



Hamden Senior Citizen News



Volume 3456

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Elderly Outreach 203-287-2691

203-287-2547
Miller Cafe 203-287-0057

JANUARY 2017

CLOSED MONDAY, JANUARY 2nd FOR NEW YEAR HOLIDAY--HAPPY NEW YEAR EVERYONE-- AND MONDAY, JANUARY 16, 2017 FOR MARTIN LUTHER KING DAY!

Miller Association of Seniors

The Miller Association of Seniors welcomes you! Membership is only \$5.00 per year. Meetings (informative or entertainment) are held every fourth Wednesday of the month at 1pm. Refreshments are in the Social Hall after meetings. The next meeting will be Wednesday, January 25th, 2017. Plan on joining today and make great friends!

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 singers will not be meeting Friday, January 20, weather permitting. 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, January 19th, 2017 at 1:30pm, weather permitting. 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.

Sitercise with the VNA Community Healthcare

Sitercise classes improve flexibility, gait and balance to help prevent falls. The new classes will begin Wednesdays in January. The cost is \$5.00 per person. **Space is limited!** Call VNA Community Healthcare at 1-866-474-5230 to register for sitercise 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). 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. Weather permitting Thursday, January 5th, is a business meeting.

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.** 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 of Friday lunch 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 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 for our Hamden Seniors. 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.

Trips

Friendship Tours- 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. Check out the trip board for additional trips.

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, January 12th and January 26th, 2017 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, January 11th, 2017, weather permitting. Please call 203-287-2547 for more information.

AARP Connecticut Tax Aide

Tax counseling for the Elderly, a FREE program available at the Miller Senior Center provides Federal and Connecticut income tax preparation assistance for low and middle income taxpayers with special attention to those 60 and older. Appointments begin Friday, Feb. 3, 2017—Each Tuesdays & Fridays except State holiday -closed.

Appointments are available on Tuesdays or Fridays, 8:30 am to 11:30 am, except holidays at the center's Activity Room.

To Schedule an appointment with a certified Tax aide counselor (center staff can not answer tax questions) call the Miller Senior Center 203-287-2547 starting Tuesday, January 24th.

At a tax counseling session the taxpayer is requested to have the following:

- * Social Security number and personal identification
- *All 2016 income reports that have been received
- *SSA-1099 forms (Social Security benefits paid).
- *All 1099 forms (1099 INT, 1099-DIV, 1099 R, 1099 B, 1099 MISC., etc.)
- *W-2 forms from each employer.
- *Unemployment compensation forms.
- *All forms that indicate Federal and / or CT income taxes were paid for 2016.
- *Original cost of assets sold during 2016.

Happy New Year!





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

	Tuesday	Wednesday	Thursday	Friday
2 <u>CLOSED FOR NEW YEARS!</u> <u>HAPPY NEW YEAR!</u> 	3 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	4 Pool 8:30AM Yoga 9:30-10:30am Sitercise 10:15-11:15AM Nurse 11:15-1:15 11:30 Lunch Mah Jongg 11:30-4:00 Supervised Bridge 12:30 – 3:00 Cards & Pool 12:30-4:30	5 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	6 Pool 8:30AM Miller Melodies 10am – 11:30am Cards and Pool 12:30-4:00 Bingo 1:00-3:00 Arts & Crafts 1:30-3:00 NO LUNCHESES THRU THE ELDERLY NUTRITION PROGRAM ON FRIDAYS.
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16 CLOSED FOR MARTIN LUTHER KING DAY!	17 SAME AS ABOVE	18 SAME AS ABOVE	19 SAME AS ABOVE Journeys 1:30pm	20 SAME AS ABOVE
23 SAME AS ABOVE	24 SAME AS ABOVE	25 SAME AS ABOVE	26 SAME AS ABOVE	27 SAME AS ABOVE
30 SAME AS ABOVE	31 SAME AS ABOVE			