

# Hamden Senior Citizen News

Volume

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## March 2023

### **Connecticut Energy Assistance Program**

**(CEAP)**The Elderly Outreach staff at (203) 287-2691 has been taking applications for the 2022-2023 heating season. This is a supplemental heating program which means a portion of your heating source, such as, oil, gas, electric, etc. bill can be paid. You must make an appointment and to receive the list of required documents. The program runs through May. You must reapply each year to receive assistance. Also, any questions on Medicare—please contact Outreach offices.

### **St Patrick's Day!!! March 17**

#### **Green Bagels, Fruit and Coffee 11:30am**

**First come first serve** . Hamden Elderly Outreach will sponsor this event and be available to provide information on programs they administer.

### **Gaylord Specialty Healthcare Presents**

Fall Prevention Seminar Tues March 7th 11am-1130am in the Social Hall. Discussion Identifying fall risks in the home Strategies for fall prevention.

### **A taste of Ireland with Deb March 8th at 1 p.m. in the Social Hall**

Sign up today at the receptionist/administrative desk

Irish soda bread, tea and a video presentation

### **Friday 1 p.m. Bingo has returned**

Welcome back John! You were missed...Just a reminder groups are encouraged to wear masks. Please stay home if you are ill. Call ahead to make sure the Friday is happening due to weather or illnesses. Thank you everyone.

**Elderly Outreach has grant assistance for eligible Hamden seniors in need of help!**  
**Contact (203) 287-2691 for more information and the documents you will need to bring to your appointment.**

**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

### **FREE COVID Vaccination Clinic Sponsored by Griffin Health New Updated Booster**

Wednesday **March 8th 8am-11am** 2901 Dixwell Ave., Hamden in the Thornton Wilder Hall Auditorium. No appointments Needed –All ages 6 months and Older

### **Miller Association of Seniors**

The next member's meeting is Wednesday, March 22, 2023 at 1pm. WE NEED YOU!! The Association is in need of members. Please contact the Center to confirm meetings.

**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.

The next meeting is Monday, March 27, 2023.

### **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., March 15, 2023. Bring



your pictures and memories of Hamden to share, or just enjoy some good conversation. Please check with the center to confirm meetings during winter months.

### **Ask the Nurse Clinic for Hamden seniors!**

Drop in to this free Nursing clinic to: Check your blood pressure; assess your overall health and work to set goals and to discuss how to prepare for a medical appt. 3rd Tuesdays of each month, 11:15am-12:15pm at the Miller Senior Center Nurse office near the café.

### **Trips**

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

Contact Arlene for more details at 203-248-8936. Upcoming Dates: 3/27, 4/24, 5/22, 6/26, 7/31, 8/28, 9/25, 10/30, and 11/27.

\*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

Hamden Adult Ed. Day/Overnight trips 203-407-2028 or [www.hamdenadulted.org](http://www.hamdenadulted.org).

### **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).

### **Power of Yarn —Thursdays at 1P.M.**

Come bring your projects or begin one —we are a knitting or crochet group where everyone becomes a friend while helping each other as we make our gifts or projects. Accepting donations of yarn! Contact Miller Senior Center 203-287-2547

### **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 Monday, Tuesday and Wednesday until we have more demand. The Café mgr. is here for these meal days 9a.m.-noon, to help with reservations or Form 5s. Closed State holidays. 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 , 10:00am to 11:00am—NEW TIME.** 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 class Wed., March 1 or March 8.**

### **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. The current session is 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** 203-288-4151

**Partnerships Adult Day Center** 203-248-8854

\***Golden Days Adult Day Care** 203-859-5054

### **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 meeting dates for 2023 are as follows: Mar. 9, 30, Apr. 13,



27, May 11, 25, June 15, 29, July 13, 27, Aug. 17, 31, Sept. 14, 28, Oct. 12, 26, Nov. 9, 30 and Dec. 14, and Dec. 28, 2023. Need information contact by email Sue, shamilton0434@sbcglobal.net or call Cheryl at 203-530-8857.

### **AARP Free Tax Preparation**

Elderly Services will begin scheduling appointments. Call 203-287-2547 AARP will prepare taxes **Tuesday mornings** February 7th-April 11th.

