



# Hamden Senior Citizen News

Volume

Suzanne Burbage, Elderly Services Coordinator  
Elderly Outreach 203-287-2691

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

## October 2022

### Questions about Medicare?

Whether you are new to Medicare and would like to know what your options are, or you are someone already on Medicare and have questions or concerns about your current coverage, we are here to help.

Appointments are being made to meet with a CHOICES counselor to help you understand your Medicare options and to also advocate when issues arise. To learn more, please call Hamden Elderly Outreach at 203-287-2691 and ask for Tom.

Elderly Outreach has grant assistance for eligible Hamden seniors in need of help! Contact (203) 287-2691 for more information.

Share an Hour —Change a Life! Did you know you have neighbors who would love an hour of your time?

The Agency on Aging has a volunteer program for folks over 55 to provide companionship to others in their community, could that be you. For more information call Elly at (203) 785-8533 x3193 and we would love to discuss this wonderful fulfilling opportunity with you. You'd be amazed what 1 hour of your time would mean to someone else.

### Miller Association of Seniors

**The Association will be holding their next meeting is October 26.** Meetings are held the fourth Wednesday of the month at 1pm in the Thornton Wilder Hall/Social Hall. Membership is \$10 per year. **The association needs new board members in order to continue.** Please contact the Center to confirm meetings at (203) 287-2547.

### Energy Assistance For Senior

Please call the **Elderly Outreach at 203-287-2691** to receive information and the documents needed for the Energy Assistance Program. This program begins Monday, October 3, 2022. Must have an appointment.

### Join Un For A Spooky Celebration!!

Monday, October 31 at 11am!! Please call Mon, Tues or Wed 9am-12pm to sign up for our lunch program with our café manager **203-287-0057**. There will be will entertainment and prizes for Best Costume!!

### Mark Your Calendar

Upcoming Hamden Chamber Health Fair with Flu Shot Clinic—Thursday, October 6th, 10AM to 1pm. Health Fair is going to be an outdoor event this year. Location TBD.

### Do you play Pinochle?

Pinochle players are needed for afternoons. Please contact the senior center if you are interested to leave your name and phone number for our players.

Tai Chi Classes are held every Tuesday and Thursday, 10:15 to 11:15am in the Thornton Wilder Hall. Cost is \$10.00 per class. The instructor, Bill Banick has an extensive background and can be reached at (203) 824-0927.

Miller Center's Sewing Group will meet the fourth Monday of each month 1:00-3:30pm In the Activity room. Join the Miller Center's Sewing Group! Come enjoy an afternoon expanding your skills and doing many sewing related projects together. Meeting dates are as follows: Sept. 26, Oct. 24, and Nov.28.

### Miller Melodies

Come join our chorus!! Hamden Seniors (60 and older) Meet Friday's 10am-11am in Thornton Wilder Hall This is a great opportunity to meet new friends and sing some wonderful classics!!!! Please contact the center for more details 203-287-2547.

## Journeys

Welcome everyone to Journeys, a group dedicated to preserving memories of Hamden in times past. **The group meets on the third Wednesday of every month** in the Activity Room at 1:30 P.M. The next meeting is Wed., Oct. 19.. Bring your pictures and memories of Hamden to share, or just enjoy some good conversation. Due to the pandemic, please check with the center to confirm meetings.

## Trips

\*Mohegan Sun Casino Bus Trips To Benefit Abandoned Animals Inc.,.

Contact Arlene for more details at 203-248-8936.

Upcoming Dates 10//24 and 11/28

\*Contact Rosie's Lilly's Tours at 860-584-9496 (Silver Mills closed) for their Fall Foliage upcoming trips and many more!

Friendship Tours, 860-243-1630, 1-800-243-1630;

Tours of Distinction Contact Number- 1-800-426-4324

T and A Tours 203-483-6330

## Transportation for Hamden Seniors

The Hamden Mini Bus is available during center operational hours, 8:30-4:30 Mon thru Friday with 9am to noon on Saturday mornings errand rides. The bus is \$.50 one way or \$1.00 roundtrip. **The minibus is Closed state holidays.** Reservations must be made a week in advance and a client ID is necessary—if you are new then call the dedicated line at **(203) 288-2885** and ask for a client ID. Only 2 reservations may be made at a time. First come, first served. Other means of transportation are as follows:

My Ride at (203) 288-6643

Mary Wade (203) 562-7222

Interfaith Volunteers (203) 230-8994

Greater New Haven Transit (203) 288-6282

Please visit [www.knowhowtogosct.org](http://www.knowhowtogosct.org).

or [www.cttransit.com](http://www.cttransit.com).

