



Hamden Senior Citizen News

Volume 3456

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DECEMBER 2019

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 follow in the Social Hall. The next meeting will be offsite, The Holiday Party will be at Cascade's in Hamden. Wednesday, Dec. 11th, noon, Tickets are \$25 members and \$30 for nonmembers. The January meeting will be on the 22nd with the showing of a DVD - Terry Fator.

Miller Melodies

Do you enjoy singing or love music? The Miller Melodies meet Fridays at 10am at the center unless they are performing off site or a special event is planned. Plan on having a wonderful time singing and making friends. Come meet our new Pianist!

Journeys

Welcome everyone! We meet the third Wednesday of the month. Our next meeting is Wednesday, December 18, 2019 at 1:30p.m. Weather permitting. Don't forget to bring in your articles or pictures of old Hamden to share with the group. Come meet new friends while having a great time sharing the history of Hamden.

****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 new Activity Room. Closed holidays and special event dates noted above. Call us today for more information, (203) 287-2547. **** Must be a Hamden senior 60 yrs. or older to participate. NO BINGO on December 6th and 24th.**

Energy Assistance through Elderly Outreach office

(203) 287-2691. Please contact Elderly Outreach to receive information on the required documents for this program. The office hours are 8:30am to 4:30pm, Monday through Friday. We are closed for State Holidays.

Closings due to Weather Conditions

When the Miller Senior Center has programs cancelled it will be on the scroll bar at the bottom of the news channel. Also, when the meal program is cancelled, on WTNH Channel 8, it will say "Lifebridge Sites Closed". The Miller Senior Center posts their notifications on Channel 8 WTNH, FOX61 and WFSB Channel 3 in the early AM before the center opens. The notifications will say "Miller Senior Center or Hamden Senior Center All Activities cancelled." Please use your judgement when it comes to weather conditions and make sure your entrance/exits are serviced for safety.

Veterans 4 Veterans Group Quarterly meetings are the 2nd Wednesday of the month at 1pm. The meeting will be held on Wednesday, December 11th, at 1pm in the Activity Room for a little holiday fun. Please call the center for reservations at 203-287-2547. (Weather Permitting)

Holiday Senior Gathering on Friday, December 6th, 11am to 2pm!

We will be selling tickets for our Hamden senior holiday gathering beginning Monday, November 4th. Tickets are for Hamden Seniors at \$5.00 per person and \$7.00 for nonHamden seniors if there is availability. A Form 5 is required. Please have the exact amount for the ticket. A special meal

will be prepared by the traveling chef. The holiday party will feature the Miller Melodies with a sing along and Rebecca on the Harp. The party will have a special guest—ho, ho, ho and is sponsored by our friends at the Hamden Chamber 's Health and Wellness Committee.

Accepting gifts for the Hamden seniors in the box located in the lobby / entry way. Gifts such as hand sanitizers, tissues, large word puzzle books, hats, gloves, blankets, toiletry items, and hand lotions are welcomed! Thank you for making a seniors holiday special.

Exercise Programs:

****Exercise to Music is Tuesday & Thursdays with Paul in the Thornton Wilder Hall at 9:30 AM to 10:20 AM:** “Easy to follow low impact aerobic exercises plus stability, balance, flexibility, and abdominal core strengthening work.” First class is free. The registration and payment of \$5.00 is done directly 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 in the mornings. Classes will be Monday 9:30am – 10:30am, Wednesday, 9:30am and Friday class at 8:30am -9:30am. No classes on state holidays or during special events. No yoga Dec. 6th. Please check with the instructor regarding details on the classes and possible changes in schedule –email; rvashi29@juno.com. NO Yoga on Friday, Dec. 6 due to annual party.

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 for 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. 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. Please note holiday hours.

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 to 3pm in the Social Hall. There is a small fee for some classes. Please call the center at 203-287-2547 for further information and to register. Class size is limited. **Donations welcomed, craft items, yarn, beads, etc.** Please join us and learn some great hobbies while helping decorate your center. No class Nov. 1 or Nov. 29th.

The Power of Yarn

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 or crochet needles. Call Elderly Services to register or to donate at 203-287-2547. We welcome you!

Parkinson’s Support Group sponsored by VNA Community Healthcare & Hospice:

The VNA Community Healthcare & Hospice presents a Parkinson’s Support Group which meets the third Monday of each month, 1pm to 2pm at the Hamden Miller Senior Center, 2901 Dixwell Avenue, Hamden. Join us to share your experiences, challenges and concerns, and for exercises to improve strength, balance and flexibility. Please call 1-866-474-5230 (toll free) to register.

Caregiver Support Group—Meetings are held the last Tuesday of each month 10am-11am (Free). No meeting in December. Register with the VNA Community Healthcare at 866-474-5230.

