



# Hamden Senior Citizen News



Volume 3456

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203-287-2547  
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**CLOSED MONDAY, SEPTEMBER 4TH, 2017 IN HONOR OF LABOR DAY**

## SEPTEMBER 2017

### Miller Association of Seniors

The Miller Association of Seniors welcomes you! Membership is only \$10.00 per year. Meetings (informative or entertainment) are held every fourth Wednesday of the month at 1pm. Refreshments are in the Social Hall after meetings. **Please note we are still in need of a Treasurer. Contact the center today if you are interested.** The next meeting is on Wed. September 27, 2017 with the installation of officers. Plan on joining today and welcome your officers.

### Elderly & Totally Disabled Renters

Please call the Elderly Outreach program at **203-287-2691** to make an appointment for Rent Rebate which begins in April. Eligibility for this program is you must have turned 65 by Dec. 31, 2016, or were deemed disabled by Social Security. Your 2016 annual income must not have exceeded \$35,200 if single and \$42,900 if married.

### Documents Needed:

- \*Documentation of all 2016 income: Social Security Form 1099 or SS4926; 1099 Pension statement; W-2 Wage Statement; Interest & Dividends, etc.
- \*2016 Income Tax 1040, if filed
- \*Social Security 1099 for year 2016
- \*A printout from your rental management company or corporation verifying rent paid for Jan thru Dec 2016. If your landlord is a private individual then a notarized letter stating rent paid for Jan -Dec. 2016 is required. If your landlord is a friend/relative a notarized letter stating rent has been paid for Jan. - Dec. 2016 will be necessary along with a copy of his/her 2016 income tax 1040 verifying the rent income.
- \*Payment history for water, gas, oil, or electric (you can be obtain this history from the utility companies)
- \*All applicants must be 65 yrs. old as of 12/31/16 or under 65 and disabled by Social Security only. Must show proof.

### Senator Logan visits the center!

Please come and welcome the Senator on Friday, Sept. 29 at 11AM in the Social Hall.

### Telephone Reassurance is back!

If you know of a Hamden senior who would enjoy a friendly telephone call or information on the center, please

contact Elderly Services at 203-287-2547. Our Telephone Reassurance volunteer would love to make that call! This volunteer is part of the Retired Senior Volunteer Program through the Agency on Aging of South Central CT.

### Miller Melodies

Do you enjoy singing or love music? The Miller Melodies meet Fridays at 10am, unless they are performing off site, beginning in Sept. Plan on having a wonderful time singing and making friends.

### Journeys

Welcome everyone! We meet the third Wednesday of the month. Our next meeting is Wednesday, September 20, 2017 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.

### September is Senior Center Month with the following programs:

- Sept. 6 Jane speaks on the benefits of using "Care Network Link" 11am
- Sept. 7 VNA Community Healthcare to speak on Immunizations, "Fight the Flu & Pneumonia Too" 10:45am
- Sept. 8 CT. Historical Society presents "Fashionable CT. Fashion from 1860 to 1960, 11am
- Sept.13 VNA Exercise programs begin by registration only.
- Sept. 13 Hamden Veterans group meets 1pm
- Sept. 22 Elim Park's Chef presents 11am
- Sept. 27 Miller Association Meeting with the Installation of the Officers 1pm
- Sept. 28 Tim Alvord & his banjo perform in the Social Hall at 11am
- Sept. 29 Senator Logan to visit the senior center at 11am

**Bingo every Tuesday and Friday at 1pm unless there is a special event.** Come enjoy an afternoon of fun with our Bingo crowd at 1pm to 3pm in the Activity Room. Closed holidays. Call us today for more information, (203) 287-2547.



### **The 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 for further information.

### **Stroke Club**

The Stroke Club meets on Thursdays at 1p.m. in the Activity Room. The first Thursday is usually the business meeting. Some Thursdays are off site, please check for their schedule. We are looking for new members! Please contact the Senior Center for more information on joining. 203-287-2547.

### **Exercise Programs:**

**New days added! Exercise to Music is now Tuesday & Thursdays (as long as there is demand) \*Subject to change--at 8:30 to 9:15 in addition to the Wednesdays, at 10:45am. Exercise to Music with Paul:** "Easy to follow low impact aerobic exercises plus stability, balance, flexibility, and abdominal core strengthening work." We are closed holidays (\$3.00 per class paid to instructor). First class is free. Register and payment is done with the instructor.

### **\*\*Tai Chi Classes**

are held every Tuesday and Thursday, 10:45am to 11:45am in the Thornton Wilder Hall. Cost is \$5.00 per class or for a savings, \$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. All participants must have a completed Form 5. Monday reservations must be made no later than noon on Friday the week prior. 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.**

### **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.

### **The Power of Thread**

Do you miss the enjoyment of knitting and crocheting? Now you can enjoy a good time being part of a group of seniors while renewing a great craft. Come share a social time with us every Thursday at 1:00 to 3:00. We are always looking for donation of yarn and knitting & crochet needles. Call Elderly Services to register or to donate at 203-287-2547. We welcome you!

