

# Hamden Senior Citizen News

Volume

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Elderly Outreach 203-287-2691

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

## December 2022

### **Annual Holiday Party**

The Hamden Health Council will be sponsoring the holiday party on Friday, Dec. 9 at 11:30 to 2pm in the Thornton Wilder Hall Auditorium. Hamden Seniors can purchase tickets for \$10.00 per person beginning Nov. 14. A menu choice of Chicken Francese or Stuffed Sole will be made when the ticket is purchased. Please note there will be no refunds and tickets are nontransferable. Limited tickets available. A special guest will attend to launch our holidays! **Reservations and tickets can be obtained through the administrative offices only. ID may be asked to confirm Hamden senior residency.**

### **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. It's open enrollment — now to Dec. 7. To learn more, please call Hamden Elderly Outreach at 203-287-2691 and ask for Tom or Nicole.

**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 and we would love to discuss this wonderful fulfilling opportunity with you. You'd be amazed what 1 hour of your time would mean to someone else.

### **Miller Association of Seniors**

**Update: The holiday party will be held at Bellinis on Dec. 7 — tickets are for sale for \$35 per person with membership and \$45 per person without membership. Please attend the meetings to purchase a ticket. (subject to availability)** Please contact the Center to confirm meetings at (203) 287-2547.

**Miller Melodies will not be meeting until further notice.** Please check back with us in 2023. Call 203-287-2547.

### **Energy Assistance For Senior**

Please call the Elderly Outreach at 203-287-2691 to receive information and the list of documents needed for the Energy Assistance Program. . Must have an appointment.

### **Mark Your Calendar** **Do you play Pinochle?**

Pinochle players are needed for afternoons. Please contact the senior center if you are interested to leave your name and phone number for our players.

**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 date for Dec will be Monday, the 19th.

### **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., November 16th .. 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 meetings.

### **Trips**

\*Mohegan Sun Casino Bus Trips To Benefit Abandoned Animals Inc.,.  
Contact Arlene for more details at 203-248-8936.  
Upcoming Date: 11/28

\*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. **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).

### **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 on certain days until we have more demand. The Café mgr. is here for meals Monday, Tuesday, Wednesday 9a.m.-noon, to help with reservations or Form 5s. 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 , 9am to 10am. 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 CLASSES**, OCT. 10 due to holiday.

### **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..

### **Gnome Wine Topper with Deb from Whitney Rehab**

Signup for the wine topper craft on Wed., Dec. 14 at 1:00 p.m. Reserve your spot today—space is limited.  
Call the center at (203) 287-2547.

### **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

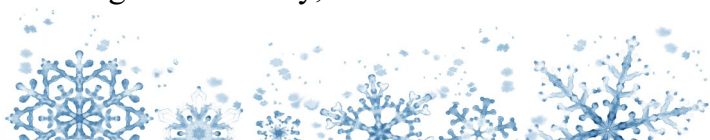
\***Hamden Assessor** 203-287-7128  
\***Elder Justice Hotline** 1-860-808-5555  
\***Clelian Adult Day Center** 203-288-4151  
**Partnerships Adult Day Center** 203-248-8854  
**Golden Days Adult Day Care** 203-859-5054

### **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 next meeting dates for 2022-2023 are as follows: Nov. 17, Dec. 8 and Dec. 15. Need information contact by email Sue, [shamilton0434@sbcglobal.net](mailto:shamilton0434@sbcglobal.net) or call Cheryl at 203-248-4343.

### **Sewing Club at Miller Senior Center**

Come enjoy and afternoon expanding your skills and doing many sewing related projects together. The sewing club meets the fourth Monday of the month at 1PM, except during holidays. Upcoming meetings are Monday, Nov. 28 and Dec. 19.



### **Silverbells Holiday Festival December 10,2022**

Thornton Wilder Hall/Hamden Library  
Town Center Park 2901 Dixwell Ave. 1pm-5pm  
Free Lunch with Mr. Clause, Hayrides, Holiday Craft, Caroling, Puppet Vendors, Tree Lighting, Pictures with Santa and So Much More!

