

Durham Senior Happenings

April 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: 4/2/26 @ 5:30PM. Please bring a dessert if able.

Volunteers needed for future meals!

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

Welcome to Medicare: Do you know your options?

Enjoy a comprehensive overview of the Medicare program!

April 29, 2026

5:00 – 7:30 p.m.

Middlefield Senior Center

405 Main Street

Middlefield, CT

RSVP to Sue D’Orvilliers at (860) 349-7121

Some Key Dates:

- ▶ April Luncheon: Senior Resources—4/16 @ 12PM
- ▶ Expressions of Healing: A Mental Health and Wellness Showcase (DMYFS) - 4/24 @ 5PM, Durham Community Center
- ▶ Grandparents Refresher Safe Sitter Course (DMYFS) - 9AM-12PM
- ▶ Apply for Senior Town Tax Freeze Program: 2/1—5/15
- ▶ 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 LTCOP@CT.gov

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:** smarterrecovery.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

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

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.

Senior Community Café Congregate Calendar

April 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.

Monday	Tuesday	Wednesday
	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.	1 Salisbury Steak 3oz. Mashed Potatoes 4oz. Broccoli 4oz. Milk Brownie Bite
6 Baked Potato Veggie Chili 4 oz Sour cream 1 oz Broccoli 4 oz Cheddar Biscuit & butter Yogurt w/berries/ Granola Parfait	7	8 Turkey Pot Pie Spring Veggie Medley 4oz Roll & Butter Milk Bottle Orange
13 Chicken Francese 3 oz Steamed white Rice 4oz. Roasted Veggies 4 oz String Cheese Pear cup 4 oz	14	15 Chicken marsala 3 oz Glazed sweet potatoes 4 oz Asparagus 4oz Dinner Roll & Butter String Cheese & Orange
20 Shaved Steak Sandwich 3 oz Seasonal mixed veggies 4 oz Sub Roll String cheese Fruit Cup 4 oz	21	22 Chicken Fajitas 3 oz Taco shells (2 per person) Lettuce, cheese, salsa Veggie Spanish Rice (4oz.) Milk & Apple
27 Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed Veggies 4 oz Fruit Cup 4 oz Milk	*Menu items are subject to change.*	29 \$4.50 suggested donation Chicken & stuffing casserole 8 oz Roll/Butter Green Beans 4 oz Milk Birthday Cupcake

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

April

4/1: Price Chopper + Aldi, Middletown
4/8: Quilt Show @ Convention Center (\$12)
4/15: Mohegan Sun Casino
4/22: Yale Center for British Art
4/29: Bill's Restaurant, Westbrook

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

- **Creating a Strong Estate Plan-Protect Your Family and Your Finances:** Topics: Wills, powers of attorney, advance directives, trusts, and the purpose and powers included in each. We'll also examine what happens if you don't have a Will when you pass away, how your estate gets divided amongst your heirs, who can pay your bills if you can't, how to choose your power of attorney and health care agents, and some common estate planning mistakes that you will want to avoid. **4/23 @ 6PM**
- **Foraging 101:** An intro to learning how to safely and enjoyably get out and begin seeing what the land has to offer. **4/28 @ 6PM**
- **Caught in the Crossfire:** The Experiences of the Citizens of Gettysburg: **4/29 @ 6PM**
- **Trace Your Revolutionary Roots:** presented by Bryna O'Sullivan of Charter Oak Genealogy: **4/30 @ 6 on Zoom**
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). Email Sue directly to sign up for this class: ssschade@choate.edu **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!

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 @ 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 Pickett Ln, Durham
Contact Jim to learn or play:
860-593-7635



Durham Senior Board

Next Meeting: 4/22/2026 @ 1:15PM
Location: 144 Picket Lane
Meetings open to the public.

OFFICE OF THE ASSESSOR

Durham, Connecticut 06422



JOHN S PHILIP, C.C.M.A. II
ASSESSOR

Telephone: (860) 343-6709
Fax: (860) 349-0284

30 Town House Road, P.O. Box 428, Durham, Connecticut 06422

Email: jphilip@townofdurhamct.org

STATE/LOCAL TAX RELIEF PROGRAMS Filing Period: February 1, 2026 – May 15, 2026

Dear Homeowner:

This letter is to remind Durham Residents that applications are being accepted for the State Elderly and Totally Disabled Tax Relief Program, the Town of Durham Senior Tax Relief Programs (Freeze and Deferral), and the Additional Veterans Programs.

Applications will be **taken by appointment** only. Please call the Assessor's Office at (860) 343-6709 or the Human Services Office at (860) 349-3153 to arrange a time after you've filed your income tax return (if applicable).

Please note office locations:

Assessor's Office, Second Floor, Durham Town Hall, 30 Town House Road; and
Human Services Office, Durham Community Center, 144 Pickett Lane.

To qualify for the State Elderly or the Town Senior Tax Relief programs, applicants must be at least 65 years of age as of December 31, 2025, **or** 60 years of age or over and the surviving spouse of a taxpayer qualified under this plan at the time of his or her death; **or** under 65 and qualify for permanent total disability benefits, **and** meet the income criteria.

Please be sure to bring **all forms of income** including your 2025 Social Security Statement (SSA 1099), dividend and interest statements, pension statements, Veterans benefits, etc., and your 2025 IRS tax return 1040 (if you file).

Failure to re-file each year will result in the removal of this benefit from your July tax bill. Late filing is not acceptable.

We look forward to seeing you.

Best Regards,

Lynn Riotte
Assistant to the Assessor
Assessor's Office

Morgan Perry
Social Services Coordinator
Human Services Office

Years of Residency Single/Married

1-10 Years \$45,920 / \$56,000

11-20 Years \$71,176 / \$86,800

20+ Years \$96,432 / \$117,600

The Senior Board Presents:

April Senior Luncheon: Senior Resources

Join us for pizza and speakers from Senior Resources Agency on Aging as well as UR Community Cares!

Thursday, April 16, 2026
12PM - 2PM

Durham Community Center
Call 860-349-3153 or sign up using the sheet at the CC.

Please note Mobility for Life is canceled 4/16.

Grandparents Safe Sitter Refresher Course

Friday, May 1 from 9AM – 12PM.
DMYFS Office, 405 Main St, Middlefield

We will review:

- ▶ How to provide the best and safest care for infants and young children,
- ▶ How to manage the behavior of children of all ages, and
- ▶ Life-saving skills such as choking rescue, first aid, and injury management.

Register Here:

lp.constantcontactpages.com/ev/reg/z8udpfm/lp/e5590752-c02a-437a-80a7-c557d0f19c1d or call (860) 349-0258.

