

FREE Movie for October

The Elderly Services free movie for Seniors will be shown on Tuesday, October 19, 2010, 1pm – 3pm in the Thornton Wilder Hall. “Temple Grandin” is a story of an autistic woman who overcame the limitations imposed by her condition to become an expert in the field of animal husbandry. Starring: Clair Danes, Julia Ormond, and David Strathairn. Come enjoy this wonderful movie!

Miller Association of Seniors

The Miller Association of Seniors will meet on Wednesday, October 27, 2010 at 1:00 pm in Thornton Wilder Hall. A guest speaker from the Hospital of St. Raphael's will present information on memory.

AARP, CHAPT 3155

AARP will meet on Monday, October 18, 2010, 1pm-3pm, in Thornton Wilder Hall of the Miller Complex. There will be a presentation on property evaluation by guest speaker, Steve Ferruccia.

Hamden Senior Wish Society 2010 Wine Tasting and Auction

The Hamden Senior Wish Society is holding its 4th annual Wine Tasting and Auction on October 21, 2010 from 5:00 pm to 8:00 pm at Laurel View Country Club, 310 West Shepard Avenue, Hamden. Enjoy heavy hors d'oeuvres and bid on some fantastic prizes in both the silent and live auctions. Tickets for the event are \$25.00 per person and can be purchased by contacting: Betty Wetmore at 203-281-3500 or Rose Esposito at 287-2691.

Mona Mia's Jewelry on sale in Senior lobby, 9am – Noon, Thursday, Oct. 14. Great prices!

Melodies Needs Music Lovers

Come join the Miller Melodies on Mondays at 10:45am in the Thornton Wilder Hall. FUN! FUN! Please call 203-287-2547 to join the group and perform for events throughout the year.

The Hamden Chamber of Commerce's Health & Wellness Committee Senior Health & Lifestyles Festival and Flu Clinic

The Senior Fair will be held Thursday, October 14, 2010, from 9:00am to 12:00pm in the Thornton Wilder Hall. Come and enjoy!

AARP 55 Alive/Mature Driving Course

Dates and sign-ups:

October 15 & 22.....sign up October 1st

November 12 & 19...sign up November 1st

December 3 & 10.....sign up November 22

Call 287-2547 for more information.

\$12.00 AARP with membership card, \$14.00 non member. Checks **only** made out to AARP.

Elderly Services Transportation

The Mini Bus Transportation for Hamden Seniors can be reserved , Monday through Friday, 8:30 to 5:00 by calling (203) 288-2885. Saturday rides are from 9am to 1pm. Rides are provided to Hamden, New Haven, North Haven and the VA in West Haven. Please remember **all reservations and cancellations** are the individual's responsibility by calling in advance the transportation phone number noted above.

Looking for Crafters!

A possible Harvest Bazaar for November 16th being explored. The bazaar will be held in the center. If you are a crafter, please call Elderly Services to sign up. Crafters only please!

Fuel Assistance

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

Documents Needed Are:

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

More specific information will be given when making your appointments.

Arts and Crafts with Jeanne- classes are held on Fridays 10am to 11am in the Social Hall. Please call 203-287-2547 to register.

Connpace Reminder!

Reminder! You must renew your ConnPACE when due or you will not be able to re-enroll until November 15 due to changes in the ConnPACE program. New Enrollment is limited to November 15th through December 31st. Few exceptions do apply. You are able to join 31days after you turn 65 or after becoming eligible for Social Security Disability (SSDI) or State Supplement Insurance (SSI).

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.

Aerobics and Yoga classes

Classes have started with great instructors!! Come join the group and begin a healthier lifestyle.

17th Senatorial District Annual Senior Health and Information Fair. The Fair takes place on Thursday, October 21st 11am to 2pm, Warsaw Park, Ansonia.

Demystifying 911

Friday, October 8, 2010 at Noon

Learn more about calling 911, the important information to provide when you call, when to expect crews to arrive, and why so many emergency personnel show up on the scene. A complementary lunch will also be provided by Masonicare. Sign up is required at least a week in advance--- as seating is limited—203-287-0057 between 9am and noon, Mon-Fri!

Halloween Party!

Friday, October 29th, 11am – 1pm begins our spooky fun day! Costume contests – at noon we will vote on the five best costumes. Come enjoy the day and make sure you make your lunch reservations by noon the day before! Call the cafe at 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 203-387-0656 or Wed.
203-287-2590

Trips for 2010

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

DON'T FORGET YOUR FLU SHOTS!

****OCTOBER 14 AT THE HEALTH FAIR – 9AM TO NOON –**

****OCTOBER 20 IN THE LOBBY OF THE CENTER – 10:30 TO NOON.**

BRING YOUR INSURANCE CARDS.....

October 2010

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

Elderly Outreach:203-287-2691

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>(1) Yoga 8:30-10:30</p> <p>Arts and Crafts in the Social Hall 10AM-11AM (Please register beforehand)</p> <p>Farmer's Market 11:00-3:00</p> <p>Lunch 12 Noon</p> <p>Cards and Pool 12:30-4:30</p> <p>Pokeno 1:00-3:00</p>
<p>(4) 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 12:00 Noon</p> <p>Cards & Pool 12:30-4:30</p>	<p>(5) Aerobics 8:30-9:30 9:40-10:40</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>Bingo 1:00-3:00</p> <p>Yoga 2:00-3:30</p>	<p>(6) Aerobics 8:30-9:30 9:40-10:40</p> <p>Miller Board 9:30</p> <p>Blood Pressure w/ Jody 10:30-12:00</p> <p>Plus: Bridge, Review, for Inter/Adv 10:00 12:00</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>(7) Aerobics 8:30-9:30 9:40-10:40</p> <p>Tai Chi 10:45-12:15</p> <p>Mah Jongg 10:45-12:15</p> <p>Lunch 12 Noon</p> <p>Cards & Pool 12:30-4:30</p> <p>Stroke Activity 12:30-2:00</p> <p>Needlework 1-3</p> <p>Yoga 2:00-3:30</p>	<p>(8) Same as above Lunch 12 Noon by Masonic Care by reservation only</p>
<p>(11) CLOSED!</p>	<p>(12) Same as above</p>	<p>(13) Same as above</p> <p>No Miller Board</p>	<p>(14) Same as above HEALTH FAIR with flu Shots & Mona Mia 9am-Noon Yoga 2:00-3:30pm</p>	<p>(15) Same as above</p>
<p>(18) Same as above 10/4 No AARP</p>	<p>(19) Same as Above Movie Day-"Temple Grandin" 1-3p in Thornton Wilder Hall</p>	<p>(20) Same as Flu Shots by VNA 10:30-12:00</p>	<p>(21) Same as above 10/7 Plus: Oil Painting 10:00-12:00</p>	<p>(22) Same as above</p>
<p>(25) Same as above</p>	<p>(26) Same as Above</p>	<p>(27) Same as above Miller Assoc 1:00-3:00 Memory Presentation</p>	<p>(28) Same as above</p>	<p>(29) Halloween Party</p>

Please call the Senior Cafe to reserve lunches by **NOON** the day **before** between 9am-12pm, Mon-Fri. A Form 5 is **required** to participate in the meal program. (203) 287-0057.