

HAMDEN SENIOR CITIZEN NEWS

Volume 321

Suzanne Burbage, Elderly Services Coordinator

203-287-2547

DECEMBER 2010

FREE MOVIES

The Elderly Services free movie for seniors will be shown on Tuesday, December 21, 2010. **“Play It Again”**, stars Woody Allen, Diane Keaton and Tony Roberts. This movie is about a neurotic film critic who tries to get over his wife leaving him by dating again, much by the help of a married couple and his alter ego (Humphrey Bogart). The movie will be shown in the Thornton Wilder Hall in the Miller Complex at 1:00pm to 3:00pm.

Miller Association of Seniors

Come and join the association! Membership is only \$5.00 per year. Meeting dates are as follows: January 26-Healthy Lifestyles, Feb. 23 - Humble Bees Band, Mar. 23- Bob Mel, May 10-Fashion Show, May 27-Savin Rock Luncheon @ noon, and June 22-Pizza Party.... entertaining and informative meetings throughout the year. See you soon!

AARP

AARP Holiday Luncheon is December 13, noon at the SBC Restaurant located at 1950 Dixwell Ave. Cost is \$24.00 for members, add \$1.00 for spouses or each guest. If you would like to pay your 2010 dues at this time, please add \$5.00 to your check. Dues may be paid for 2011 (\$5) at the luncheon.

Elderly Service Gift Fund

Thank you to Ms. Rene Griswold who made a donation on behalf of Frank Nuclio's 100th birthday. Please keep in mind the center accepts gift donations by check made out to Town of Hamden Treasurer. These funds go directly to the seniors for special events and celebrations. Thank you again for your support.

Fuel Assistance Program

Call the Elderly Outreach Office at **203-287-2691** starting on October 1st to make an appointment for the Fuel Assistance Program.

Documents Needed Are:

- copy of 2010 monthly Social Security statements
- copy of 2010 pension check
- copy of most recent utility bill
- Previous 30 days interest on any accounts
- Any previous 30 days employment
- Balances in any and all bank account statements
- name of oil dealer
- Asset limit is \$10,000 for homeowners; \$7,000 for renters

More specific information will be given when making your appointment.

Food Donations Needed for Hamden Elderly Services Emergency Food Bank

The Elderly Services Emergency Food Bank is in need of the following food items:

Stuffing
canned sweet potatoes
canned gravy
cranberry sauce
Instant potatoes
Margarine or Butter
Rolls

Any prepared foods in a can or box., as well as frozen entrees. Donations may be dropped off at the Miller Senior Center, Monday-Friday from 8:30 am to 4:00 pm. Thank you!

VNA Community Healthcare Presents

Christine DeBisshop, RN will be talking about "A Few Too Many Medications." Monday, Dec. 6, 2010, 12:30-1:30pm in the Miller Senior Center.

AARP Safe Driving and sign-up dates:

December 3 & 10.....sign up November 22
January 14, 2011...1class....sign up January 3rd
Call 203-287-2547 for more information.
\$12.00 AARP with membership card, \$14.00 non member.
Checks only made out to AARP.

Miller Melodies

Come join the singers at Miller Senior Center! Practice and fun every Monday at 10:45am to 11:45am in the Thornton Wilder Hall. We will be singing holiday songs on Dec. 22nd for the seniors in the Social Hall at 11:30am. Call 203-287-2547 for more information or to sign up!

AARP Tax Aide Seeking Volunteers!

The CT AARP Tax-Aide (Tax Counseling for the Elderly) program is seeking volunteers to provide one-on-one help in the preparation of income tax returns. Computer literate volunteers of all ages and backgrounds are welcome. Volunteer as a Counselor and/or as a Leadership Coordinator. You do not need to be an AARP member or retired. Training in cooperation with the IRS will commence in December for the 2011 tax season. Tax-Aide is a free, confidential service run by volunteers who prepare Federal and CT tax returns. The service is offered to low income taxpayers of all ages,

with special attention to those 60 and older. To sign up as a volunteer, visit www.aarp.org/taxaide.

CT Appleseed Elder Law Presentations

Attorney Christine Andrew will present information on wills and trusts December 8th in the Social Hall at 10:45am. Don't forget to make your senior lunch reservations in advance!

Are you interested in a Caregiver Support Group?

Would you be interested in joining other caregivers to share experiences and ideas about family caregiving in a comfortable setting—the Miller Senior Center! If interested, please call Suzanne at 203-287-2547.

