

Durham Senior Happenings

October 2025

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. 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.

Meals are on the 1st Thursday of every month through April at 5:30 PM and alternate

between Durham and Middlefield community centers. Any seniors and youth wishing to cook can contact cwhite@dmyfs.org.

First one Date & Time: October 2, 2025 @ 5:30PM – 7:30 PM

Location: Durham Community Center, 144 Pickett Lane

Second one Date & Time: November 6, 2025 @ 5:30PM – 7:30PM

Middlefield Community Center, 405 Main Street

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



In collaboration with Durham and Middlefield Senior and Social Services and the Durham/Middlefield Community Garden



T.U.M.M.!
Towns United through Meals and Mentoring

Durham + Middlefield + Rockfall =
1 COMMUNITY

A community program for town youth to learn how to cook from a local professional chef with the assistance from our community's seniors.

All are welcome!

Durham Community Center Cafeteria
OCTOBER 2ND 2025

Cooking starts at 2:30pm for our youth and mentors.
Join the dinner starting at 5:30pm.



This program is funded in part by the Coginchaug Valley Education Foundation



Blood Drive

Monday, 11/10 from 9AM—3PM

Bloodmobile, parked in front of the Durham Town Hall

Sign up here: https://donate.ribc.org/donor/schedules/drive_schedule/80536 or call 860-349-3153 for an appointment. Walk-ins taken as time allows.

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

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:** smar-trecovery.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

Middlesex Community College

Schedule: ctfoodshare.org/get-help/

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

Medicare Open Enrollment October 15 – December 7, 2025

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—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

October 2025

- 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
		1 Bistro Turkey Sandwich Mashed Potatoes (4oz.) Broccoli (4oz.) Milk Brownie 1/2 
6 BLT Sandwich Tomato Soup 8 oz Sliced Bread Whole Wheat Tropical Fruit Cup 4 oz C. Chip Cookie String Cheese	7	8 Chicken Salad 3 oz Roll Lettuce, Tomato, Onion, Pickle String Cheese Baked Fries 4 oz Apple
13 Closed for the Holiday	14 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.	15 Taco Meat (3oz.) Taco Shells (2 per person) Lettuce, Cheese, Salsa Spanish Veggie Rice (4oz.) Milk Orange 
20 Grilled Chicken, Mango (4oz.) Mexican corn Salad (4oz.) Roll & Butter Cup of Grapes 4 oz String Cheese	21	22 Tuna Casserole (8oz) Green Beans (4oz) Cheddar Biscuit Pad of Butter String Cheese Melon
27 Sausage Pepper/Onion (5oz.) Sub Roll Mixed Vegetables Pad of Butter String Cheese Pumpkin Bread Slice	28 	29 \$4.50 suggested Turkey Club Sandwich Broccoli cheddar Soup 8 oz Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Birthday Cupcake 

Menu items are subject to change.

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 one form you can fill out when you come in.

Bus Trips

October

10/1: Stop and Shop, Wallingford
10/8: Beardsley Cider Mill, Shelton
10/15: Mohegan
10/22: Pumpkintown, East Hampton
10/29: Beardsley Zoo, Bridgeport (\$16;
Tickets must be pre-purchased. Please
confirm the trip is running before
Purchase)

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 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

- **Fall Stargazing:** Identify the bright constellations and look through telescopes. Meet at White's Farm on the gravel road.
10/14 @ 7:30PM
- **Discovering Moths: Night Time Jewels in Your Own Backyard:** 10/18 @ 10:30AM
- **Open Mic Night:** The theme this month is MAGIC. Bring your favorite poem or original poem to share. A sign-up sheet will be available for local poets to share one poem (max. 5 minutes), up to 14 readers. Or, just come to listen!
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 Henahan 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**
- **Line Dancing:** \$5/class starting **M, 9/15**
▶ **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!

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 at 10AM
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: 10/22/2025 @ 1:15PM
Location: 144 Picket Lane
Meetings open to the public.

Town of Durham Vaccine Clinics 2025

Flu, COVID-19, Pneumonia, RSV, and Shingles vaccines available.

Open to all, residency not required. Walk-in style, no appointment needed. Please bring your insurance card.

No out-of-pocket payments will be taken at these clinics. Please go to a pharmacy directly if needing to pay out-of-pocket.

Children can receive the flu shot for free with or without insurance at these clinics.

Thank you to our partners:
Stop & Shop Pharmacy
CT River Area Health District

FIGHT X THE FLU.



1

September 23, 2025

12PM - 6PM

Durham Community Center
144 Pickett Lane

2

October 14, 2025

12PM - 6PM

Durham Community Center
144 Pickett Lane

3

November 4, 2025

8AM - 12PM

Durham Town Hall, 3rd Floor
30 Town House Road

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

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



**Durham & Middlefield
Senior and Social Services Present:**

*Prepared & Empowered: A Life Planning 5-Part Series
for Older Adults and Their Families*

Organize Your Life!

