



Hamden Senior Citizen News

Coordinator—Kim Craft
Miller Senior Center 203-287-2547
Elderly Outreach 203-287-2691 Miller Café 203-287-0057
Miller Cafe 203-287-0057 (9am to Noon)

April 2024

Rent Rebate help is Here! Renters' Rebate is a reimbursement program for CT. Renters who are elderly or totally disabled and whose incomes do not exceed certain limits. Renters' rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies. Please contact Elderly Outreach for assistance (203) 287-2691 We will begin taking application April 15th

Hamden Senior Outreach

Please join me in welcoming our two new Outreach Counselors this month!!! Melissa will be starting with us on April 1st and Sue will be starting on April 22nd. They will be a wonderful addition to our Center!!!

I would also like to take this opportunity to thank Patti in our Outreach office! She has done a great job while we have been working to fill these positions!!

Please stop in our Outreach office to set-up an appointment to check on eligibility for benefits.

Line Dancing!!!!

Monday April 1st 15th and 29th

1pm-2pm

Thornton Wilder Hall

Come join us dance the afternoon away!!!! Our Instructor Xan has been teaching for many years in the Greater New Haven area. This program will be offered at no cost for. Call for more info 203-287-2547 or Stop by!!!!

Suggestion Box!! We Want To Know What Programs You Want to See in 2024!!!!

There is a suggestion box at the sign in desk, forms will be available. Tell us what you like and what you don't, tell us what new programs you would like to see implemented. Suggestions can remain anonymous.

Tuesday and Friday 1 p.m. Bingo Don't forget to sign the attendance sheet in Bingo. Also, if you are new to the center, please register with the admin office. In consideration for attendees, arrive on time. Thank you to our volunteer callers and helpers!

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.

Interfaith Volunteers!

Has a new phone number!! 475-257-6538

Interfaith is a community based volunteer organization Providing free transportation to medical appointments.

Interfaith oversees Mae's Closet a convenient way to borrow durable goods/equipment you may need. Contact Mae's directly at (475) 414-8333 or email at MaesCloset@CareNewHaven.org.
Visit Interfaith online: Carenewhaven.org

Don't forget online information:

www.hamden.com; select Departments; Elderly Services

Miller Association of Seniors April 24th

Coffee and donuts will follow the meeting (\$1.50 each) Please contact the Center to confirm meetings. (203) 287-2547. (Please arrive 15-30min early program begin promptly at 1pm)

Musical Entertainment will be provided !!

Miller Center's Sewing Group will meet the fourth Monday of each month. **4/22 1:00-3:30pm** In the Activity room. Join the Miller Center's Sewing Group! Enjoy an afternoon expanding your skills and doing many sewing related projects together.

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 Tuesday of each month 4/16 11:15am-12:15pm at the Miller Senior Center The Nurse office is located near the café.

Trips

***New Partner!! West Haven Senior Center**

<https://www.cityofwesthaven.com/1389/>

Donnas-Destinations

Check the Miller Senior Center Trip Board for Flyers or call Donna MacLennan 203-937-3507

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

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

Upcoming Date: **4/29, 5/20, 6/24, 7/29, 8/26**

*Contact Rosie's Lilly's Tours at 860-584-9496

For upcoming trips.

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

T and A Tours 203-483-6330

Hamden Adult Ed. Day/Overnight trips 203-407-2028 or 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.

or 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! If you have any question please call Miller Senior Center 203-287-2547

Café Reservations

Join us for Lunch!!

All participants should be seniors (60 & older) with a completed Form 5 (at the center) and with reservations. Call the café 9am-noon to make your reservations. Café's number is **(203) 287-0057 or 203-287-2547. Meals are onsite Monday thru Friday 11:30am –12pm. The Café mgr. is onsite to help with reservations or Form 5s. Closed State holidays.**

.Exercise to Music & Gentle Yoga

Paul will be out for several weeks we will have a guest YOGA instructor Wednesday's and Friday's

NO MONDAY CLASSES

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 Fridays , 10:00am to 11:00am** 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.

Yoga with Lyn Wednesday's and Friday's 10-11am

TWH

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.

Exercise for Better Balance and Move to Music

To promote good health through exercise :

Strength Training & Stretching

Flexibility & Balance Training

Monday and Wednesday EBB 9:30-10:30am and

MTM 10:30-11:30

Register by calling YNHH 888-700-6543

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
- ***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 Food Bank

If your household is experiencing food

insecurity please contact the Hamden Food Bank located at the Keefe Center 11 Pine Street 203-562-5129.

Arts and Crafts with Deb from Hamden Rehabilitation Center!!!

4/10 1pm, in Social Hall!!

Limited space available!

Sign up at the front desk!

Thank you to our sponsor!!

Hamden Rehabilitation and Health Center!

Hamden Quilters and 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.

Need information contact by email Sue, shamilton0434@sbcglobal.net



April 2024 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Billiards 8:30am Exercise to Music 10-11am Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>2 Billiards 8:30am Exercise to Music 10-11am TWH Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>3 Billiards 8:30am Yoga to Music 10-11am TWH w/ Lyn Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>4 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Card Games Pinochle players needed. 1pm—4pm</p>	<p>4 Billiards 8:30am Gentle Yoga 10:00-11:15am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm</p>
<p>8 Billiards 8:30am Exercise to Music 10-11am Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>9 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>10 Billiards 8:30am Yoga to Music 10-11am TWH W/ Lyn Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>11 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Card Games Pinochle players needed. 1pm—4pm</p>	<p>12 Billiards 8:30am Yoga 10:00-11:15am Lunch 11:30-12pm Bingo 1pm-3pm Open Card Games 1pm—4pm</p>
<p>15 Billiards 8:30am Lunch 11:30-12:00 Exercise to Music 10-11AM Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>16 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>17 Billiards 8:30am Exercise to Music TWH 10-11am w/ Lyn for Better Balance 9:30-10:30am Lunch 11:30-12:00pm Open card games 1pm—4pm</p>	<p>18 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm</p>	<p>19 Billiards 8:30am Yoga 10:00-11:15am Lunch 11:00-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm</p>
<p>22 Billiards 8:30am Exercise to Music 10-11am Lunch 11:30-12:00 Open Cards 1-4pm</p>	<p>23 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>24 Billiards 8:30am Yoga to Music TWH 10am to 11am w/ Lyn Exercise for Better Balance 9:30-10:30am Miller Association 1pm Lunch 11:30-12:00 Open card games 1-3pm</p>	<p>25 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm</p>	<p>26 Billiards 8:30am Yoga 10:00-11:15am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm</p>
<p>29 Billiards 8:30am Exercise to Music 10-11am TWH Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm</p>	<p>30 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm</p>			