

FREE MOVIES

The free movie of the month is “UP” an animated adventure of a 78 year old man, Carl Fredricksen, who ties thousands of balloons to his house to fulfill his life long dream of visiting the wilds of South American, only he is not only! August 17, 1pm to 3pm in the Thornton Wilder Hall.

Miller Association of Seniors

The Miller Association of Seniors will *not* be meeting this month. The next scheduled meeting will be Wednesday, September 29, 2010, at 1:00 pm in Thornton Wilder Hall. Come enjoy the entertainment and socialize with visiting seniors from the surrounding areas.

AARP

The AARP will *not* be meeting this month. The next scheduled meeting will be Monday, September 13, 2010.

Miller Melodies Always Welcomes New Singers!

The Miller Senior Center's music group meets every Monday from 10:45 am to 11:45 am. Please note that the instructor Linda Gershman will be taking a vacation and classes will resume on Monday, July 19, 2010. Come join us and have fun with a special group of seniors.

“Quote for the Month”

The best portion of a good man's life is his little nameless, unencumbered acts of kindness and acts of love. Wordsworth

Renter's Rebate Program

Now is the time to file for the Rent Rebate Program. Appointments can be made by calling the Elderly Outreach Office at 203-287-2691.

To process your application you must provide us with the following:

- *Documentation of all 2009 income: Social Security Form 1099 or SS4926; 1099 Pension, W-2 Wages, Interest & dividends etc, Social Security Forms 1099 or 4926 are required in order to process your application.
- *2009 Income Tax 1040 (only if you filed)
- *Disabled filers must also have a print-out from Social Security stating the date your disability began.
- *Twelve (12) rent receipts or canceled checks (Jan 2009-Dec 2009) or letter from landlord.
- *Twelve (12) utility bills (showing payments): or canceled checks; or a payment history from the utility company (Jan 2009-Dec 2009) UI, RWA, SCG; if heating with oil, oil bill showing payments you made.

A payment history can be obtained from the following utility companies by calling: RWA: 203-562-4020, SCG: 800-659-8299, UI: 203-499-3333, Social Security 203-773-5201 or 1-800-772-1213.

Hamden Elderly Services Transportation

Please call **(203) 288-2885** for Hamden Senior Transportation needs. Rides are at no cost if you are having lunch at the Miller Senior Center Elderly Nutrition Program (ENP) in the center's cafe. All other rides are \$.50 one way or \$1.00 round trip. Please have exact change. The Mini buses provide rides 8:30am to 5pm, Mon-Friday, except holidays. Also, beginning August

7th, Saturday morning rides will be available between 9am to 1pm by reservation only.

AARP 55 Alive/Mature Driving Course

Summer dates and sign-ups:

August 13 & 20..... sign up August 3

September 10 & 17....sign up August 27

Registration is in person. \$12.00 AARP member, \$14.00 non member. Checks **ONLY made out to AARP**. Call Elderly Services for more information.

Over Fifty Fitness (OFF) Summer/Fall

Summer/Fall Session 2010

\$110.00 (22 weeks)

July 21 to December 23

(No classes August 2 to September 2)

Summer Session Only

\$35.00 (6 weeks)

June 21 – July 29

(No classes August 2 to September 2)

Fall Session Only

\$85.00 (16 weeks)

September 7 to December 12

Classes meet Mondays through Thursdays from 8:30 am to 9:30 am and 9:40 am to 10:40 am.

There will be no classes on the following days: July 5 independence Day), Oct 11 (Columbus Day), Nov 2 (Election Day), Nov 11 (Veterans Day) Nov 25 (Thanksgiving Day).

Registrants must be over 50 years old and do not have to be Hamden residents. Please make checks payable to Liz DeAngelis.

Farmer's Market Returns To Miller

Every Friday from 11:00 am to 3:00 pm. Please check the Town's website at www.hamden.com for start dates. The Farmer's Market will be selling produce and much more at the far end of the parking lot. Vouchers will be available for

those Hamden senior residents, who are financially qualified or permanently disabled individuals who reside in a subsidized senior complex. Vouchers are expected to arrive at the center in the mid July timeframe and are available during center hours

Hamden Arts Commission's 2010

Free Summer Concert Series

Fridays, 7:30 pm., at Town Center Park at Meadowbrook, 2761 Dixwell Avenue, Hamden call (203)287-2546 for more details.

Friday, July 23: Santana's Gregg Rolie:

Rolie is the co-founder, lead singer and keyboard player for the explosive Latin-inspired and eight time Grammy-winning group Santana. He has reunited with other Santana band members to bring back the hits, including "Black Magic Woman", "Evil Ways", and "Oye Como Va".

Friday, July 30: Tower of Power: One of the groups most often requested by residents, this horn based soul band from California has been producing original music and touring the world giving unforgettable performances since the 1960's.

Computer Classes

The senior computer classes will begin in September. Registration for a Beginners, Intermediate or Email/Internet class can be made by calling Elderly Services at (203) 287-2547. Classes meet once a week for seven weeks. Payment is made by **check only** to **Hamden Adult Education**. Fees are as follows: \$15.00 for Hamden Seniors and \$20.00 for non-residents.

VNA Community Healthcare Presents

The Ins & Outs of Medicare Home Care will be presented on Tuesday, August 17 at 11:15am in the Social Hall. Come learn about the Medicare homecare benefit, state programs, visiting nurses, private home health and long term care insurance. Don't forget to reserve lunch the day before noon by calling 203-287-0057.

The Senior Trip Office is OPEN on Wednesdays, from 10:30 am to 12:30 pm

Miller Senior Center, 2901 Dixwell Avenue

To book a trip and for more details, contact Marion Lyons at 387-0656 or 287-2590

Trips for 2010

Tuesday, August 3: Foxwood & Thimble Island Cruise

Buffet Luncheon/Meal Voucher, \$15.00 Casino bonus and narrated Thimble Island Cruise..\$41.00 pp

Thursday, August 19: Boston Ben & Cruise

Cruise and luncheon at the No Name Restaurant..\$70.00pp

Wednesday, September 8: Suffolk Downs, MA

Horse Racing with clubhouse enclosed air conditioned seating and buffet lunch...\$49.00 pp

Wednesday, September 22: Connecticut Day at the "Big E", Springfield, MA

Transportation and admission included. Departs Miller 9:00 am, returns approx. 7:30 pm....\$40.00 pp

Tuesday, October 5: Oktoberfest at the Platzl Brauhaus in New York

Great food, entertainment and dancing...\$74.00 pp

Sunday, October 17: The Piano Men, Log Cabin, Holyoke, MA

Includes a delicious brunch and ultimate sing-along show...\$70.00 pp

Thursday, November 4: "The Singing Trooper" (A retired Marine) Log Cabin, Holyoke MA

A delicious luncheon and great entertainment...\$64.00 pp

Wednesday, December 1: Christmas at the Salem Cross Inn

Bright night lights display, an apple pie demonstration, great lunch...\$66.00

Sunday & Monday, December 12-13: Atlantic City

Tropicana Casino, two casino bonuses, buffet Breakfast and much more! \$100.00 pp double occupancy

August 2010

Senior Community Cafe: 203-287-0057

Elderly Services: 203- 287-2547

Elderly Outreach:203- 287-2691

Monday

Tuesday

Wednesday

Thursday

Friday

<p>(2) No Aerobics till 9/7/10</p> <p>Duplicate Bridge 9:30-12:30</p> <p>Miller Melodies Singing Group 10:45-11:45</p> <p>Mah Jongg 11:30-4</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p>	<p>(3) No Aerobics till 9/7/10</p> <p>Tai Chi 10:45-12:15</p> <p>Mah Jongg 11:30-4</p> <p>Lunch 12 noon</p> <p>Cards & Pool 12:30-4:30</p> <p>Bingo 1:00-3:00</p> <p>Yoga 2:00-3:30</p>	<p>(4) No Aerobics till 9/7/10</p> <p>Blood Pressure 10:30-12:00</p> <p>Lunch 12 Noon</p> <p>Supervised Bridge 12:30-3:00</p> <p>Cards & Pool 12:30-4:30</p> <p>Pokeno 1:00-3:00</p>	<p>(5) No Aerobics till 9/7/10</p> <p>Tai Chi 10:45-12:15</p> <p>Mah Jongg 11:30-4:00</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p> <p>Stroke Group 12:30-2:00</p> <p>Needlework 1-3</p> <p>Yoga 2:00-3:30</p>	<p>(6) Yoga 8:30-10:00</p> <p>Farmer's Market 11:00-3:00</p> <p>Lunch 12 Noon—Annual Picnic for Hamden Seniors by registration sponsored by Hamden Chamber's Health & Wellness Committee—limited seating—outside unless rain</p> <p>Cards & Pool 12:30-4:30</p> <p>Pokeno 1:00-3:00</p>
<p>(9) Same as Above</p>	<p>(10) Same as Above</p>	<p>(11) Same as Above No Blood Pressure</p>	<p>(12) Same as above</p>	<p>(13) Same as above Except No Picnic</p> <p>Lunch 12noon in Social Hall</p> <p>Cards & Pool 12:30-4:30</p> <p>Pokeno 1:00-3:00</p>
<p>(16) No Aerobics till 9/7/10</p> <p>Duplicate Bridge 9:30-12:30</p> <p>Miller Melodies Singing Group 10:45-11:45</p> <p>Mah Jongg 11:30-4</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p>	<p>(17) Same as above plus</p> <p>Presentation by VNA on tHomecare 11:15am-Noon</p> <p>Movie Day – 1p-3p “UP”</p> <p>Yoga 3:30-4:30</p>	<p>(18) Same as above Blood Pressure</p>	<p>(19) Same as above</p>	<p>(20) Same as above</p>
<p>(23) Same as above</p>	<p>(24) Same as above Yoga 2:00-3:30</p>	<p>(25) Same as No Blood Pressure 10:30-12:00</p>	<p>(26) Same as above</p>	<p>(27) Same as above</p>
<p>(30) Same as above</p>	<p>(31) Same as 8/3</p>			

Miller Senior Center Cafe, call (203) 287-0057. Must have a completed Form 5 (can be obtained at center)Reservations taken by noon the day before Monday through Friday (except holidays) 9AM to Noon .