

Hamden Senior Citizen News

Volume

Suzanne Burbage, Elderly Services Coordinator
Elderly Outreach 203-287-2691

203-287-2547

Miller Cafe 203-287-0057

©LP

September 2022

Questions about Medicare?

Whether you are new to Medicare and would like to know what your options are, or you are someone already on Medicare and have questions or concerns about your current coverage, we are here to help.

Appointments are being made to meet with a CHOICES counselor to help you understand your Medicare options and to also advocate when issues arise. To learn more, please call Hamden Elderly **Outreach at 203-287-2691 and ask for Tom.**

Elderly Outreach has grant assistance for eligible Hamden seniors in need of help! Contact (203) 287-2691 for more information.

Share an Hour —Change a Life! Did you know you have neighbors who would love an hour of your time? The Agency on Aging has a volunteer program for folks over 55 to provide companionship to others in their community, could that be you? For more information call Elly at (203) 785-8533 x3193 and we would love to discuss this wonderful fulfilling opportunity with you. You'd be amazed what 1 hour of your time would mean to someone else.

Rent Rebate help is Here! Renters' Rebate is a reimbursement program for CT. Renters who are elderly or totally disabled and whose incomes do not exceed certain limits. Renters' rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies. Please see Elderly Outreach for assistance (203) 287-2691.

Miller Association of Seniors

The Association will be holding their next meeting is September. 28 Meetings are held the fourth Wednesday of the month at 1pm in the Thornton

Wilder Hall/Social Hall . Membership is \$10 per year. **The association needs new board members in order to continue.** Please contact the Center to confirm meetings at (203) 287-2547.

September is Senior Center Month

We will be celebrating every Friday in September!
9/2 11am Volunteer Appreciation and Ice Cream Social
9/9 11am Treats Sponsored By Home Care Plus
9/16 11am Treats sponsored by Nutmeg Advisory Group
9/23 11:30am Music By Alex Lentini Sponsored by Whitney Rehabilitation Care Center
9/30 11am Treats Sponsored by Hamden Rehabilitation and Healthcare Center

AARP SAFE DRIVING COURSE

The Miller Senior Center will be holding an AARP Safe Driving Course on Wednesday, Sept. 14, 8:30AM to 12:30PM, depending on Covid virus numbers. Reservations begin Wednesday, Aug. 31 for Hamden Seniors. The class is \$20 for members and \$25 for nonmembers.

The instructor will accept payment by check only made out to AARP.
Contact the administration office at (203) 287-2547 for reservations.

Farmers Market Vouchers for eligible Hamden Seniors

Please contact Elderly Outreach to check on availability and to see if you financially qualify to receive the voucher. New clients need to provide documents to verify eligibility.

Income limits Single Person

\$25,142 Couple \$33,874 (203) 287-2691.

Subject to Availability

Do you play Pinochle?

Pinochle players are needed for afternoons. Please

contact the senior center if you are interested to leave your name and phone number for our players.

Hamden Library & the Digital Navigator

program is available for Hamden residents. Do you need affordable internet or is technology complicated, have a need for an internet connection? As a senior, if are you having difficulty with the DMV system*, please contact the library at 959-261-0689 to set up an appointment with a digital navigator. * You will need an email address for the DMV services.

Don't forget to take part in the many library programs and have their newsletter emailed to you too! Visit the Friends of the Library book store for some great book buys! **Call the Library today at (203) 287-2686** with questions or information.

Tai Chi Classes are held every Tuesday and Thursday, 10:15 to 11:15am in the Thornton Wilder Hall. Cost is \$10.00 per class. The instructor, Bill Banick has an extensive background and can be reached at (203) 824-0927.

Miller Center's Sewing Group will meet the fourth Monday of each month 1:00-3:30pm In the Activity room. Join the Miller Center's Sewing Group! Come enjoy an afternoon expanding your skills and doing many sewing related projects together.

Meeting dates are as follows: Sept. 26, Oct. 24, and Nov.28.

Miller Melodies

Come join our chorus!! Hamden Seniors (60 and older) Meet Friday's 10am-11am in Thornton Wilder Hall This is a great opportunity to meet new friends and sing some wonderful classics!!!! Please contact the center for more details 203-287-2547

Journeys

Welcome everyone to Journeys, a group dedicated to preserving memories of Hamden in times past. **The group meets on the third Wednesday of every month** in the Activity Room at 1:30 P.M. The next meeting is Wed., September 21. Bring your pictures and memories of Hamden to share, or just enjoy some good conversation. Due to the pandemic, please check with the center to confirm meetings.

Trips

*Mohegan Sun Casino Bus Trips To Benefit Abandoned Animals Inc.,

Contact Arlene for more details at 203-248-8936.

Upcoming Dates 8/29– 9/26– 10/24 11/28

*Contact Rosie's Lilly's Tours at 860-584-9496

(Silver Mills closed) for their Fall Foliage upcoming trips and many more!

Friendship Tours, 860-243-1630, 1-800-243-1630;

Tours of Distinction Contact Number-
1-800-426-4324

T and A Tours 203-483-6330

Transportation for Hamden Seniors

The Hamden Mini Bus is available during center operational hours, 8:30-4:30 Mon thru Friday with 9am to noon on Saturday mornings errand rides. The bus is \$.50 one way or \$1.00 roundtrip. **The minibus is Closed state holidays.** Reservations must be made a week in advance and a client ID is necessary—if you are new then call the dedicated line at **(203) 288-2885** and ask for a client ID. Only 2 reservations may be made at a time. First come, first served. Other means of transportation are as follows:

My Ride at (203) 288-6643

Mary Wade (203) 562-7222

Interfaith Volunteers (203) 230-8994

Greater New Haven Transit (203) 288-6282

Please visit www.knowhowtogooscct.org.
or www.cttransit.com.

Café Reservations

All participants should be Hamden seniors (60 & older) with a completed Form 5 (at the center) and with reservations. Call the café one week prior after 9AM Wednesdays until noon to make your reservations. Café's number is **(203) 287-0057 or 203-287-2547**. Meals are onsite on certain days until we have more demand. The Café mgr. is here for meals Monday, Tuesday, Wednesday 9a.m.-noon, to help with reservations or Form 5s. Please contact us if you are interested in Hamden seniors onsite meals.

Exercise to Music & (NEW!) Gentle Yoga

Enjoy exercising to music with Paul. The classes are held in the Thornton Wilder Hall Mondays and Wednesdays at 10AM, closed State holidays. or for special events Gentle yoga begins Fridays, 9am to 10am. Options for seated poses in a chair or on the mat. Please contact Paul at (203) 288-2788 for more information **BEFORE** coming to your first class. **NO CLASSES, MON., SEPT 5 (CLOSED) SEPT. WED. SEPT. 7 OR FRI. SEPT.9.**

Ask the Nurse 9/20 @11:15-12:30pm

Arts & Crafts for Hamden Seniors

This wonderful class is more than crafting, it is educational. You will be given a project by a facilitator with instructions. It is an advanced class teaching you lifetime art skills. Current session full Call the center at (203) 287-2547 to be added to waiting list..

Helpful Phone numbers:

- ***CHOICES for Medicare** 1-800-994-9422
- ***Medicaid —Title 19**
- Dept. of Social Services** 888-748-0507
- ***Food—Meals on Wheels** 203-752-9919
- ***Connecticut Homecare program for Elders**
800-445-5394
- ***Statewide Legal Services of CT** 800-453-3320
- ***Info line** 211 or www.211ct.org
- ***Alzheimer's Association 24/7 Helpline**
800-272-3900
- ***Hamden Public Works** 203-287-2600
- ***Hamden Tax Office** —203-287-7140
- ***Hamden Assessor** 203-287-7128

***Elder Justice Hotline** 1-860-808-555

***Clelian Adult Day Center** 203-288-

Partnerships Adult Day Center 203-248-8854

Hamden Quilters & Crafters

We welcome new members. The group meets most Thursday evenings from 6:30pm to 9:00pm in the Activity Room at the Senior Center. The next meeting dates for 2022-2023 are as follows: 8/11/22, 8/25/22. Need information contact by email Sue, shamilton0434@sbcglobal.net or call Cheryl at 203-248-4343.

