

Durham Senior Happenings

December 2025

You are Invited to a Community Dinner!

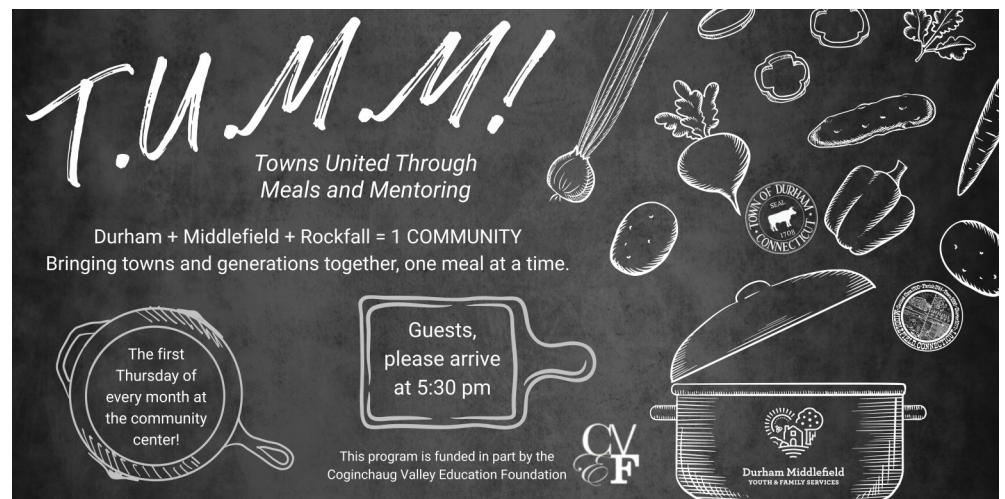
TUMM! (Towns United through Meals and Mentoring) is a monthly dinner series designed to celebrate our incredible community. TUMM! brings together residents of Durham, Middlefield, and Rockfall for a warm, home-cooked community meal. Each dinner is preceded by a unique opportunity: local older adults 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 at the Durham Community Center. Any seniors and youth wishing to cook can contact cwhite@dmyfs.org.

Date & Time: December 4, 2025 @ 5:30PM – 7:30PM

Next Date: 2/5/26

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



Some Key Dates:

- ▶ Holiday Potluck Luncheon— 12/5/25
 - ▶ Lunch & Learn: Cancer Screenings—12/8/25
 - ▶ Prepared & Empowered Series: Plan Your Final Farewell with Confidence & Clarity—12/11/25 @ 6PM
 - ▶ AARP Safe Driving Class rescheduled for 12/16/25
 - ▶ Lunch & Learn: Long Term Care Ombudsman Program—1/7/26
- 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

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 December 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 Baked Potato Veggie Chili (4oz) 1 oz Sour Cream Broccoli (4 oz) Cheddar Biscuit Yogurt Fruit Parfait & Granola	2 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.	3 Turkey & Cheddar Sandwich Seasonal Tossed salad (4oz) Dressing 1 oz String Cheese Apple & Peanut Butter	<p>Meals for those age 60+ and their Spouses provided by the Kitchen at Futures.</p> <p>Suggested donation of \$3 per meal or \$4.50 per special meal. No one is turned away if they can't pay.</p> <p>Lunch runs from 11AM—1PM at the Durham Community Center, 144 Picket Lane with lunch served at noon.</p> <p>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.</p> <p>New? No problem! All we need is your reservation and one form you can fill out when you come in.</p>
8 Lunch & Learn: Cancer Screenings Sweet + sour chicken (4oz.) Steamed white Rice (4oz.), Carrots + peas (40z), String Cheese, Pear cup	9	10 Tuna Casserole (8oz) Green Beans 4oz Dinner Roll & Butter Milk Banana	
15 Chicken Alfredo (4oz) Pasta(4oz.) Roasted Mixed Veggies Roll & Butter String Cheese Apple sauce cup	16 	17 Taco meat (3oz.) with beans Taco shells (2 per person) Lettuce, cheese, salsa Spanish veggie rice (4oz.) Milk Orange	
22 Beef Bolognese (4 oz) Ziti /sauce (4oz) Salad apples and cran (4oz) Dinner Roll & Butter Yogurt w/berries/ cranola (3oz)	23	24 <p style="text-align: center;">No Lunch</p>	
29 Swedish meatballs (3oz) Egg Noodles 4oz Mixed veggies (4oz) Dinner Roll & Butter Milk Apple Sauce	30 	31 <p style="text-align: center;">No Lunch</p>	

Menu items are subject to change.