Be Ready For Anything: Essential Planning for Life's Unexpected Challenges

*Life doesn't slow down when the unexpected happens.
Are you—and your loved ones [including your pets!]—truly ready?*

DISCOVER HOW TO:

- **Take control** of all your important documents including your legal, financial, medical and personal documents—and know exactly where to find them.
- **Reduce stress** with clear systems for your home, vehicles and digital life.
- **Ensure** your pets are cared for—because they need a plan too.
- **Plan ahead** for your celebration of life/funeral service so your loved ones know your wishes.

About the Presenter

Lynn McPhelimy is a nationally recognized Life Organizer & Coach, bestselling author, and a highly sought-after speaker featured on Oprah, NBC's TODAY Show, PBS, and The New York Times.

For more than 25 years, she has guided individuals and families through life's biggest transitions—aging, illness, death—helping them organize, prepare, and plan so their loved ones are left with answers, not questions.



Date: Thursday, October 9, 2025

Time: 6:00pm - 7:00pm

Location: Durham Community Center • 144 Pickett Lane

Register: Contact Morgan @ 860-349-3153

Free & Open to the Public

Proudly sponsored by Coginchaug Valley Educational Foundation

SAVE THE DATE: PRESENTATION #3: THURSDAY, NOVEMBER 13, 2025

Stay Safe Online: How to Click with Confidence and Avoid Scams

November 13: Stay Safe Online

How to Click with Confidence and Avoid Scams

Protect yourself from digital fraud with safer, more confident online habits.

December 11: Your Day, Your Way!

Plan Your Funeral with Confidence

Take control of your legacy and leave clarity—not guesswork—for your loved ones.

January 8: Ready, Set, Move!

A Stress-free Plan for Downsizing & Moving

Make your next move manageable, meaningful, and even joyful.

Mark Your Calendar & Register Today!

When: 2nd Thursday [September-January]

Time: 6:00pm

Location: Durham Community Center • 144 Pickett Lane

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

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Lunch & Learn: Voting

*Have questions about the process?
Absentee ballots? Early voting? Let's
talk about it!*



WEDNESDAY, 10/8/25
11:30AM - 12:30PM
SENIOR LUNCH, DURHAM
COMMUNITY CENTER

Sign up at the CC or call Morgan:
860-349-3153.

Lunch is a suggested donation of \$3.
Meal:

Chicken salad on a roll with lettuce,
tomato, onion, and a pickle with baked
fries, string cheese, and an apple.

AARP Safe Driving Class

Tuesday, 10/21/2025

9AM - 1:00 PM

Durham Community Center,
144 Pickett Lane



\$20 (AARP member) or \$25 (non-member)
Cash or check made out to AARP accepted.

To sign up, contact Morgan:
860-349-3153 or
mperry@townofdurhamct.org

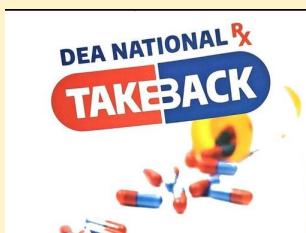
CT State Law (Title 38a Sec 38a-683) mandates after completion of a
DMV approved accident prevention course, those age 60 or older are
entitled to at least a 5% discount for at least 2 years. Contact your
insurance company to learn more.

National Drug Take Back Day

Saturday, 10/25/25
10AM—2PM

**Outside the Trooper offices at the
Durham and Middlefield
Community Centers**

**The National Prescription Drug Take
Back Day aims to provide a safe,
convenient, and responsible means
of disposing of prescription drugs,
while also educating the general
public about the potential for misuse
of medications.**



The Durham Senior Board Presents:

Soup & Salad: Fire Safety

Join us for lunch with members of the Durham Volunteer
Fire Department to talk about fire safety and prevention.

Friday, 10/10/2025

12PM—2PM

Durham Community Center, 144 Pickett Lane

Call Morgan by 10/7 to sign up: 860-349-3153

No cost.



Fire Prevention Week 10/5/25—10/11/25

Autumn Word Search

L O N G E R N I G H T S N A A U C N
T O R U E S T U N Y R O K C I H R I
M S O A Y Q E N I S I A O T R W O K
R C Y H N E U V S T E R F H E O P P
C E A A C G K I A S N O A A B R S M
K N D N D S E R N E D S R N M C O U
S C Y L N R G L U O L P M K E E C P
Q R A K E I E R E T X G I S V R T S
U Y D T M A N T S A E F N G O A O E
A D Y D S I V G R T V S G I N C B P
S N R N G Y W E H O E E N V W S E T
H I E L P P A E S P H A S I V O R E
B W T Y L L I H C T E S P N R F L M
F T S E V R A H Y E L O I G C R E B
A A U H A L L O W E E N E F I O S E
A F L S E V A E L W O L L E Y S L R
L O B L W E C H E S T N U T S T R D

ACORN
APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS

EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS

NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON

SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES