



# 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)

## June 2026

### **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 1st

### **Hamden Senior Outreach**

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

### **Line Dancing**

Every Monday 1-2pm  
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. Call for more info 203-287-2547 or Stop by!!!!

### **Suggestion Box**

**We Want To Know What Programs**

**You Want to See at Hamden Senior Services**

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](mailto:MaesCloset@CareNewHaven.org).

**Visit Interfaith online: [Carennewhaven.org](http://Carennewhaven.org)**

**Don't forget online information:**

**[www.hamden.com](http://www.hamden.com); select  
Departments; Elderly Services**

### **Miller Center's Sewing Group**

will meet the fourth Monday of each month. **1:00-3:30pm 6/22** 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: 6/9 6/23 check

your blood pressure; assess your overall health and work to set goals and to discuss how to prepare for a medical appt. 11:15am-12:15pm at the Miller Senior Center The Nurse office is located near the reception desk

### **Trips**

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: **Last Monday of each month**

\*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.hamdenadulthood.org](http://www.hamdenadulthood.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 (475) 257-6538

Greater New Haven Transit (203) 288-6282

Please visit [www.knowhowtogoscct.org](http://www.knowhowtogoscct.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! If you have any questions 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 manager is onsite to help with reservations or Form 5s. Closed State holidays. **Suggested donation is \$3.00**

### **Exercise to Music & Gentle Yoga with**

Paul Monday, Wednesday and Friday  
Enjoy exercising to music with Paul. The classes are held in the Thornton Wilder Hall Mondays and Wednesday's Gentle Yoga on Friday closed State holidays. or for special events **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. **NO CLASS** on state holidays or during special events, 10:00 am to 11:00 am: If Hamden Public Schools are closed or delayed due to weather, class is canceled for that day.

### **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.

### **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 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.

### Pickleball?

Who is interested in a friendly game of indoor Pickleball. Stop by or give us a call and let us know! 203-287-2547

We want to see if there is enough interest to add to Our monthly calendar.

### 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 Sue by email or phone [shamilton@hamden.com](mailto:shamilton@hamden.com) 203-287-2691

### 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. June 17th. 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.

*Crafts sponsored by Atria at Larson Place and Always Best Care Wednesday June 10th 1pm In Social hall.*



## June 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Billiards 8:30am Exercise to Music 10-11am w/Paul Exercise for Better Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm	<b>2</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open Cards 1-4pm	<b>3</b> Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open Cards 1-4pm	<b>4</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	<b>5</b> Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm
<b>8</b> Billiards 8:30am Exercise to Music 10-11am w/Paul Exercise for Better Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm	<b>9</b> Billiards 8:30am Tai Chi 10:15-11:15am Ask the Nurse 11:15am Lunch 11:30-12:00 Bingo 1:00-3:00 Open card games 1pm—4pm	<b>10</b> Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open Cards 1-4pm	<b>11</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	<b>12</b> Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm
<b>15</b> Billiards 8:30am Exercise to Music 10-11am w/Paul Exercise for Better Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm	<b>16</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm	<b>17</b> Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open Cards 1-4pm	<b>18</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	<b>19</b> Closed Juneteenth
<b>22</b> Billiards 8:30am Exercise to Music 10-11am w/Paul Exercise for Better Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm	<b>23</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Ask the Nurse 11:15-12:15pm Bingo 1:00-3:00 Open Cards 1-4pm	<b>24</b> Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00	<b>25</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	<b>26</b> Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm
<b>29</b> Billiards 8:30am Exercise to Music 10-11am w/Paul Exercise for Better Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm	<b>20</b> Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Bingo 1:00-3:00 Open Cards 1-4pm	 <p style="font-size: 2em; color: orange; font-family: cursive;">Summer</p>		