Durham Senior Happenings January 2026

- ▶ January 1: Z Day (On this day, those whose last name begins with "Z" get to go first instead of last).
 - ▶ January 3: National Chocolate-Covered Cherry Day
 - ► January 6: National Bean Day
 - ▶ January 8: Elvis Presley's Birthday
 - ▶ January 10: National Houseplant Appreciation Day
 - ▶ January 14: National Dress Up Your Pet Day
 - ▶ January 20: National Penguin Day
 - ▶ January 22: National Answer Your Cat's Questions Day
 - ► January 29: National Puzzle Day
 Farmers Almanac



Some Key Dates:

- ► Lunch & Learn: Long Term Care Ombudsman Program—1/7/26 @ 12PM
- ▶ Prepared & Empowered Series: Ready, Set, Move: Downsizing—1/8/26 @ 6PM
 - ► Luncheon: Birds in your Backyard—1/16/26 @ 12PM
 - ► Valentine's Day Pancake Breakfast—2/13/26 @ 11AM *More information inside.*

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 at the Durham Community Center. Any seniors and youth wishing to cook can contact cwhite@dmyfs.org.

Next Date: 2/5/26 @ 5:30PM (No dinner 1/1/26).

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

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

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/

Agency on Aging

Virtual Caregiver Support Groups: 203-785-8533 ext 3159

<u>Crisis Text Line</u>: Text 741741

National Suicide Prevention Lifeline: Call or text 988

Veteran's Crisis Line:

1-800-273-8255 (Press 1) or Text 838255

<u>RAINN</u> (Rape, Abuse & Incest National Network): 860-656-4673

TrevorLifeline

(LGBTQ+): 1-800-488-7386 or Text 678678

Alcoholics Anonymous

(Online Meetings): aaintergroup.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. Available 24/7. 860-344 -9599.

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@townofdurhamet.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

January Luncheon: Birds in Your Backyard with Dr. Good

Friday, 1/16/2026 12PM — 2PM Durham Community Center, 144 Pickett Lane





To reserve call 860-349-3153 or sign up on the sheet at the CC.

AARP Free Tax Prep:

Middlefield Community Center on 2/17/26 and 3/17/26. Contact for an appointment: 860-349-7121.

AARP Safe Driving Course:

Middlefield Community Center on 3/3/26. Contact for an appointment: 860-349-7121.

Valentine's Day Pancake Breakfast



2/13/2026 11AM-1PM

Durham Community Center To reserve call 860-349-3153 or sign up on the sheet at the CC.

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 January 2026

- Please let us know by <u>1PM Wednesday each week</u> if you will be coming <u>either day</u> 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	-
5 Salsbury Steak (3oz.) Mashed Potatoes (4oz.) Milk Mixed Veggies Roll & Butter	6 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.	7 Lunch & Learn: Long Term Care Ombudsman Program Fish Fillet sandwich Potato Salad 4 oz Green Beans 4 oz Roll & Butter String cheese Raisins	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.
12 3 Cheese Ravioli (4oz.) Marinara Sauce Glazed carrots 4 oz Roll & Butter Milk Apple sauce cup	13	14 Grilled Chicken Fajitas (3oz.) Soft taco shells (2 per person) Lettuce, cheese, salsa Milk Fruit Cup 4 oz	
Closed for MLK	20	21 Tuna Casserole (8oz) Green Beans (4oz) Cheddar Biscuit Pad of Butter String Cheese Melon	
26 Sausage Peppers & Onions 5oz Sub Roll Mixed Vegetables Milk Fruit Cup 4 oz	27	28 \$4.50 suggested donation Grilled Chicken Yogurt Sauce Mixed veggies 4 oz Potatoes Wedges Flatbread Milk Birthday Cupcake	

Menu items are subject to change.

Bus Trips

January

1/7: Aldi & Walmart, Wallingford

1/14: Wilton Historical Society: Great Trains Holiday Show (\$10); Lunch @ Orem's Diner

1/21: Foxwoods Casino

1/28: Blessed Michael McGivney Pilgrimage Center: Festival of Trees; Lunch @ Frank Pepe Pizzeria

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.

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 <u>Verification</u> 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 <u>one week in advance</u>. **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

•Monet's Living Masterpiece: The Gardens at Giverny
This talk will include both contemporary photos and Claude
Monet's paintings of the gardens in bloom, the waterlily
ponds, and the interior of his pink house. 1/15 @ 1P @ the
Durham CC). Full description:

https://durhamlibrary.libcal.com/event/15941074

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

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

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: 1/28/2026 @ 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

Ready, Set, Move!

A Stress-Free Plan for Downsizing & Moving

Is your home starting to feel too big, too full, or too much?

Downsizing doesn't have to be stressful, rushed, or filled with regret.

Make your next move the best move of your life – one that leaves you lighter and happier!

WHAT YOU'LL DISCOVER:

- ✓ When & How to Start The right time to downsize and move.
- ✓ Reality Check Get honest about what truly fits your life today.
- ✓ Measure Right, Trust Nothing Let the numbers decide and avoid wrong-fit surprises.
- ✓ Create a Reliable Team Who should be on your team so you're not doing it all alone.
- ✓ Moving Day Made Easy What to do (and what not to do) so the big day is not chaotic.

ABOUT THE SPEAKER: LYNN McPHELIMY

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.

As founder of Moving & More LLC, she helps clients declutter, downsize, and move – whether transitioning to a smaller home or senior community – with clarity, confidence, and peace of mind.



Date: Thursday, January 8, 2026

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



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.