Hamden Senior Mini Bus Transportation

Please call, during business hours. Medical appointments and reservations may be reserved up to **ONE WEEK** in advance. Reservations are made by calling 203-288-2885. Rides are for medical and errands only. 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.** Please remember your



client ID for any reservation. **No more than 2 reservations per call.** First come, First served.

Trips

T& A Tours—Call 203-483-6330 or 800-967-1993.

See the board for trips or contact the agency.

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.

Precious Moment Tours, LLC.

Call Richard at (860) 508-3787 and ask about the many trips he has to offer!

Mohegan Sun Casino Trips with Arlene to benefit Abandon Animals, Inc. are each end of the month.

The trips for 2020 are as follows: Mondays: Jan. 27, Feb. 24, Mar. 30, Apr. 27, June 1 & 29, Jul. 27, Aug. 31, Sept. 28, Oct. 26 and Nov. 30. Contact Arlene for details and to confirm date at 203-248-8936.

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 dates for 2019 are as follows: Dec. 5 & 12 (Holiday party in the Social Hall). Contact Cheryl 203-248-4343 or Susan at shamilton0434@sbcglobal.net for more information. Meetings are held at 6:30-8:30pm.

Baking with Love

Join Elaine for some delicious new recipes that anyone can make! It is hard to cook for one or two people without having leftovers for a week. Elaine will show you some meal ideas in this 6 week course. Class is limited to 16 people. Classes are Mondays on the following dates: The Dec. 16 Class is an offsite Holiday party at Elim Park, participants of the Baking Club must be signed up in advance two weeks prior or Dec. 5th. (Weather Permitting) Future classes may resume in spring.



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Billiards / Pool 8:30 Yoga / 9:30-10:30 Book Club 10-11 Lunch 11:30 Open Card Games 12:30 –4:00 Baking Class At 1:00pm Clean up 4:00pm</p>	<p>3 Billiards / Pool 8:30 AM 9:30-10:30 Exercise to music 10:45-11:45 Tai Chi Lunch 11:30 Open Cards, Pool & Mahjong 12:30-4:00 Bingo 1:00-3:00 Clean up 4:00pm</p>	<p>4 Billiards / Pool 8:30AM Exercise for Better Balance 9:15 Yoga 9:30 – 10:30 Sitercise 10:30 Nurse 11:15-1:15 Lunch 11:30-12:30 Open Cards, Pool & Mahjong 12:30-4:00 Clean up 4:00pm</p>	<p>5 Billiards / Pool 8:30 AM Exercise to music 10:45-11:45 Tai Chi Open Cards, Pool & Mahjong 12:30-4:00 Knit/Crochet 1:00- 3:00 Clean up 4:00pm</p>	<p>6 Billiards / Pool 8:30AM NO PROGRAMS DUE TO ANNUAL HOLIDAY PARTY BY RESERVA- TION !</p>
<p>9 Billiards / Pool 8:30 Yoga / 9:30-10:30 Book Club 10-11 Lunch 11:30 Open Card Games 12:30 –4:00 Clean up 4:00pm</p>	<p>10 Billiards / Pool 8:30 AM Exercise to music 10:45-11:45 Tai Chi Lunch 11:30 Open Cards, Pool & Mahjong 12:30-4:00 Bingo 1:00-3:00 Clean up 4:00pm</p>	<p>11 Billiards / Pool 8:30AM Exercise for Better Balance 9:15 Yoga 9:30 – 10:30 Sitercise 10:30 Nurse 11:15-1:15 Lunch 11:30-12:30 Open Cards, Pool & Mahjong 12:30-4:00 Veterans 1:00-2:30 Clean up 4:00pm</p>	<p>12 Billiards / Pool 8:30 AM Exercise to music 10:45-11:45 Tai Chi Open Cards, Pool & Mahjong 12:30-4:00 Knit/Crochet 1:00- 3:00 Clean up 4:00pm</p>	<p>13 Billiards / Pool 8:30AM Yoga 8:30 Miller Melodies Practice 10 to 11:30 Lunch 11:30-12:30 Open cards 12:30- 4:00pm Arts & Crafts 1:00-3:00 Bingo 1:00-3:00 Open Card Games 12:30-4 Clean up at 4:00pm</p>
<p>16 SAME AS ABOVE 12/2/2019 BAKING CLUB PARTY AT ELIM PARK</p>	<p>17 SAME AS ABOVE 12/3/2019</p>	<p>18 SAME AS ABOVE 12/4/2019</p>	<p>19 SAME AS ABOVE 12/5/2019</p>	<p>20 SAME AS ABOVE 12/6/19</p>
<p>23 SAME AS ABOVE 12/2/2019</p>	<p>24 SAME AS ABOVE 12/32019</p>	<p>25 CLOSED FOR CHRISTMAS!</p>	<p>26 SAME AS ABOVE 12/5/19</p>	<p>27 SAME AS ABOVE 12/6/2019</p>
<p>30 SAME AS ABOVE 12/22019</p>	<p>31 SAME AS ABOVE 12/3/2019</p>			