



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 McPhelmy 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

Middlefield Senior & Social Services Newsletter

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Description. Zumba Gold Chair (low/medium intensity) *

Zumba® Gold Seated is perfect for those with mobility or balance

issues, young or old, as it is done in a chair. * The design of the classes introduces easy-to-follow Zumba® choreography that have been brilliantly adapted for chair exercise.

New offering here at Middlefield Senior & Social Services . We are pleased to announce our newest program: *Zumba Gold*.

First Class: Wednesday, January 14, 2026

Time: 10:30 a.m.

Location: Middlefield Senior Lounge



MAKE A NEW YEAR'S RESOLUTION TO GET FIT?

Ongoing Health & Fitness Programs

Mobility for Life: Every Monday at 1:00 p.m.& Friday at 11:15 a.m.
Friday at 11:15 Senior Center Lounge

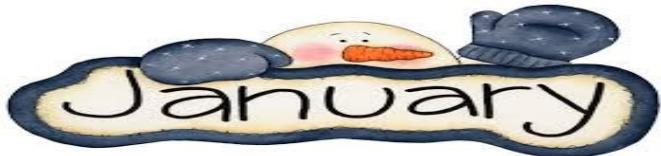
Chair Yoga: Every Tuesday at 10:30 a.m. (Community Center Auditorium)

Fitness Class: Monday, Wednesday & Friday via ZOOM
Time: 7:30 a.m.-8:30 a.m.

Call 860-349-7121 to register for the **ZOOM LINK!!**

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1/7: Stop & Shop & Walmart, Wallingford

1/14: Great Trains Holiday Show: Wilton Historical Society, Wilton CT, lunch at Orem Diner

1/21: Foxwoods Casino

1/28: Festival of Trees, Blessed Michael McGivney Pilgrimage Ctr., Lunch at Frank Pepe's

To reserve your spot call RVT



Soups on!

Celebrate National Soup Month

Wednesday, January 21

12:00 p.m.

Middlefield Senior Center Café

RSVP: 860-349-7121

Join us as we serve a selection of our favorite soups, along with homemade breads and of course, and grilled cheese sandwiches

If you would like to make a soup please call
860-349-7121

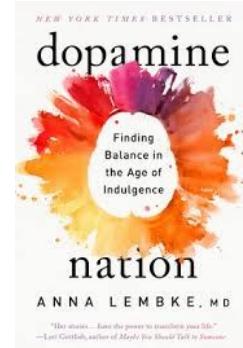
Mental Health Book Club

Tuesday, January 27

Time: 6 PM

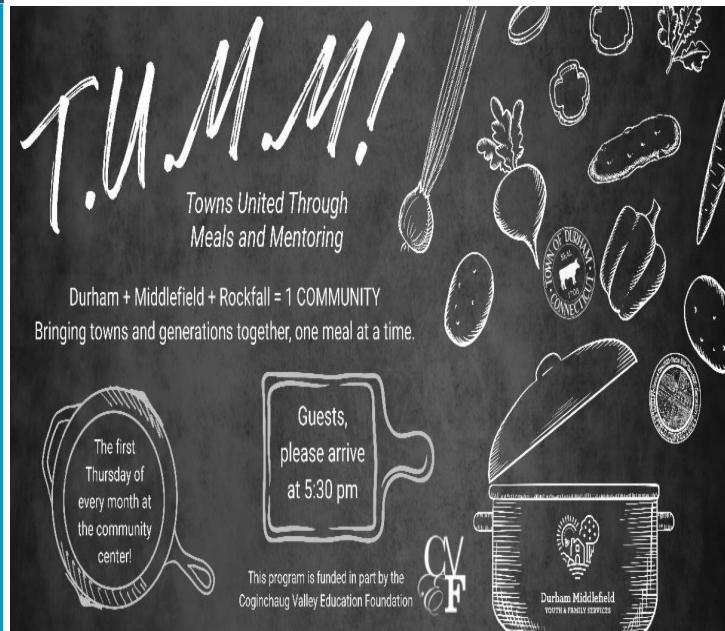
Location: Levi E. Coe Library

Call: 860-349-3857



Join us in discussing *Dopamine Nation: Finding Balance in the Age of Indulgence* by Anna Lembke. This event is hosted in partnership with Levi Coe Library, RSD13, DMYFS, and DMLWC.

Bonus for Educators: Participation counts toward your teaching professional development requirements.



Save the date: Thursday, February 5th.

Enjoy a warm bowl of Chili (Vegetarian or no-vegetarian, baked potato and pot luck desserts) This program is in collaboration with Durham Senior & Social Services and is funded through a grant from the Coginchaug Valley Education Foundation.

To volunteer call 860-349-7121

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Connecticut Energy Assistance Program

It may still be warm outside, but the cold weather will be here soon. Appointments are now being accepted for energy assistance. The CT Energy Assistance Program is available to Connecticut residents to help offset the winter heating costs



for lower income households, specifically those households whose income falls below 60% of the state median income.

Documents needed: Income documentation for everyone over age 18 in household who is working SSA award letter, pension letter or 1099-r, current electric bill, copy of lease if heat is included in rent.



Become a member of our lunch bunch!

Monday, Wednesday & Friday

Noon: Middlefield Senior Center

Open to individuals age 60

Suggested donation \$3.00



The Middlefield Senior & Social Services Department will be closed the following date (s):

Tuesday, December 23-Friday, January 2

Lunches & programming will resume: Monday, January 5, 2026

Back by popular demand!

Know your numbers, they can save your life!



Blood Pressure Clinic

Middlefield Community Center

February & March Date TBD

11:00 a.m.-noon

Sponsored by the: South Central Health District

Save the date(s) in 2026:

Wednesday, January 21 : Celebrate National Soup Day with special Soups

Friday, February 13: Special Valentine's Day Lunch

Tuesday, February 17: AARP Income Tax Program

Tuesday, March 3: AARP Safe Driver Course

Tuesday, March 17: AARP Income Tax Program

Register at 860-349-7121

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Visit our Open House



The Middlefield Historical Society invites you to our open house.

Saturday: January 17, 2026

Time: 10:00 a.m.-2:00 p.m.

Come tour the wonderfully curated Historical Society Museum and explore the rich history of Middlefield.

Stay Connected to us via:

Plainville-Southington Health District: <http://www.middlefieldct.org/from-the-plainville-southington-health-district-3-23-2020/>

Senior Resources Area on Aging: <http://www.seniorresourcesec.org/>

211 CT: <https://www.211ct.org/>

United Way of Middlesex County: <https://www.middlesexunitedway.org/>

Medicare: <https://www.medicare.gov/what-medicare-covers>

DMYFS: Visit: <https://www.dmyfs.org>

State of Connecticut: [https://portal.ct.gov/](https://portal.ct.gov)



Dial-a-Ride

Dial-a-Ride

provides curb to curb service from your home to

various places in Middlesex County. The bus can bring you to the Senior Center for lunch, shopping, visiting, doctor appointments, etc. There is a \$7.00 charge for round-trip transportation (\$3.50 each way) and payment must be in cash or vouchers (vouchers can be purchased from Dial-a-Ride office). The bus accommodates wheelchairs.

You must be registered in advance.

Contact River Valley Transit

860-346-0212, press 2.



**VOLUNTEERS NEEDED TO
SERVE LUNCH MONDAY,
WEDNESDAY AND/OR
FRIDAY**

Do you have a few hours per week? We are looking for volunteers to serve lunch.

For more information please contact:
Susan D'Orvilliers at 860-349-7121