### **AARP Free Tax Preparation Begins February 7th**

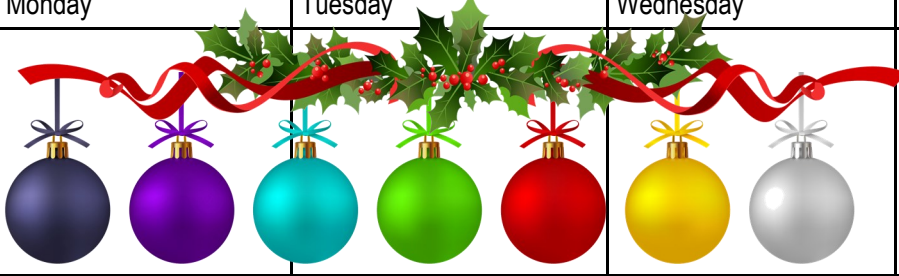
Elderly Services will begin scheduling appointments January 16th. Call 203-287-2547  
AARP will prepare taxes Tues and Friday mornings February 7th-April 11th.

### **Reminder regarding Snow Removal!**

Don't forget to have your vendor or snow removal company situated for shoveling. Check the Advisor or look in the local papers for snow plowing services.



## December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>Billiards 8:30am Easy Dance 11-12pm AR Knit/Crochet 1:00-3:00 Open Card Games Pinochle players needed. 1pm—4pm</p>	<p>2</p> <p>Billiards 8:30am Gentle Yoga 9am-10am Bingo 1:00-3:00 Arts &amp; Crafts 1pm Open Cards 1-4pm</p>
<p>5</p> <p>Exercise to Music 10-11am TWH Exercise for Better Balance 10-11am in Activity Room Begins Lunch 11:30-12:30 by reservation only &amp; Form 5 Open Cards 1-4pm</p>	<p>6</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>7</p> <p>Billiards 8:30am Exercise to Music TWH Exercise for Better Balance 10-11am in Activity LAST CLASS Lunch 11:30-12:30 Miller Association luncheon off site by reservation Open card games Open Cards 1-4pm</p>	<p>8</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Easy Dance 11-12pm AR LAST CLASS Knit/Crochet 1:00-3:00 Open Card Games Pinochle players needed. 1pm—4pm</p>	<p>9</p> <p>Billiards 8:30am</p> <p>Holiday Party Thornton Wilder Hall 11:30 to 2pm by ticket reservation only</p> <p>No PM programs due to party</p>
<p>12</p> <p>Billiards 8:30am Exercise to Music 10-11am TWH Lunch 11:30-12:30 by reservation only &amp; Form 5 Open Cards 1-4pm</p>	<p>13</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>14</p> <p>Billiards 8:30am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Gnome Wine Topper Craft 1pm—3pm by reservation Open card games 1pm—4pm</p>	<p>15</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm</p>	<p>16</p> <p>Billiards 8:30am Gentle Yoga 9am-10am Bingo 1:00-3:00 Arts &amp; Crafts 1pm Open Card Games 1-4pm</p>
<p>19</p> <p>Billiards 8:30am</p> <p>Exercise to Music 10-11am Lunch 11:30-12:30 Open Cards 1-4pm Sewing Club 1pm-3pm</p>	<p>20</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Ask The Nurse 11:15am Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>21</p> <p>Billiards 8:30am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm</p>	<p>22</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm</p>	<p>23</p> <p>Billiards Gentle Yoga 9am-10am Open card games 1pm—4pm Bingo 1:00-3:00 Arts &amp; Crafts 1pm Open Cards 1-4pm</p>
<p>26</p> <p>CLOSED!</p>	<p>27</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:30 Ask The Nurse 11:15am Bingo 1:00-3:00 Open card games 1pm—4pm</p>	<p>28</p> <p>Billiards 8:30am Exercise for Better Balance 10-11am Exercise to Music TWH 10am to 11am Lunch 11:30-12:30 Open card games 1pm—4pm</p>	<p>29</p> <p>Billiards 8:30am Tai Chi 10:15-11:15am Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm</p>	<p>30</p> <p>Billiards 8:30am Gentle Yoga 9am-10am Bingo 1:00-3:00 Arts &amp; Crafts 1pm Open Cards 1-4pm</p>