## Café Reservations

All participants should be Hamden seniors (60 & older) with a completed Form 5 (at the center) and with reservations. Call the café one week prior after 9AM Wednesdays until noon to make your reservations. Café's number is **(203) 287-0057 or 203-287-2547. Meals are onsite on certain days until we have more demand. The Café mgr. is here for meals Monday, Tuesday, Wednesday 9a.m.-noon,**

**to help with reservations or Form 5s. Please contact us if you are interested in Hamden seniors onsite meals.**

## Exercise to Music & Gentle Yoga

Enjoy exercising to music with Paul. The classes are held in the Thornton Wilder Hall Mondays and Wednesdays at 10AM, closed State holidays. or for special events Gentle yoga begins Fridays , 9am to 10am. Options for seated poses in a chair or on the mat. Please contact Paul at (203) 288-2788 for more information **BEFORE** coming to your first class. **NO CLASSES**, OCT. 10 due to holiday.

## Arts & Crafts for Hamden Seniors

This wonderful class is more than crafting, it is educational. You will be given a project by a facilitator with instructions. It is an advanced class teaching you lifetime art skills. Current session full Call the center at (203) 287-2547 to be added to waiting list..

## Helpful Phone numbers:

\***CHOICES for Medicare** 1-800-994-9422

\***Medicaid —Title 19**

**Dept. of Social Services** 888-748-0507

\***Food—Meals on Wheels** 203-752-9919

\***Connecticut Homecare program for Elders** 800-445-5394

\***Statewide Legal Services of CT** 800-453-3320

\***Info line** 211 or [www.211ct.org](http://www.211ct.org)

\***Alzheimer's Association 24/7 Helpline** 800-272-3900

\***Hamden Public Works** 203-287-2600

\***Hamden Tax Office** –203-287-7140

\***Hamden Assessor** 203-287-7128

\***Elder Justice Hotline** 1-860-808-5555

\***Clelian Adult Day Center 203-288-Partnerships Adult Day Center 203-248-8854**

## Hamden Quilters & Crafters

We welcome new members. The group meets most Thursday evenings from 6:30pm to 9:00pm in the Activity Room at the Senior Center. The next meeting dates for 2022-2023 are as follows: Oct. 13, Oct. 27, Nov. 10, Nov. 17, Dec. 8 and Dec. 15. Need information contact by email Sue, [shamilton0434@sbcglobal.net](mailto:shamilton0434@sbcglobal.net) or call Cheryl at 203-248-4343.

## Homecare Plus (formerly VNA Comm. Healthcare)

Please call Homecare Plus for fall programming

**beginning August 26** for the schedule **(888) 700-6543** or online at [www.ynhh.org/events](http://www.ynhh.org/events) and put in the keywords exercise Hamden. Must be a Hamden senior (60yrs. Or older) Limited enrollment for classes.

Better Balance-Classes are \$30 and are held 10am-11am beginning Sept. 12 on Mon & Wed for 12wks and Easy Dance Fitness is \$15 and begins Sept. 15 on Thursdays.at 11am –12pm in the Activity Room.

**Home Care Plus & Bereavement Support Group**

Home Care Plus is offering two 8 week “Healing Hearts” Bereavement Support groups this fall. Support groups will meet Wednesdays 9/21/22 thru 11/9/22 at the Home Care Plus Hamden Office 2319 Whitney Ave., Ste. 4B, 4th Floor, Hamden, CT. Must register by calling Debbie at 203-453-7663.

**Bulk Tash Pick-up Begins October 1st**

Hamden residents may put bulk trash curbside in front of their homes any time between October 1st and October 31st Please visit [Hamden.com](http://Hamden.com) or the Community board in the Senior Center for a complete list of acceptable/unacceptable items.

**Update from Hamden Public Works**

Recycling household items? Clothing, Coats, Blankets, Shoes, Curtains, Pillows!

You do not have to leave your house! Remember the “Pink Bag” program? Pink bags would be picked up along at the same time (usually) with your green and blue bins?

You can now get your “pink Bags” picked up at your house, only you can use any bag or box! And you just have to call or schedule online

