

FREE MOVIES

The Elderly Services free movie for seniors will be shown on Tuesday, November 16, 2010. **"It's Complicated"**, starring Meryl Streep, Steve Martin and Alec Baldwin. Jane (Streep) is the mother of three grown kids & owns a thriving business. Things become complicated when Jane faces her ex-husband (Baldwin) after a decade of divorce at her son's graduation. The movie will be shown from 1 to 3 PM in Thornton Wilder Hall in the Miller Complex.

Miller Association of Seniors

The Miller Association of Seniors will meet on Wednesday, November 17, 2009 at 11:30 A.M. in the Social Hall for their annual Harvest Luncheon. Lunch reservations must be made through the cafe at 203-287-0057 no later than noon **Nov. 1st**. Seating is limited. Cost is \$3.00 per meal and attendees must be over 60yrs old and have a completed Form 5. Entertainment will be by the Miller Melodies at 11:30am with drawings for prizes. Also, Friday, December 10, 2010, is the Annual Holiday Luncheon at Biagetti's, 77 Campbell Ave., West Haven. Tickets cost \$20.00 and transportation for Hamden Seniors will be taken when tickets are purchased.

AARP, CHAPT 3155

AARP will meet on Monday, November 8, 2010, 1pm-3pm, in Thornton Wilder Hall of the Miller Complex. There will be entertainment by the Miller Melodies under the direction of Linda Gershman. Come enjoy the singers and bring a friend. Don't forget your donation for the Emergency Food Bank!

Reminder! The Arts & Crafts classes are still looking for decorating items for holidays. When you're cleaning out the attics, please think of the center. No material or yarn needed. Looking for tree decorations for the upcoming holidays.

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!

The Hamden Arts Commission Presents a Sensational Sunday Performance on

November 7th at 2pm with a unique program. "A Dancing Salute to the Big Band Era" which will also commemorate events of August 15, 1945-the end of World War II. The dynamic duo of Louis Mongillo (dressed as a sailor) and Deborah Wilkenfeld will dance to the popular hits of the era by Benny Goodman, Harry James, Glenn Miller, Tommy Dorsey, Jimmy Dorsey and Guy Lombardo. Their dances include the Fox Trot, Rhumba, Tango, Waltz, Polka, Cha-Cha and Swing. The event will be in the Thornton Wilder Hall, Miller Cultural Complex, 2901 Dixwell Ave., Hamden. Admission is \$7/\$5 for senior citizens, students and children. Family discounts available. Tickets sold at door only! For details, call 287-2546 or email mcoleman@hamden.com.

Looking for Crafters!

A senior Harvest Bazaar on November 17th at the center is still looking for a few more arts and craft vendors. Please call Elderly Services to sign up at 203-287-2547. Crafters only please!

AARP Safe Driving and sign-up dates:

November 12 & 19...sign up November 1st
December 3 & 10.....sign up November 22
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. Call 203-287-2547 for more information or to sign up!

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

Taijiquan is an ancient Chinese martial art based on internal energy or "chi". It uses slow flowing and connected movement to integrate the mind, body, generate flexibility, strength and well-being. 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, 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 Classes on Election day or November 2nd, Veterans Day or November 11 and Thanksgiving Day or November 25th. Registrants must be over 50 yrs old. Questions and fee information call: 203-287-9710.

Learn How to Stay out of a Nursing Home

Stay independent and on your feet with VNA Community Healthcare's all new fall risk screening program:

- *Have your balance and blood pressure checked
- *Develop a plan to reduce your risk of falling
- *Find out how to improve your balance
- *Learn how to get up safely if you do fall

If you have already fallen more than once, call VNA Community Healthcare to discuss scheduling an individual screening appointment.

Date: Monday, November 8, 2010
Time: 12:30pm – 3pm
Location: Miller Senior Center, Activity Room
Registration: 866.474.5230 (space is limited to 12 people)

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

There will be an Elder Law presentation on November 30th on Long Term Care by Attorney Susan Nobleman. Also, 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!

<p>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</p>
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Trips for 2010/2011

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

NOVEMBER 2010

Senior Community Cafe: 203-287-0057 Elderly Services: 203-287-2547

Elderly Outreach: 203-287-2691 Hamden Senior Mini Bus Transportation 203-288-2885

Monday

Tuesday

Wednesday

Thursday

Friday

<p>(1) Aerobics 8:30-9:30 9:40-10:40</p> <p>Duplicate Bridge 9:30-12:30</p> <p>Miller Melodies 10:45-11:45</p> <p>Mah Jongg 11:30-4:00</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p>	<p>(2) VOTING DAY! TWH No Aerobics, Tai Chi or Yoga.</p> <p>Mah Jongg 11:30-4:00</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p> <p>Bingo 1:00-3:00</p>	<p>(3) Aerobics 8:30-9:30 9:40-10:40</p> <p>Bridge Review- Int./Adv. 10:00-12:00</p> <p>10:00 to noon – Blood Pressure</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p> <p>Supervised Bridge 12:30-3:00</p> <p>Pokeno 1:00-3:00</p>	<p>(4) Aerobics 8:30-9:30 & 9:40-10:40</p> <p>Oil Painting 10-12</p> <p>Tai Chi 10:45-12:15</p> <p>Mah Jongg 11:30-4:00</p> <p>Lunch 12 Noon Cards & Pool 12:30-4:30</p> <p>Stroke Group 1:00-2:00</p> <p>Needlework 1-3</p> <p>Yoga 2:00-3:00</p>	<p>(5) Yoga 8:30-10:00</p> <p>Arts & Crafts 10-11</p> <p>Lunch 12 Noon</p> <p>Cards and Pool 12:30-4:30</p> <p>Pokeno 1:00-3:00</p>
<p>(8) Same As Above</p> <p>AARP 1-3</p>	<p>(9) Same As Above Plus Aerobics 8:30-9:30 9:40-10:40</p> <p>Tai Chi 10:45-12:15 Yoga 2:00-3:30</p>	<p>(10) Same as above No Blood Pressure</p>	<p>(11) VETERAN'S DAY CENTER CLOSED</p>	<p>(12) Same as above</p>
<p>(15) Same as 11/1</p>	<p>(16) Same as above Movie Day - "Its Complicated" 1:00- 3:00 Yoga 3:30 -4:30</p>	<p>(17) Same as above Harvest Festival in Social Hall Lunch Room for Miller Association of Srs and cafe attendees by sign up only. Seating limited! Must call: 203-287- 0057 by Nov 1st no exceptions 10:30-12:00 Blood Pressure (3rd Wed.)</p>	<p>(18) Same as 11/4</p>	<p>(19) Same as Above</p>
<p>(22) Same as 11-1</p>	<p>(23) Same as 11/09 Yoga 2:00-3:30</p>	<p>(24) Same as Above No Harvest Luncheon No Blood Pressure</p>	<p>(25) THANKSGIVING DAY! CENTER CLOSED</p>	<p>(26) Same as Above</p>
<p>(29) Same as 11/1</p>	<p>(30) Same as Above 10:45-11:45 Elder Law presentation in SH</p>			