

Hamden Senior Citizen News

Volume

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

June 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.

Grant Assistance —Elderly Outreach is here to help you with grant assistance. Call today to make an appointment or to see if you qualify for any assistance (203) 287-2691.

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 see Elderly Outreach for assistance (203) 287-2691.

Miller Association of Seniors

The Association will be holding their luncheon on Wednesday, June 22nd 1pm at Café Amici 1640 Whitney Ave Hamden.

Tickets are \$25 and will be available at the Miller Senior Center.

Meetings are held the fourth Wednesday of the month at 1pm in the Thornton Wilder Hall. Membership is \$10 per year and will be waived until further notice. Please contact the center to confirm meetings at (203) 287-2547. The Association will take a summer hiatus meetings will resume in September.

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 203-287-2547.

Ice Cream Social Sponsored by Cigna

Plan on joining Chris and the Cigna team for an ice cream in the social hall on Tuesday, June 14 at 11:30 to 1pm.

Miller Melodies Love music and good friends?... Then join Hamden Miller Melodies Chorus Friday's 10am-11:30 at the Miller Senior Center Please contact the center for more Information 203-287-2547

Hamden Library & the Digital Navigator program is available for Hamden residents. Do you need affordable internet or is technology complicated, have a need for an internet connection? As a senior, if are you having difficulty with the DMV system*, please contact the library at 959-261-0689 to set up an appointment with a digital navigator. * You will need an email address for the DMV services.

Don't forget to take part in the many library programs and have their newsletter emailed to you too! Visit the Friends of the Library book store for some great book buys! **Call the Library today at (203) 287-2686** with questions or information.

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: May 23 June 27, July 25, and Aug. 22nd.

Bingo!

Bingo is Tuesday & Fridays at 1pm to 3pm, except on special event days. Must be a Hamden Senior (60yrs and older). Weather permitting! Contact the center with any questions.

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 15. 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 future meetings.

Trips

*Mohegan Sun Casino Bus Trips To Benefit Abandoned Animals Inc.,. Contact Arlene for more details at 203-248-8936. 5/23 6/27 7/25
*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. 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, don't forget there is also My Ride at (203) 288-6643, or Mary Wade (not for Medicaid) at (203) 562-7222, or Interfaith Volunteers (203) 230-8994. Please visit www.knowhowtogoscct.org or www.cttransit.com.

Café Reservations

All participants should be Hamden seniors (60 & older) with a completed Form 5 (at the center) and with reservations. At this time, this program offers a frozen meal, 5meals per box, for pickup 1x a week. Call the café one week prior on and after 9AM during Mon. thru Friday, no later than noon. Café's number is **(203) 287-0057 or 203-287-2547. We are hoping to start onsite meals soon. The Café mgr. is here Wednesday AMs. Please contact us if you are interested in attending in person.**

Exercise to Music

Enjoy exercising to music with Paul. The classes are held in the Thornton Wilder Hall Mondays and Wednesdays at 10AM, closed State holidays. Please contact Paul at (203) 288-2788 for more information **BEFORE** coming to your first class.

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
***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** 1-860-808-555

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: 5/12/22, 5/26/22, 6/9/22, 6/23/22, 7/14/22, 8/11/22, 8/25/22. Need information contact by email Sue, shamilton0434@sbcglobal.net or call Cheryl at 203-248-4343.

Hamden Housings

Hamden Housing Authority 203-248-9036

Davenport Dunbar Housing 203-248-1445

Adult Day Services

Adult Day Centers provide a variety of health, social and therapeutic services during the day for adults with functional impairments. Transportation and noon meals included.

Partnerships Adult Day Center 203-248-8854

Clelian Adult Day Center 203-288-4151

Covid 19 Boosters

Please reach out to your local drugstore to arrange the booster shot as follows:

Walgreens 1-800-250-5823

Rite Aide-1-800-748-3243

Stop and Shop Pharmacy 203-248-9631

United Way 211 or www.211ct.org

Mark your calendars! Upcoming annual picnic.