Exercise classes at the Center!! Time to make a healthy change for YOU! Join Miller Senior Center's classes to help with mind and body! Classes are as follows:

Tai Chi Classes

Classes are held every Tuesday and Thursday, 10:45am to 12:15pm in the Thornton Wilder Hall. Cost is \$3.00 per class. The instructor, Bill Banick with an extensive background, teaches the class and welcomes you to join.

Yoga

Yoga classes are held Tuesday and Thursday, 2:00 to 3:30pm except on movie days—yoga starts at 3:30pm on these days, also Friday mornings-8:30-10:00 in Thornton Wilder Hall by Ravi, the Instructor. Call Elderly Services at 203-287-2547 for more information.

Over Fifty Fitness (OFF) Program

Classes meet Mondays through Thursdays 8:30-9:30am & 9:40-10:40. No exercise classes on holidays.

Reverse Mortgages

The subject may be complicated, but we're here to help. If you are at least 62 years of age and own your own home, our knowledgeable Reverse Mortgage consultants can help navigate you through. Ask about our new lower cost, fixed rate option.

Call 1-888-222-9408
FREE seminars available



Some restrictions apply.
Loans offered through AAA
Southern New England Bank.
FIN.8194.10_SNE(G)



Services include:

- Short Term Rehabilitation
- Medical Recovery Program
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Minutes from Routes 91, 15 and Whitney Avenue (Rte 10).

The Road to Recovery Begins with Hamden Health Care Center



1270 Sherman Lane, Hamden, Connecticut 06514

203.281.7555

E-mail: info@hamdenhealthcare.com



VNA Services, Inc.
A member of the Saint Raphael
Healthcare Systems

**HOMECARE SERVICES IN
HAMDEN**

800-870-2349

Shoreline & Regional Offices

**Have you fallen?
Call us... we can help**



**VNA COMMUNITY
HEALTHCARE**
BESIDE YOU AT EVERY TURN

1.866.862.0888 (toll free)
Homecare for Hamden



ARDEN HOUSE
Care and Rehabilitation Center

Caring is the Key in Life

**SHORT TERM REHABILITATION
IV THERAPY • REHAB RECOVERY SUITES**
Quality Programs. Quality Care. Quality of Life.

203-281-3500

850 Mix Avenue

Hamden, Connecticut 06514

**Chances are with just ONE AD,
you'll get MORE THAN
ONE new customer!**
Advertise Here • 800-732-8070

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 203-387-0656 or 203-287-2590

Trips for 2011

May 15-22 Bermuda Cruise on the beautiful 5 star Holland America Veendam. Deposits due before Dec. 15, 2010.

Sunday, March 27 – Newport Theater – hilarious comedy “Norman, Is That You?” \$76

Sun & Mon April 10, 11- Atlantic City- lodging at the Tropicana Casino Hotel – 2 Casino Bonuses and much more. \$106pp double.

Wed. April 27 – The River House in Haddam, CT. - Lunch & show \$71. Self Drive \$52.

Tues., May 24 – Chubby Checkers at the Twin River Casino in Lincoln, RI. \$65

Wed., May 25 – Oh What a Night! A musical tribute to Frankie Vallie and The Four Seasons at the Aqua Turf – Self Drive \$59.

Tues., June 28 – Godfather’s Meshuggener Wedding – Chowder Pot in Hartford, CT. \$72.

Tues., July 12 – Twin lobsters & Comedienne Laura Roth at the Hu Ke Lau in Holyoke, MA. \$69.

Tues., Aug. 10 – Suffolk Downs in Mass. \$49.

Tues., Aug. 16 – Viva L’Italia at the Aqua Turf. Self Drive \$36.

Thurs., Sept. 15 – Ronan Tynan at the Aqua Turf. Self Drive \$59.

Sun., Sept. 18 – The Edwards Twins at the Via Roma Restaurant in Rhode Island \$68.

Tues., Oct. 11 – Oktoberfest. Aqua Turf. Self Drive \$50.

Sun., Oct. 23 – Brunch at the Log Cabin in Holyoke, MA. Great Broadway show, \$68.

Thurs., Nov. 3 – The Buddy Holly Tribute at the Log Cabin \$67.

Wed., Nov. 9 – 4 Troops – an inspirational concert salute to our Armed Forces

Tues., Dec. 6 - “White Christmas” at the Aqua Turf. Bing Crosby & Bob Hope Tribute

December 1-9 – Danube River Cruise in Europe – Call Marion for Details.

Sun. & Mon., Dec. 11 & 12 – Atlantic City with hotel accommodations at the Tropicana \$100 pp double.

