never leave your desk
- What goes where and why it matters more than you think
- How to make sure someone else could step in and find everything

About the Speaker: Lynn McPhelimy

Lynn McPhelimy is a nationally recognized Life Organizer and Coach, bestselling author, and highly sought-after speaker. She has been featured on *The Oprah Winfrey Show*, NBC's TODAY show, PBS, CBS, *The New York Times*, *Chicago Tribune*, and *Woman's Day*. For nearly 30 years, she has guided individuals and families in organizing their affairs and preparing for life's unexpected moments — helping them reduce stress, create clarity for the people they love, and move forward with confidence.

When:
Thursday, November 12, 2026
6:00 – 7:00 PM

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

Lunch & Learn: CRP/AED

Learn how to recognize sudden cardiac arrest, perform hands-only CPR, and use an automated external defibrillator (AED). We'll cover when to act, how to deliver effective chest compressions, and how to follow an AED's prompts with confidence.

12/9 @ 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.

Holiday Potluck Luncheon

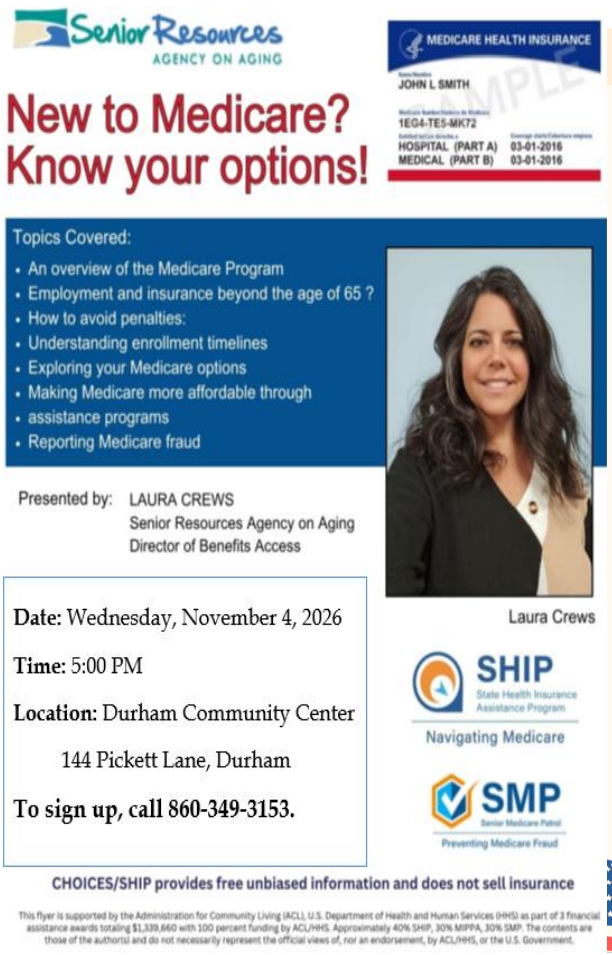
With the CRHS Jazz Combo Band!

12/4 @ 12PM
Durham Community Center

Sponsored by the Durham Senior Board.

Sign up on the sign up sheet @ CC or contact Morgan by 12/1. Please let us know if you are bringing a dish (and the category- e.g. savory side or dessert, etc.).







HELP FEED PEOPLE IN NEED

THIS THANKSGIVING

During the holiday season, the Town of Durham and volunteers prepare Thanksgiving baskets for families and individuals in need. Stresses from financial difficulties, unemployment, medical problems, and other personal or family issues often create unanticipated hardships.

DONATIONS NEEDED!

We are gratefully accepting:

Frozen Turkeys: Please let Morgan know by 11/13 if you are bringing a turkey. Please drop off the turkey by 11/17.

Fixings: Gravy, canned vegetables (french-style green beans, yams, corn), cranberry sauce, cream of mushroom soup, crispy fried onions, instant potatoes, corn bread (boxed), & stuffing. **Please drop off non-perishables by 11/13.**

Donations can be dropped off to the Durham Community Center, 144 Pickett Lane Monday – Friday between 8:30 and 4:30 or by appointment.

Contact Morgan with questions: 860-349-3153.

Gift cards (Stop & Shop, Aldi, Walmart) also needed.

Families or individuals having difficulties are encouraged to call the Durham Human Services office to sign up for a Thanksgiving Basket no later than November 6th.

Phone: (860) 349-3153
Email: mperry@townofdurhamct.org
Mail: Human Services, P.O. Box 428, Durham, CT 06422



Thank you kindly for your generosity!