### **VNA COMMUNITY HEALTHCARE PROGRAMS**

Please note that Exercise for Better Balance 9:15-10:15am and Sitercise, 10:30-11:30, will begin on Sept. 13 in the Activity Room. The classes cost is \$15 for residents and \$25 for non residents with capacity of 15 participants. **Space is limited!** Call VNA Community Healthcare at 1-866-474-5230 to register for these programs. Also a Parkinson's Support Group will be announced at a later date, it's expected to start this September. Don't forget the VNA offers the "Ask The Physical Therapist" hours in the nurse's office 12pm to 1pm.

### **Caregiver Support Group—**

Meetings are held the last Tuesday of each month 10am-11am (Free). Register with the VNA Community Healthcare at 203-458-4351. If you eat lunch, don't forget to make your lunch reservations in advance in the cafe –203-287-0057, a Form 5 is required.

### **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-

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.

Mohegan Sun Casino Trips with Arlene are each month as follows: Sept. 25, Oct. 30, and Nov. 27. Call Arlene for details at 203-248-8936.

### AAA Northeast Hamden & Miller Senior Center Presents....

November 8 – 17, 2017 “Reflections of Italy”

Reservations made before May 9, 2017 prices are Dbl \$3,499, Single \$3,949, Triple \$3,469. 10 days\* 13 meals: 8 bkfst, 1 lunch, & 4 dinners.

April 8 – 15, 2018 “America’s Music Cities”, Dbl \$2,999, Single \$3,799, Triple \$2,969 \*\*these prices till Oct. 10, 2017. Contact Agent Lori Soltan: 203-937-2597 x4617 or Agent Maria Torres: 203-937-2597 x4618.

### 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, September 14th, and 28th, 2017 at 6:30pm in the Activity Room. Contact Cheryl 203-248-4343 or

Susan at [shamilton0434@sbcglobal.net](mailto:shamilton0434@sbcglobal.net) for more information.

Veterans 4 Veterans Group Meetings are the 2<sup>nd</sup> Wednesday of the month at 1pm. The next meeting is Wednesday, Sept. 13, 2017. Please call 203-287-2547 for more information.

### AARP Safe Driving 2017




AARP Safe Driving Classes are Fridays at 8:30 to 12:30pm. Registration is taken two weeks prior to class start date. The instructor accepts payment by **check only**. Please have your check made out to AARP for \$15.00 if you have a membership card or nonmembers for \$20.00. Please bring your AARP membership card to complete registration forms. Classes are as follows:  
September 22, 2017 – sign up September 8, 2017, October 27, 2017 – sign up October 13, 2017.

### Farmer’s Market Vouchers

Due to the lack of a state budget being enacted by the General Assembly by July 1, 2017, funding for the Senior Farmers’ Market Nutrition Program (SFMNP) has been effectively eliminated.



**ELDERLY SERVICES: 203-287-2547 SENIOR COMMUNITY CAFE: 203-287-0057**

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Pool 8:30AM Lunch 11:30-12:30 Ask the Physical Therapist 12:00 – 2:00PM Open Cards, Pool &amp; Mah Jongg 12:30-4:00 Bingo 1:00-3:00 Arts &amp; Crafts 1:00-3:00</p>
<p>4 CLOSED FOR LABOR DAY!</p> 	<p>5 Pool 8:30 AM Exercise to Music 8:30-9:15 Yoga 9:30-10:30 Tai Chi 10:45-11:45 Lunch 11:30 Open Cards, Pool &amp; Mah Jongg 12:30-4:00 Bingo 1:00-3:00 Clean up 4:00pm</p>	<p>6 Pool 8:30AM Yoga 9:30-10:30am Exercise for Better Balance 10:45-11:45 Exercise to Music with Paul Nurse 11:15-1:15 Jane speaks 11am Lunch 11:30-12:30 Open Cards, Pool &amp; Mah Jongg 12:30-4:00 Clean up 4:00pm</p>	<p>7 Pool 8:30AM Exercise to Music 8:30-9:15 Yoga 9:30-10:30am Tai Chi – 10:45-11:45 VNA presents 10:45 Lunch 11:30-12:30 Open Cards, Pool &amp; Mah Jongg 12:30-4:00 Stroke Club 1:00-3:00 Knit and crochet 1:00 -3:00 Clean up 4:00pm</p>	<p>8 SAME AS ABOVE PLUS -- 11:30-1:00 CT HISTORICAL FASHION PLUS- Miller Melodies 10am – 11:30am</p> 
<p>11 Pool 8:30AM Yoga 9:30 – 11:30 Open Cards, Pool &amp; Mah Jongg 12:30-4:00 Clean up 4:00</p>	<p>12 SAME AS ABOVE</p>	<p>13 SAME AS ABOVE plus Veterans meeting 1pm-3pm</p>	<p>14 SAME AS ABOVE</p>	<p>15 SAME AS ABOVE</p>
<p>18 SAME AS ABOVE 9/11/17</p>	<p>19 SAME AS ABOVE 9/5/17</p>	<p>20 SAME AS ABOVE 9/6/17</p>	<p>21 SAME AS ABOVE 9/7/17</p>	<p>22 SAME AS ABOVE Plus Elim Park Chef demonstrates 11am</p>
<p>25 SAME AS ABOVE 9/11/17</p>	<p>26 SAME AS ABOVE 9/5/17</p>	<p>27 SAME AS ABOVE 9/6/17</p>	<p>28 SAME AS ABOVE 9/7/17</p>	<p>29 SAME AS ABOVE 9/8/17 PLUS SENATOR LOGAN VISITS THE CENTER!</p>