



Hamden Senior Citizen News



Volume 3456

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203-287-2547

Miller Cafe 203-287-0057

DECEMBER 2016

MILLER SENIOR CENTER WILL BE CLOSED ON MONDAY, DECEMBER 26, 2016 AND JANUARY 2, 2017 FOR HOLIDAY.

THANK YOU TO ALL OUR VOLUNTEERS FOR HELPING IN THE CENTER! YOUR SERVICE AT THE CENTER IS GREATLY APPRECIATED BY EVERYONE WHO WALKS THROUGH OUR DOORS.

Miller Association of Seniors

The Miller Association of Seniors welcomes you! Membership is only \$5.00 per year and need to be shown for meetings or entertainment and special luncheons. Meetings (informative or entertainment) are held every fourth Wednesday of the month at 1pm. Refreshments are in the Social Hall after meetings. Holiday tickets for December 12th, at Cascades are \$25 per person and sold at the center until full capacity. The next meeting will be Wednesday, January 25th, 2017.

Don't forget to bring your membership card. If you would like to become a board member in the near future, ie, President, Vice President, Recording Secretary, Corresponding Secretary or Treasurer, please leave us your contact information at the meeting. We need **you** to help us keep the Association going --- become involved and share your many talents!

AARP Tax Aide Volunteers Needed

The Hamden AARP Tax Aide (Tax Counseling for the Elderly) program is free, confidential service run by trained AARP volunteers who prepare Federal and CT. tax returns. The service is offered to low and middle income taxpayers of all ages, with special attention to those 60 and older. We do not do Business Taxes or Rental Property. AARP Tax-Aide Training provided. Contact Philip DeCaprio at 203-288-2728.

Hamden Senior Energy Assistance

Contact the Elderly Outreach office at 203-287-2691, Mon-Fri. 8:30-4:30, to make your appointment for the Energy Assistance program. The counselors will provide you with the list of the required documents. Please note, offices are closed for holidays.

Miller Melodies

Do you enjoy singing or love music? The Miller Melodies meet Fridays at 10am unless they are performing off site. The Melodies will be performing at the Center's holiday party on Friday, Dec. 9th at 11AM. Plan on having a wonderful time singing and making friends.

Journeys

Welcome everyone! We meet the third Thursday of the month. Our next meeting is Thursday, December 15th at 1:30pm. Please bring in your articles or pictures of old Hamden to share with the group. Plan on having a great time while sharing the history of Hamden.

The 7th Annual Hamden Miller Senior Center Gift Run

The Senior Gift Run begins on November 1st and runs through Monday, December 6th. The AM 1220 WQUN, Betty Wetmore, the team at Miller Senior Center, and the VNA Community Healthcare, help collect from the community gifts, such as, large print puzzle books, pill dispensers, food gift cards, blankets, flashlights, etc.-look for the Senior Run Gift Box. These gifts are then distributed to our Hamden Senior population in the center and the community. Please note we can not take used items. Let's help the seniors of Hamden have a wonderful holiday!"

Hamden Miller Senior Center Holiday Party in December

The tickets for the Friday, Dec. 9th party will be sold to Hamden seniors beginning Monday, November 7th,



see Suzanne or Lorrie. Tickets are \$5.00 for Hamden Seniors with a current Form 5. All attendees must have a Form 5. If space is available, all other nonHamden seniors will be able to purchase a ticket for \$7.00. These tickets are nonrefundable & nontransferable. Please have exact amount for the tickets. There is limited seating for this event. We will sell to capacity is met or no later than Friday, November 25th. **SOLD OUT!**

Benchmark of Hamden Sponsors Bingo

Tuesday, December 6 Benchmark at Hamden, an assisted living facility, will sponsor Bingo. Come enjoy a fun game and meet new friends.

Sitercise with the VNA Community Healthcare

Sitercise classes improve flexibility, gait and balance to help prevent falls. The new classes will begin January. An earlier AM class may be available. Cost is \$5.00 per person. **Space is limited!** Call VNA Community Healthcare at 1-866-474-5230 to register for future programs.

Bingo every Tuesday and Friday at 1pm unless special event. Enjoy an afternoon of fun with our Bingo crowd at 1pm to 3pm in the Activity Room. Arden House sponsors the 4th Tuesday of the month Bingo games with prizes (weather permitting). No Bingo November 18th, 24th and 25th. Closed holidays. Call us today for more information, (203) 287-2547.

Phelps Community Project

We meet challenges through the journey of our lives, often due to an unforeseen financial, physical or emotional crisis. Resources are available at Hamden Elderly Services who also administers the Phelps Community Project. The Hamden Elderly Services department is assessing low income seniors for the Phelps Community Project grant. This assistance is a short term financial assistance for emergency situations. Each client is assessed to determine eligibility for the grant. Please contact Hamden Elderly Services at 203-287-2547 or Elderly Outreach at 203-287-2691.

Stroke Club The Stroke Club meets on Thursdays at 1p.m. in the Activity Room. Some Thursdays are off site, please check for their schedule.

Exercise Programs: Please Call the Center if you want to check on any classes. We are closed holidays.

****Tai Chi Classes** are held every Tuesday and Thursday, 10:45am to 11:45pm in the Thornton

Wilder Hall. Cost is \$32.00 a month (\$4.00 per class). The instructor, Bill Banick has an extensive background. Come enjoy the first class for free.

****Yoga** – Classes are held Monday through Thursday mornings, 9:30 AM to 10:30AM in the Thornton Wilder Hall. Please check with the instructor regarding details on the classes.