****Please contact Marion for any changes or updates on trips!!**

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE



**Beecher & Bennett
FUNERAL SERVICE**

2300 WHITNEY AVENUE • HAMDEN
*Helping families provide a meaningful tribute
 while celebrating the life of their loved one.
 Providing options for every budget.
 Confidential Prearrangement Counseling*

203-288-0800
 For information, give us a call or visit our
 Web Site at: www.beecherandbennett.com

**VISITING NURSE SERVICES, INC.
OF SOUTHERN CONNECTICUT**

24 Scott Street 1 Kingston Drive
 Hamden, CT 06514 Ansonia, CT 06401
203-281-5500 203-734-8088
 or **1-800-639-9934**
www.vnssct.com

Come Home to X-tra LOVING CARE



CALL US TODAY FOR A FREE NURSING ASSESSMENT
Participating Provider of most HMOs • Medicare Certified

Whitney Manor

 Tender Loving Care

WHITNEY MANOR
 REHABILITATION AND
 NURSING CENTER

**SHORT TERM /
SUB ACUTE REHAB**

2798 WHITNEY AVENUE, HAMDEN, CT 06518
203-288-6230

ORGANIZING / UNLIMITED

*Downsizing & Reorganizing
for Seniors Safety Concerns
Assistance moving to smaller quarters*

203-988-2036

**NOLAN'S HAMDEN
MONUMENT COMPANY
LICHTENSTEIN COMPANY**

323 WASHINGTON AVE., HAMDEN, CT 06518
288-8486 / 1-800-852-8865
 JOHN R. NOLAN MICHAEL F. NOLAN
 MASTER CARD • VISA • DISCOVER

\$6.95 Senior Lunch Special



*Thoroughbred, Harness,
Greyhound & Jai-Alai!*

Winners Sports Haven
 New Haven, CT • 203.946.3252

December 2010

Senior Community Cafe: 203- 287-0057

Elderly Services: 203- 287-2547

Elderly Outreach: 203-287-2691

Monday	Tuesday	Wednesday	Thursday	Friday
		(1) Aerobics 8:30-9:30 9:40-10:40 Bridge Review Int. /Adv. 10:00-12:00 Lunch 12 Noon Blood Pressure 10-12 Cards & Pool 12:30-4:30 Supervised Bridge 12:30-3:00 Pokeno 1:00-3:00	(2) Aerobics 8:30-9:30 & 9:40-10:40 Tai Chi 10:45-12:15 Mah Jongg 11:30-4:00 Lunch 12 Noon Cards & Pool 12:30-4:30 Needlework 1-3 Yoga 2:00-3:00	(3) Yoga 8:30-10:00 Arts & Crafts 10-11 Lunch 12 Noon Cards and Pool 12:30-4:00 Pokeno 1:00-3:00
(6) Aerobics 8:30-9:30 9:40-10:40 Duplicate Bridge 9:30-12:30 Miller Melodies 10:45-11:45 Mah Jongg 11:30-4:00 Hamden Womens Club Caroling 11:45am-in Social Hall Lunch 12 Noon VNA presents 12:30 Cards & Pool 12:30-4:30	(7) Aerobics 8:30-9:30 9:40-10:40 Tai Chi 10:45-12:15 Mah Jongg 11:30-4:00 Lunch 12 Noon Cards & Pool 12:30-4:30 Bingo 1:00-3:00 Yoga 2:00-3:30	(8) Same as Above	(9) Same as above	(10) Same as above
(13) Same as Above No AARP – Lunch at SBC Restaurant @ noontime	(14) 10:45 Four Strings in SH Same as above Movie Day - “Play It Again” 1:00-3:00 Yoga 3:30 -4:30	(15) Same as 12/1 Blood Pressure 10:30 -noon	(16) Same as Above Plus Stroke Group 1:00-2:00	(17) Same as Above
(20) Same as Above	(21) Same as 12/7 Yoga 2:00-3:00	(22) Same as 12/1	(23) Same as 12/3 Last day of Aerobic till 2011	(24) Holiday CENTER CLOSED
(27) Same as Above	(28) Same as 12/7	(29) Same as Above	(30) Same as Above sign up begins for AARP safe Driving Jan 14	(31) Holiday CENTER CLOSED

PETER H. TORELLO & SON

FUNERAL HOME, INC.
203-624-4959
 Peter H. Torello • Peter H. Torello, IV
 1022 DIXWELL AVENUE, HAMDEN, CT 06514
 SERVING THE COMMUNITY FOR OVER 100 YEARS

NEW HAVEN FOOT SURGEONS

Medicare Accepted
Podiatric Medicine and Foot Surgery
 2880 Old Dixwell Ave, Hamden, CT
 • 281-0606 •