

# Durham Senior Happenings

## June & July 2026

Happy Summer !

### 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: 6/4/26 @ 5:30PM. Please bring a BBQ themed side or dessert if able.**

**Menu:** Pulled pork and a vegan dish.

**Volunteers needed for future meals!**

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

**There will be no TUMM! dinner on 7/2/26.**

### Upcoming Closings

- The Human Services office will be closed **June 16 – June 30**.
- The Community Center will be closed **6/2** for voting.
- All Town buildings will be closed **6/19** for Juneteenth and **7/3** in observance of the Fourth of July.

### **Some Key Dates:**

- ▶ Star Spangled Town Wide Picnic: 6/6 @ 2PM
- ▶ Nutrition Education—Food Safety & FAQs: 6/8 @ 12PM
- ▶ Pain Management Workshop: 7/14 @ 11AM
- ▶ Blood Drive: 7/16 @ 10AM—3PM
- ▶ Chronic Disease Self Management Workshop: Thursdays 9/10-10/15 @ 9:30-12PM
- ▶ Apply for Senior Farmers Market Nutrition Program
- ▶ 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/](http://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](mailto: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](http://aa-intergroup.org) **SMART Recovery Online:** [smarterrecovery.org/community](http://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://](https://mobilefoodpantry.ctfoodshare.org/)

[mobilefoodpantry.ctfoodshare.org/](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](mailto: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](mailto: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

### June

6/3: Price Chopper & Aldi, Middletown

6/10: Katherine Hepburn Museum

6/17: Mohegan Sun Casino

6/24: Mystic Seaport (\$32)

**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.

### July

7/8: Walmart, Wallingford

7/15: Lavender Pond Farm, Lunch @ Copper Skillet

7/22: Foxwoods

7/29: Hammonasset & Lunch @ Lenny + Joe's

**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

- **Stories of CT's Archaeology:** Retired State Archaeologist Nicholas Bellantoni will present a series of archaeological case studies demonstrating how below-ground excavations in CT can teach us about our history and the people who made it. **6/9 @ 6PM**
  - **Count the Bobolinks:** Meet at Frederick White Farm open space. **6/13 @ 9AM**
  - **Open Mic Night:** Theme: Aging. Come to listen or bring either a favorite or original poem to share. 1 poem up to 5 minutes max each, up to 14 readers. **6/16 @ 6PM**
  - **Bird/Nature Walk with Birding for Pleasure:** Meet at Frederick White Farm open space. **6/17 @ 9AM**
  - **Writing with Art at the William Kent Foundation:** An ekphrastic poetry workshop on site in renowned artist William Kent's preserved Art Barn and Studio. **7/18 @ 1PM**
- **Sign up online or call 860-349-9544 | [durhamlibrary.org](http://durhamlibrary.org)**

# Senior Community Café Congregate Calendar

## June 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](mailto:mperry@townofdurhamct.org) to reserve your spot.

Monday	Tuesday	Wednesday	
<b>1</b> Shredded Chicken Tacos 3 oz Taco shells (2) Lettuce, cheese, sour cream Rice and Refried Beans 4 oz Milk, Fruit Cup 4 oz	<b>Food Allergy</b> Food may contain pea- nuts, tree nuts, sesame, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption or meals.	<b>3</b> Swedish Meatballs 3 oz pasta noodles (4oz.) Broccoli (4oz.) String cheese oreo bar bite Applesauce 4 oz	<p style="text-align: center;"><b>Meals for those age 60+ and their Spouses provided by the Kitchen at Futures.</b></p> <p style="text-align: center;"><b>Suggested donation of \$3 per meal or \$4.50 per special meal. No one is turned away if they can't pay.</b></p> <p style="text-align: center;"><b>Lunch runs from 11AM—1PM at the Durham Community Center, 144 Picket Lane with lunch served at noon.</b></p> <p style="text-align: center;"><b>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.</b></p> <p style="text-align: center;"><b>New? No problem! All we need is your reservation and one form you can fill out when you come in.</b></p>
<b>8 Nutrition Ed: Food Safety &amp; FAQs</b> Baked Potato Veggie Chili (4 oz) Sour cream 1 oz Broccoli (4 oz) Cheddar Biscuit & Butter Yogurt, Berries & Granola Parfait	<b>9</b>	<b>10</b> BBQ Cheddar Turkey Burger Coleslaw 4 oz WW Bun Milk Baked sweet potato 4 oz Orange	
<b>15</b> Tuna Salad sandwich 3 oz Minestrone soup 8 oz Lettuce, Tomato 4 oz WW Bread Milk Pear cup 4 oz	<b>16</b>	<b>17</b> BBQ Pork Tender- loin 4 oz Glazed sweet potatoes 4 oz ; Roast summer squash 4oz WW Dinner Roll & But- ter ; String Cheese Orange	
<b>22</b> Bacon and Swiss burger 4 oz seasonal mixed veggies 4 oz Potato Wedges 4 oz WW Bun String cheese Fruit Cup	<b>23</b>	<b>24</b> <b>\$4.50 suggested donation</b> BLT WW Bread Corn & Potato Chowder 8 oz String cheese Birthday Cupcake	
<b>29</b> Sliced ham 3 oz Macaroni & Cheese 4 oz Mixed peas, corn, ca- rots 4 oz Fruit Cup 4 oz Milk	<b>30</b>	<b>29</b>	