Delicious meals--- hot food & coffee with the Miller Senior Center Family for those 60 years & older

CAFE INFORMATION—Please remember to make your reservations 48 hours in advance by calling during the business day Monday-Friday 9:00am to noon 203-287-0057. A **Donation of \$3.00, except on special luncheons, (for seniors in our catchment area) accepted and appreciated.** Lunches will be served Monday-Friday, closed holidays. Due to State Elderly Nutrition Program budget cuts, effective January 3, 2017, lunch will be served Mon thru Thurs. only. All participants must have a completed Form 5. Please check for cancellations due to weather. Help us keep our program by canceling your meal in advance. Individuals who are chronic “No Shows” (3x) are removed from the list. We appreciate your help in keeping the program running. The Center is looking into other means for Friday’s lunches for Hamden Seniors only.

Hamden Senior Arts and Crafts

We are looking for individuals who have a desire to create and possibly share arts & crafts projects. The group meets every Friday between 1:00pm or 1:30pm to 3pm in the Social Hall. There is a small fee for some classes.

203-287-2547. Donations welcomed, craft items, yarn, beads, etc. We have a great time and share our many talents. The center welcomes donations of yarn for our Hamden Seniors. Please join us and learn some great hobbies while helping decorate your center.

Hamden Senior Knit and Crochet group

Come join our Hamden Senior’s group on Thursday's from 1:00-3:00. We are always looking for donation of yarn and knitting & crochet needles. Free yarn is available. Call Elderly Services to register or to donate at 203-287-2547.

VNA COMMUNITY HEALTHCARE PROGRAMS

Caregiver Support Group—Meetings are held the fourth Tuesday of each month 10am-11am (Free). Register with the VNA at 203-458-4351. If you eat lunch, don't forget to make your lunch reservations in advance for presentations by calling the senior cafe 203-287-0057.

Hamden Senior Mini Bus Transportation
Please call, during business hours. Medical appointments and reservations may be reserved up to two weeks in advance. Reservations are made by calling 203-288-2885. There are no same day reservations or changes in route. Cost is \$.50 one way or \$1.00 round trip. **Must be a Hamden senior resident.** First come, First served.

Computer Classes Computer Classes are held at the Miller Senior Center. The classes are for ages 55 years and older. We offer Beginners, Intermediate, Email/Internet and IPAD classes. Must have your own IPAD. The rate for Hamden residents will be \$20.00 and non-residents \$30.00 by check only. Call Lorrie at 203-287-2550 / 203-287-2547 for more information and to be placed on a waiting list if classes are in session.

Friendship Tours- Dec. 7 Aqua Turf, driving yourself "Company Men Show", \$78pp; Jan 7-23,2017 Escorted Cruise around South America from \$4,579 pp air included. **Call 800-243-1630 Friendship Tours and identify yourself with Life's a Trip and the Hamden Senior Center.**

The Hamden Quilters & Crafters have so much fun and enjoy sharing their many skills in knitting, quilting, etc. You will have such a good time while wondering where the time went. The next meetings are Thursdays, November 3rd and November 17th at 6:30pm in the Activity Room. Contact Cheryl 203-248-4343 or Susan at **shamilton0434@sbcglobal.net** for more information.

Veterans 4 Veterans Group Meetings are the 2nd Wednesday of the month at 1pm. The next meeting is Wednesday, December 14, 2016, depending on weather. Please call 203-287-2547 for more information.



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

Tuesday		Wednesday		Thursday		Friday			
 <i>Happy Holidays</i>				1 Pool 8:30AM Yoga 9:30-10:30am Hamden Adult Painting Class 10:00-12noon Tai Chi 10:45-11:45 Mah Jongg 11:30-4:00 Lunch 11:30 Cards & Pool 12:30-4:30 Stroke Club 1pm -3pm Knit and crochet 1:00 -3:00		2 Pool 8:30AM Miller Melodies 10am – 11:30am Lunch 11:30-12:30 Cards & Pool 12:30-4:30 Bingo 1:00-3:00 Arts & Crafts 1:30-3:00			
5 Pool 8:30AM Yoga 10:30 – 11:30 Lunch 11:30 Mah Jongg 11:30-4pm Cards & Pool 12:30-4:30		6 Pool 8:30AM Yoga 9:30-10:30am Tai Chi 10:45-11:45 Mah Jongg 11:30-4:00 Lunch 11:30 Cards & Pool 12:30-4:30 Bingo 1:00-3:00		7 Pool 8:30am Yoga 9:30-10:30am Sitercise 10:15 – 11:15am Nurse 11:15-1:15 Lunch 11:30-12:30 Mah Jongg 11:30-4:00pm Cards & Pool 12:30-4:30		8 SAME AS ABOVE		9 SAME AS ABOVE Holiday Party by Reservations Only! No programs in the Social Hall – Due to special event & No Bingo.	
12 SAME AS ABOVE Miller Association of Srs. Luncheon offsite by reservation.		13 SAME AS ABOVE 12/6/16		14 SAME AS ABOVE		15 SAME AS ABOVE Journeys 1:30pm		16 SAME AS ABOVE 12/2/16	
19 SAME AS ABOVE		20 SAME AS ABOVE 12/6/16		21 SAME AS ABOVE 12/7/16		22 SAME AS ABOVE 12/1/16		23 SAME AS ABOVE 12/2/16	
26 CLOSED FOR HOLIDAY!		27 SAME AS ABOVE 12/6/16		28 SAME AS ABOVE 12/7/16		29 SAME AS ABOVE 12/1/16		30 SAME AS ABOVE 12/2/16 LAST FRIDAY MEAL thru ENP	