The following documents are needed:

- \*Social Security number and personal identification
- \*All 2022 income reports that have been received
- \*SSA-1099 Forms (Social Security benefits paid)
- \*All 1099 forms (1099 INT, 1099 DIV, 1099R, 1099B, 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 2022.
- \*Original cost of assets sold during 2022.

### **AARP Driver Safety Class**

The course provides safe driving strategies, effects of medication on driving, proper use of features,



such as seat belts, state rules & regulations for school buses, construction zones and other areas. CT drivers 60 & above receive a multi-year discount on their auto liability insurance. Please bring your AARP card & driver's license to class. Registration by phone, mail or walk-in prior to class. Apr. 4 #3007N AARP Staff NHHS (North Haven HS) rm 106 Tues, 5-9pm. Call to register 203.407.2028 Hamden Adult Ed.

### **Day light Savings Begins!!!!**

**Sunday March 12th!! Turn your clocks ahead 1 hour!!**



## March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Billiards 8:30am Exercise to Music TWH NO CLASS Exercise for Better Balance 10-11am Lunch 11:30-12:30 Open Cards 1-4pm	2 Billiards 8:30am Knit/Crochet 1:00-3:00 Open Card Games Pinochle players needed. 1pm—4pm	3 Billiards 8:30am Gentle Yoga 10-11am 9am-10am Arts & Crafts 1pm Bingo 1pm-3pm Open Cards 1-4pm
6 Exercise to Music 10-11am TWH Exercise for Better Balance 10-11am Last Session Lunch 11:30-12:30 by reservation only & Form 5 Open Cards 1-4pm	7 Billiards 8:30am Tax Assistance 8:30am-11:30am Tai Chi 10:15-11:15am 1Gaylorrd Guest speaker Michelle Topic Fall Prevention 11am Lunch 11:30-12:30 Bingo 1:00-3:00 Open Cards 1-4pm	8 <b>Covid Vaccination Clinic 8am-11am TWH</b> Billiards 8:30am <b>NO</b> Exercise to Music TWH 10:00-12:30 Lunch 11:30am-12:30pm Open Cards 1-4pm Taste of Ireland with Deb 1pm-3pm	9 Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games Pinochle players needed. 1pm—4pm	10 Billiards 8:30am Gentle Yoga 10-11am Bingo 1:00-3:00 Arts & Crafts 1pm Open Cards 1-4pm
13 Exercise to Music 10-11am TWH Lunch 11:30-12:30 by reservation only & Form 5 Open Cards 1-4pm	14 Billiards 8:30am Tax Assistance 8:30am-11:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Bingo 1:00-3:00 Open card games 1pm—4pm	15 Billiards 8:30am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm Journeys 1:30-3 :30	16 Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	17 St Patrick's Day! Billiards 8:30am Gentle Yoga 10-11am <b>Green Bagels and Coffee 11:30-12:30</b> Bingo 1:00-3:00 Arts & Crafts 1pm-3pm Open Cards 1-4pm
20 Exercise to Music 10-11am TWH Lunch 11:30-12:30 by reservation only & Form 5 Open Cards 1-4pm  <u>First Day of Spring!!!</u>	21 Billiards 8:30am Tax Assistance 8:30am-11:30am Tai Chi 10:15-11:15am Ask the Nurse 11:15am-12:15pm Lunch 11:30-12:30 Bingo 1:00-3:00 Open Cards 1-4pm	22 Billiards 8:30am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm Miller Association of Seniors 1pm-3pm	23  Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	24 Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Bingo 1pm-3pm Arts & Crafts 1pm-3pm Open Card Games 1pm—4pm
27 Billiards 8:30am Exercise to Music 10-11am Lunch 11:30-12:30 Open Cards 1-4pm Sewing Club 1pm-3pm	28 Billiards 8:30am Tax Assistance 8:30am-11:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30pm Bingo 1:00-3:00 Open Cards 1-4pm	29 Billiards 8:30am Exercise to Music TWH 10:00-11am Lunch 11:30-12:30pm Open Cards 1-4pm	30 Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	31 Billiards 8:30am Tai Chi 10:15-11:15am Bingo 1pm-3pm Arts & Crafts 1pm-3pm Open Card Games 1pm—4pm