Make an appointment here: <https://simplerrecycling.com/> or call 866-835-5068



## October Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Exercise to Music 10-11am TWH</p> <p>Exercise for Better Balance 10-11am in Activity Room Begins</p> <p>Lunch 11:30-12:30 by reservation only &amp; Form 5</p> <p>Open Cards 1-4pm</p>	<p>4</p> <p>Billiards 8:30am</p> <p>Tai Chi 10:15-11:15am</p> <p>Lunch 11:30-12:30</p> <p>Bingo 1:00-3:00</p> <p>Open card games 1pm—4pm</p>	<p>5</p> <p>Billiards 8:30am</p> <p>Exercise to Music TWH</p> <p>Exercise for Better Balance 10-11am in Activity 10am to 11am</p> <p>Lunch 11:30-12:30</p> <p>Open Cards 1-4pm</p>	<p>6</p> <p>Billiards 8:30am</p> <p>Easy Dance 11-12pm AR</p> <p>Knit/Crochet 1:00-3:00</p> <p>Open Card Games</p> <p>Pinochle players needed. 1pm—4pm</p>	<p>7</p> <p>Billiards 8:30am</p> <p>Gentle Yoga 9am-10am</p> <p>Miller Melodies 10am</p> <p>Bingo 1:00-3:00</p> <p>Arts &amp; Crafts 1pm</p> <p>Open Cards 1-4pm</p>
<p>10</p> <p>CLOSED HOLIDAY</p>	<p>11</p> <p>Billiards 8:30am</p> <p>Tai Chi 10:15-11:15am</p> <p>Lunch 11:30-12:30</p> <p>Bingo 1:00-3:00</p> <p>Open card games 1pm—4pm</p>	<p>12</p> <p>Billiards 8:30am</p> <p>Exercise to Music TWH</p> <p>Exercise for Better Balance 10-11am in Activity 10am to 11am</p> <p>Lunch 11:30-12:30</p> <p>Open card games</p> <p>Open Cards 1-4pm</p>	<p>13</p> <p>Billiards 8:30am</p> <p>Tai Chi 10:15-11:15am</p> <p>Easy Dance 11-12pm AR</p> <p>Knit/Crochet 1:00-3:00</p> <p>Open Card Games</p> <p>Pinochle players needed. 1pm—4pm</p>	<p>14</p> <p>Billiards 8:30am</p> <p>Gentle Yoga 9am-10am</p> <p>Miller Melodies 10am</p> <p>Bingo 1:00-3:00</p> <p>Arts &amp; Crafts 1pm</p> <p>Open Cards 1-4pm</p>
<p>17</p> <p>Billiards 8:30am</p> <p>Exercise to Music 10-11am TWH</p> <p>Exercise for Better Balance 10-11am in Activity Room —Begins</p> <p>Lunch 11:30-12:30 by reservation only &amp; Form 5</p> <p>Open Cards 1-4pm</p>	<p>13</p> <p>Billiards 8:30am</p> <p>Tai Chi 10:15-11:15am</p> <p>Lunch 11:30-12:30</p> <p>Bingo 1:00-3:00</p> <p>Open card games 1pm—4pm</p>	<p>14</p> <p>Billiards 8:30am</p> <p>Exercise for Better Balance 10-11am</p> <p>Exercise to Music TWH 10am to 11am</p> <p>Lunch 11:30-12:30</p> <p>Open card games 1pm—4pm</p>	<p>15</p> <p>Billiards 8:30am</p> <p>Easy Dance Fitness 11-12pm</p> <p>Tai Chi 10:15-11:15am</p> <p>Knit/Crochet 1:00-3:00</p> <p>Open Card Games 1pm—4pm</p>	<p>16</p> <p>Billiards 8:30am</p> <p>Gentle Yoga 9am-10am</p> <p>Miller Melodies 10am</p> <p>Bingo 1:00-3:00</p> <p>Arts &amp; Crafts 1pm</p> <p>Open Card Games 1-4pm</p>
<p>24</p> <p>Billiards 8:30am</p> <p>Exercise for Better Balance 10-11am</p> <p>Activity RM.</p> <p>Exercise to Music 10-11am</p> <p>Lunch 11:30-12:30</p> <p>Open Cards 1-4pm</p>	<p>20</p> <p>Billiards 8:30am</p> <p>Tai Chi 10:15-11:15am</p> <p>Lunch 11:30-12:30</p> <p>Ask The Nurse 11:15am</p> <p>Bingo 1:00-3:00</p> <p>Open card games 1pm—4pm</p>	<p>21</p> <p>Billiards 8:30am</p> <p>Exercise for Better Balance 10-11am</p> <p>Exercise to Music TWH 10am to 11am</p> <p>Lunch 11:30-12:30</p> <p>Open card games 1pm—4pm</p>	<p>22</p> <p>Billiards</p> <p>Easy Dance fitness 11am to 12p in Activity Room</p> <p>Tai Chi 10:15-11:15AM</p> <p>Open card games 1pm—4pm</p> <p>Knit/Crochet 1:00-3:00</p> <p>Open Card Games 1-4pm</p>	<p>23</p> <p>Billiards</p> <p>Gentle Yoga 9am-10am</p> <p>Miller Melodies 10am</p> <p>Open card games 1pm—4pm</p> <p>Bingo 1:00-3:00</p> <p>Arts &amp; Crafts 1pm</p> <p>Open Cards 1-4pm</p>
<p>31</p> <p>Billiards 8:30am</p> <p>Exercise to Music</p> <p>Exercise for Better Balance 10-11am in Activity Room 10-11am</p> <p>Spooky Celebration</p> <p>Lunch 11:30-12:30</p> <p>Open Cards 1-4pm</p>				