We will be having the annual picnic on Friday,

Aug. 19 11am to 3pm. This will be a pizza event outdoors or in the auditorium. The event will be free for Hamden seniors (ID may be asked). The tickets will be available Tuesday, July 19 at the center for

Hamden seniors. We can not give more than one ticket per person due to limited seating.

BOBCAT STRIDE

Need a warm, dry place to add some more movement to your day?

Quinnipiac University invites you and your residents/clients to become a member Bobcat Stride!

Their North Haven Campus will be open for indoor walking from 6am to 8am Mondays, Wednesdays and Fridays. (1/4 mile route)

For sign up information contact Karla Natale at karla.natale@qu.edu. Program registration is required.


Are you ready for this jelly?

How new discoveries about jellyfish could shape our world. This free Zoom (virtual event) is presented by Lauren Mellenthin, is free and open to the public.

Registration is required online

www.hamdenlibrary.org (click Programs) or call (203) 287-2680. The date is Tuesday, June 14, 6:30pm to 7:30pm. The program is presented by the Hamden Public Library in cooperation with the Yale Peabody Museum Speakers Bureau

June 2022 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Billiards 9am-11:30am Exercise to Music TWH 10am to 11am 10-11:30am Open card games 1pm—4pm	2 Billiards 9am-11:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	3 Billiards 9am Miller Melodies 10am-11:30am TWH Bingo 1:00-3:00 Arts & Crafts 1pm Open Card Games 1-4pm
6 Billiards 9am-11:30am Exercise to Music 10-11am Open card games 1pm—4pm D-DAY	7 Billiards 9am-11:30am Tai Chi 10:15-11:15am Bingo 1:00-3:00 Open card games 1pm—4pm	8 Billiards 9am-11:30am Exercise to Music TWH 10am to 11am Open card games 1pm—4pm	9 Billiards 9am-11:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	10 Billiards 9am Miller Melodies 10am-11:30am TWH Bingo 1:00-3:00 Arts & Crafts 1pm be Open Card Games 1-4pm
13 Billiards 9am-11:30am Exercise to Music 10-11am Open card games 1pm—4pm	14 FLAG DAY Billiards 9am-11:30am Tai Chi 10:15-11:15am Ice Cream Special by Cigna 11:30-1pm Bingo 1:00-3:00 Open card games 1pm—4pm	15 Billiards 9am-11:30am Exercise to Music TWH 10am to 11am Open card games 1pm— 4pm	16 Billiards 9am-11:30am Tai Chi 10:15-11:15AM Open card games 1pm—4pm Knit/Crochet 1:00-3:00	17 HAPPY FATHERS DAY JUNE 19 Billiards 9am-11:30am Miller Melodies 10am-11:30am TWH Open card games 1pm—4pm Bingo 1:00-3:00 Arts & Crafts 1pm
20 Closed Juneteenth	21 Billiards 9am-11:30am Tai Chi 10:15-11:15am Bingo 1:00-3:00 Open card games 1pm—4pm	22 Billiards 9am-11:30am Exercise to Music TWH Open card games 1pm— 4pm	23 Billiards 9am-11:30am Tai Chi 10:15-11:15AM Open card games 1pm—4pm Knit/Crochet 1:00-3:00	24 Billiards 9am-11:30am Miller Melodies 10am-11:30am TWH Open card games 1pm—4pm Bingo 1:00-3:00 Arts & Crafts 1pm p
27 Billiards 9am-11:30am Exercise to Music 10-11am Miller Sewing Group 1-3:30 Open card games 1pm—4pm	28 Billiards 9am-11:30am Tai Chi 10:15-11:15am Bingo 1:00-3:00 Open card games 1pm—4pm	29 Billiards 9am-11:30am Exercise to Music TWH 10am to 11am Open card games 1pm— 4pm	30 Billiards 9am-11:30am Tai Chi 10:15-11:15AM Open card games 1pm—4pm Knit/Crochet 1:00-3:00	