Bus Trips

November

12/3: Stop & Shop, Walmart, Wallingford

12/10: Boscov's

12/17: Mohegan Sun Casino

12/24: No Trip

12/31: 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!

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

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

- Death of a Wealthy Slave:** This story is brought to life by Denise Manning Keyes Page, a descendant of the Manning family and a Moth Mainstage story artist who shares the journey of the unearthing of this history. 12/2 @ 6PM
- Open Mic Night:** The theme this month is Darkness/Light. 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! 12/16 @ 6PM

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 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!

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: 12/17/2025 @ 1:15PM
Location: 144 Picket Lane
Meetings open to the public.



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

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

Your Day, Your Way

Plan Your Final Farewell with Confidence & Clarity

*We spend weeks organizing a vacation and hours researching a major purchase.
Yet when it comes to planning our final arrangements—we avoid it!*

Make the decisions now, so your loved ones aren't left asking, "What would they have wanted?"

WHAT YOU'LL DISCOVER:

- **The real benefits** – emotional, financial, and practical – **of planning ahead**
- **How to make clear decisions** by **comparing options** that reflect your **values and budget**
- **Simple ways to prevent family confusion** or **conflict** later on
- **The key information families must provide** for the **death certificate** and **military honors**
- **How to write a meaningful obituary** that shares **your story, your way**

ABOUT THE SPEAKER: LYNN McPHELMY

Lynn McPhelimy is a nationally recognized life organizer and coach, bestselling author, and a highly sought-after speaker featured on The Oprah Winfrey Show, NBC's TODAY show, PBS, The New York Times, Chicago Tribune and Woman's Day.

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 they and their loved ones are left with answers, not questions.



Date: Thursday, December 11, 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 #5: THURSDAY, JANUARY 8, 2026**

Ready, Set Move: A Stress-Free Plan for Downsizing & Moving

Lunch & Learn:

Cancer Screenings for Preventative Health

Presented by the Middlesex Health Cancer Center.

Monday, 12/8/25 @ 12PM
Durham Community Center

Contact Morgan: 860-349-3153 or sign up on the senior lunch sign up sheet by 12/4.

Lunches for those age 60+ and their spouses. \$3 suggested donation.



Menu: Sweet and sour chicken, White rice, Carrots and peas, String Cheese, & Pear cup

Lunch & Learn:

Long Term Care Ombudsman Program

Are you curious about yours or someone else's rights and protections in nursing homes, residential care homes, or assisted living communities?

Or your rights when receiving long term services and supports in the greater community?

Join us to learn how we advocate for individuals and ensure their voices are heard.

Our program helps residents and their families resolve concerns related to care, communication, discharges, and daily life.

We also offer tools and information to empower you to make informed decisions and speak up about your care or the care of a loved one.

Wednesday, January 7th, 2026
12PM, Durham Community Center
Contact Morgan: 860-349-3153 or sign up on the senior lunch sign up sheet by 1/5.
Lunches for those age 60+ and their spouses.
\$3 suggested donation.

AARP Safe Driving Class

Tuesday, 12/16/2025

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 learned more.

The Senior Board Presents:

POTLUCK LUNCH WITH TIM FISHER & THE HIGH SCHOOL JAZZ COMBO

Friday, December 5, 2025

12:00 PM – 2:00 PM

Durham Community Center, 144 Pickett Ln

Bring a dish and join us for lunch with music from the High School Jazz Combo Band!

Please call 860-349-3153 to sign up or add your name to the sign up sheet in the CC Cafe.



The Giving Tree is Up!



The Holiday Giving Tree is located in the lobby of the Durham Community Center, 144 Pickett Lane. Tags on the tree list gift ideas for individuals and families who are in need. No names are given out, just a number, age and gender.

Residents and organizations are welcome to participate in this program by taking a tag and purchasing the items on the tag. **Please fill out the sign up form next to the tree once you take a tag off the tree.** Wrapping using gift bags and tissue paper is encouraged. If you do not have time to shop but would like to help, there are gift card ideas on most of the tags, or Visa cards will work just fine. We can also relay the information over the phone or email.

Gifts must be returned no later than Tuesday, December 16 to the Durham Community Center. Gifts can be left at the Community Center Monday – Friday between 8:30 AM and 4:30 PM or by appointment (note the Center will be closed 11/27 & 11/28).

If you have any questions about the Giving Tree program, please contact Morgan: 860-349-3153 or mperry@townofdurhamct.org

Thank You and Happy Holidays!

