

### ***FREE MOVIES***

The Elderly Services free movie for seniors will be shown on Tuesday, January 19, 2010. “**My Sister's Keeper**”, starring Cameron Diaz and Abigail Breslin. This movie is from a novel written by Jodi Picoult in 2004 that tells the story of a 13 year old, Anna, who sues her parents for medical emancipation when she is expected to donate a kidney to her sister Kate who is dying from leukemia. The movie will be shown from 1:00 to 3:00pm in Thornton Wilder Hall in the Miller Complex.

### **Miller Association of Seniors**

Come and join the association! Membership is only \$5.00 per year. The next meeting for 2010 is Wednesday, January 27 at 1:00 pm in Thornton Wilder Hall of the Miller Senior Center. The guest speaker is Joyce Marston, a Physical Therapist from the Occupational Health Dept. at the Hospital of St. Raphaels. The topic is exercise and it's importance to seniors.

### **AARP**

The next AARP meeting is January 11<sup>th</sup> at 1:00 pm in the Thornton Wilder Hall. The guest speaker is from the AARP state office and will present “Why AARP is Supporting the Health Care Plan.”

**Reminder!** The Arts & Crafts classes are meeting every Friday at 10am in the Social Hall at the center. Come and enjoy making crafts. We are still accepting decorations or craft supplies (no yarn or material needed).

### **AARP Safe Driving Courses**

All classes are held 8:30 to 12:30pm in the Activity Room at the Miller Senior Center. There are two classes for each course.

The next courses are as follows:

January 8 & January 15

May 7 & May 14

June 11 & June 18

July 16 & July 23

August 13 & August 20

September 10 & September 17

October 15 & October 22

November 12 & November 19

December 3 & December 10

Registration starts 2 weeks prior to start of 1<sup>st</sup> class date and is made in person by check made out to AARP. No cash accepted. AARP Members with cards \$12.00 and Nonmembers \$14.00 per person.

### **Aerobic Classes**

Aerobic classes are held in the Thornton Wilder Hall. Come and join the fun and reap the benefits of exercise. Please note that there is no Aerobic classes on Fridays anymore!

### **Winter/Spring 2010 Schedule**

January 4 – June 11 (22 weeks) \$110

January 4 – March 18 (11 weeks) \$60

March 22 – June 11 (11 weeks) \$60 (vacation April 5-8)

Anyone over 50 years may register, and registrants do not have to be Hamden Residents. Registration is done through the instructor.

### **Fuel Assistance Program**

Call the Elderly Outreach Office at 203-287-2691 to make an appointment for the Fuel Assistance Program. March 15, 2010 is the last day to apply.

#### **Documents Needed Are:**

- copy of 2009 Social Security Check
- copy of 2009 pension check
- Previous 30 days interest on any accounts
- Any previous 30 days employment
- Balances in any and all bank accounts
- name of oil dealer

**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:

Tuna Fish	Pasta
Peanut Butter	Jelly
Soups	Canned Vegetables
Canned Fruit	Oatmeal
Cereal	Powdered Milk
Beef Stew	Sauce
Crackers	Coffee/Tea
Butter	Bread

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!

### **The Hamden Arts Commission Presents.....**

#### **Sensational Sunday Performances**

in the Thornton Wilder Hall, Miller Cultural Complex, 2901 Dixwell Ave., Hamden  
\$7 general / \$5 seniors, students & children 12 & under. For details, call 203-287-2546.

#### **January 24, 2010, 2pm**

“All in the Golden Afternoon: Songs from Europe & the Americas” Guastavino Trio with Soprano Tobe Malawista

#### **AARP Connecticut Tax-Aide**

FREE Income tax assistance is provided at the Miller Senior Center by the AARP Tax-Aide program for low to moderate taxpayers of all ages, with special attention to those 60 and older. Call 203-287-2547 to schedule an appointment with a certified AARP Tax-Aide Counselor. All tax payers should have with them the following information:

- If married, both husband and wife should be present
- Proof of identity (picture or other documentation)
- Social security number (Social Security Card or Benefit Statement-Form SSA-1099) for taxpayer and all taxpayer's dependents.
- Personal check, if available, with bank checking account & routing numbers.
- Copy of last year's Federal and State tax returns
- All income statements that apply to the taxpayers 2009 Federal and state income taxes.

**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 home 203-387-0656 or Wednesday mornings 10:30 am to 12:30 pm at 203-287-2590**

*“For the entire list of trips for 2010, packets available at the Miller Senior Center”*

## **Trips for 2010**

### **Atlantic City, March 21-22**

Departure from Miller Parking Lot, \$107.00 pp

### **Feast of St. Joseph, Aaron Caruso, Viva Italia!! March 23**

The Grand Oak Villa in Oakville, CT, \$73.00 pp

### **The Newport Playhouse & Cabaret Theater, April 11**

Happy Birthday, a genuinely brilliant play-full of laughs! \$78.00 pp

### **Imperial Cities of Prague, Vienna, Budapest. April 19-29**

Round trip airfare from New York included. \$3,399 Double, \$4,249 Single, \$3,349 Triple

### **“Joseph” and Penn Dutch “The all new Production Show” May 10-11**

Lancaster, Pennsylvania, \$249.00 double, \$239.00 Triple, \$319.00 Single

### **Spain's Classics, May 16 -25, 2010, Madrid, Prado Museum, Toledo, Cordoba, Seville, Flamenco Show, Granada, Alhambra, Valencia, Barcelona,**

10 days, 14 Meals: 8 breakfasts, 1 lunch, 5 dinners. Round trip air from New York.....  
\$2,899 Double \$3,349 Single \$2,869 Triple Brochures available at the Miller Senior Center

### **Darren Williams, Australia's Performer of the Year!, Aqua Turf, June 17**

Sings in 7 languages, family style meal, \$58.00 pp..Drive on your own

### **Two Lobsters and a Crab! At the famous Hukelau, July 13**

Two shows with 2 steamed lobsters or Prime Rib of Beef, \$69.00 pp

# Happy New Year!!

## January 2010

Senior Community Cafe:203- 287-0057

Elderly Services:203- 287-2547

Elderly Outreach: 203-287-2691

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

				(1)  New Year's Day  Senior Center is <b>CLOSED.</b>
(4) 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  Lunch 12 Noon  Cards & Pool 12:30-4:30	(5) 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 2:00-3:00	(6) Aerobics 8:30-9:30 & 9:40-10:40    Lunch 12 Noon  Cards & Pool 12:30-4:30  Bridge 12:30-3:00  Pokeno 1:00-3:00  Yoga 2:00-3:00	(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  Stroke Group 1:00-2:00  Needlework 1-3  Yoga 2:00-3:00	(8) No Aerobics on Fridays!  Yoga 8:30-10am  Blood Pressure 10-12  Arts & Crafts 10-11  Lunch 12 Noon  Cards and Pool 12:30-4:00  Pokeno 1:00-3:00
(11) Same as Above  AARP 1:00-3:00	(12) Same as above	(13) Same as above	(14) Same as Above	(15) Same as Above  No Blood Pressure
(18) Senior Center Closed! Martin Luther King Day.	(19) Same as above plus: Movie Day, 1-3  Yoga 3:30-4:30	(20) Same as Above plus: Blood Pressure 10:30 – Noon	(21) Same as Above	(22) Same as Above
(25) Same as Above 1/4/10	(26) Same as 1/5/10	(27) Same as 1/6/10 Miller Association 1:00-3:00	(28) Same as Above	(30) Same as Above