## **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/](http://www.lifelinesupport.org/how-to-get-lifeline/)

Email: [LifelineSupport@usac.org](mailto: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: ssschade@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. **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: 6/24/2026 @ 1:15PM  
Location: 144 Picket Lane  
Meetings open to the public.

# Senior Farmers Market Nutrition Program

Contact the Human Services Office if interested in receiving a voucher for fruits, vegetables, eggs, fresh cut herbs (no plants), and honey available to use at Farmers' Markets.

- Must be age 60+ and meet income requirements
- Proof of income required



Household Size	Annual	Monthly
1	\$29,526	\$2,461
2	40,034	3,337
3	50,542	4,212
4	61,050	5,088



## FREE Chronic Disease Self Management Workshop



Take Control

Feel Better

Energize

Live

Enjoy

Join this 6-week workshop and learn how to better manage your ongoing health condition!

We will learn about:  
 Healthy eating, physical activity and exercise, dealing with difficult emotions, decision-making and communications skills, working with healthcare providers, action planning, and more!

Meetings are 2.5 hours in duration, once a week for six-weeks beginning Thursday, September 10<sup>th</sup>, through Thursday, October 15<sup>th</sup>.  
 9:30 am - 12:00 pm

Durham Community Center, Room 2  
 144 Pickett Lane

To register, please call (860) 349-3153.

We need at least 8 folks to run the class (maximum of 16).



## Blood Drive

July 16 from 10AM–3PM  
Durham Community Center  
Room 3

Sign up here: [https://donate.ribc.org/donor/schedules/drive\\_schedule/82505](https://donate.ribc.org/donor/schedules/drive_schedule/82505)  
or call Morgan: 860-349-3153.

Please eat well and hydrate, bring an ID, feel well, and be 17 or older (or 16 with a parent consent form).



800.283.8385 • [ctblood.org](http://ctblood.org)

## Pain Management Workshop

Paula Accomando, Licensed Physical Therapist, and Jennifer Gawlak, Fitness Trainer, will guide participants through practical strategies to better understand why pain can persist, common recovery mistakes that often make things worse, and simple movement techniques that can improve strength, flexibility, and mobility at any age. Attendees will leave with actionable tools and a clearer plan to help them stay active and independent for years to come.

**Tuesday, July 14 @ 11AM**  
**Durham Community Center Gym**  
Call Morgan to sign up: 860-349-3153 or [mperry@townofdurhamct.org](mailto:mperry@townofdurhamct.org)



## STAR SPANGLED TOWN-WIDE PICNIC

SAVE THE DATE

**Saturday, June 6th 2pm**

Community Center & Allyn Brook Park

**2-4 pm** Durham Patriotic Artists Exhibition &  
Old Fashioned Fun and Games

**4-6 pm** All-American Picnic  
(picnic foods available for purchase)

**5 pm** Apple Pie Eating Contests &

**5:30 pm** America250 Birthday Song/Cake

**6-7:30 pm** Patriotic Concert at Allyn Brook Park  
featuring *The Middletown Symphonic Band*

**7:30 pm** Cuginchaug Little League Majors Baseball  
Finale played 'under the lights'



**LUNCH & LEARN:**

## FOOD SAFETY SMARTS

& Frequently Asked Questions

**AT THE  
DURHAM SENIOR  
CENTER**

**MONDAY  
JUNE 8TH @ 12 PM**

Program presented by:  
Chris Blancarte, MS RDN  
Senior Resources Agency on Aging