Homecare Plus (formerly VNA Comm. Healthcare)

Please call Homecare Plus for fall programming **beginning August 26** for the schedule **(888) 700-6543** or online at www.ynhh.org/events and put in the keywords exercise Hamden. Must be a Hamden senior (60yrs. Or older) Limited enrollment for classes. Better Balance-Classes are \$30 and are held 10am-11am beginning Sept. 12 on Mon & Wed for 12wks and Easy Dance Fitness is \$15 and begins Sept. 15 on Thursdays at 11am –12pm in the Activity Room.

September Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games— Pinochle players needed. 1pm—4pm	2 Billiards 8:30am Gentle Yoga 9am-10am Senior Center Month Ice cream Social 11am Miller Melodies 10am Bingo 1:00-3:00 Arts & Crafts 1pm Open Card Games 1-4pm
5 CLOSED Labor Day	6 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Bingo 1:00-3:00 Open card games 1pm—4pm	7 Billiards 8:30am NO Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm	8 Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games— Pinochle players needed. 1pm—4pm	9 HAPPY GRANDPARENTS DAY (SUNDAY) Billiards 8:30am NO Gentle Yoga 9am-10am Miller Melodies 10am Senior Center Month Treats 11 am Bingo 1:00-3:00 Arts & Crafts 1pm Open Card Games 1-4pm
12 Billiards 8:30am Exercise to Music 10-11am TWH Exercise for Better Balance 10-11am in Activity Room —Begins Lunch 11:30-12:30 by reser- vation only & Form 5 Open Card Games 1-4pm	13 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Bingo 1:00-3:00 Open card games 1pm—4pm	14 Billiards 8:30am Exercise for Better Balance 10-11am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm	15 Billiards 8:30am Easy Dance Fitness 11- 12pm—Begins Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	16 Billiards 8:30am Gentle Yoga 9am-10am Miller Melodies 10am Senior Center Month Treats 11am Bingo 1:00-3:00 Arts & Crafts 1pm Open Card Games 1-4pm
19 Billiards 8:30am Exercise for Better Balance 10-11am Activity RM. Exercise to Music 10-11am Lunch 11:30-12:30 Open card games 1pm—4pm	20 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Ask The Nurse 11:15am Bingo 1:00-3:00 Open card games 1pm—4pm	21 Billiards 8:30am Exercise for Better Balance 10-11am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm	22 Billiards Easy Dance fitness 11am to 12p in Activity Room Tai Chi 10:15-11:15AM Open card games 1pm—4pm Knit/Crochet 1:00-3:00 Open Card Games 1-4pm	23 Billiards Gentle Yoga 9am-10am Miller Melodies 10am Senior Center Month Entertainment 11:30 Bingo 1:00-3:00 Arts & Crafts 1pm Open Cards 1-4pm
26 Billiards 8:30am Exercise to Music Exercise for Better Balance 10-11am in Activity Room 10-11am Lunch 11:30-12:30 Open card games 1pm—4pm	27 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Bingo 1:00-3:00 Open card games 1pm—4pm	28 Billiards 8:30am Exercise to Music TWH Lunch 11:30-12:30 Open card games 1pm—4pm	29 Billiards Tai Chi 10:15-11:15AM Easy Dance Fitness 11am- 12pm in Activity Room Knit/Crochet 1:00-3:00 Open Card Games 1-4pm	30 Billiards Gentle Yoga 9am-10am Miller Melodies 10am Senior Center Month Treats 11am Bingo 1:00-3:00 Arts & Crafts 1pm Open Cards 1pm-4pm