

# Hamden Senior Citizen News

Volume

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## February 2023

### **Connecticut Energy Assistance Program (CEAP)**

The Elderly Outreach staff at (203) 287-2691 have been taking applications for the 2022-2023 heating season. This is a supplemental heating program which means a portion of your heating source, such as, oil, gas, electric, etc. bill can be paid. You must make an appointment and to receive the list of required documents. The program runs through May. You must reapply each year to receive assistance.

### **Valentines Day Button Making Card with Deb/ Hamden Rehabilitation & Health Care**

On Wed., Feb. 8 at 1pm Deb will be doing a Valentines Card. Limited reservations. Please contact the center at 203-287-2547.

**Friday Bingo Returns** Welcome back John! You were missed....Friday, Feb. 24 at 1pm bingo returns. Just a reminder groups are encouraged to wear masks. Please stay home if you are ill. Call ahead to make sure the Friday is happening due to weather or illnesses. Thank you everyone.

**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**

The next member's meeting is Wednesday, Feb. 22, 2023 at 1pm. WE NEED YOU!! The Association is in need of board members to continue it's programs. Please contact the Center to confirm meetings or discuss available board positions at (203) 287-2547.

**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. The next meeting is Monday, Feb. 27, 2023.

### **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., February 15, 2023. 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.

### **Exercise for Better Balance**

Sponsored by the Town of Hamden Elderly Services : Available for Hamden Seniors (age 60 yrs. & over)  
DATE: Mon. & Wed., Jan. 18—Mar. 6  
(no classes Mon, Feb. 13 or Mon., Feb. 20)  
TIME: 10:00—11:00 A.M.  
LOCATION: Miller Senior Center, 2901 Dixwell Ave.  
REGISTRATION: Call 888.700.6543 to register or

online at [YNHH.org/events](http://YNHH.org/events) (keywords: exercise Hamden)

**REGISTRATION BEGINS \*12/19/22\***

**COST: \$15 FOR SERIES**

### **Trips**

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

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

Upcoming Dates: 1/30/23, 2/27, 3/27, 4/24, 5/22, 6/26, 7/31, 8/28, 9/25, 10/30, and 11/27.

\*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

Hamden Adult Ed. Day/Overnight trips 203-407-2028 or [www.hamdenadulted.org](http://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](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 , 10:00am to 11:00am—NEW TIME.** 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.

**Possible make up class and Intergenerational exercise class in the works for Friday, Jan. 6.**

### **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](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 meeting dates for 2023 are as follows: Jan. 12, 26, Feb. 9, 23, Mar. 9, 30, Apr. 13, 27, May 11, 25, June 15, 29, July 13, 27, Aug. 17, 31, Sept. 14, 28, Oct. 12, 26, Nov. 9, 30 and Dec. 14, and Dec. 28, 2023. Need information contact by email Sue, [shamilton0434@sbcglobal.net](mailto:shamilton0434@sbcglobal.net) or call Cheryl at 203-530-8857.

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

Elderly Services will begin scheduling appointments **January 17th**. Call 203-287-2547 AARP will prepare taxes **Tuesday mornings** February 7th-April 11th.

The following documents are needed:

- \*Social Security number and personal identification
- \*All 2022 income reports that have been received
- \*SSA-1099 Forms (Social Security benefits paid)
- \*All 1099 forms (1099 INT, 1099 DIV, 1099R, 1099B, 1099 MISC., etc.)
- \*W-2 forms from each employer.
- \*Unemployment compensation forms.
- \*All forms that indicate Federal and / or CT income taxes were paid for 2022.
- \*Original cost of assets sold during 2022.

### **AARP Driver Safety Class**

The course provides safe driving strategies, effects of medication on driving, proper use of features, such as seat belts, state rules & regulations for school buses, construction zones and other areas. CT drivers 60 & above receive a multi-year discount on their auto liability insurance. Please bring your AARP card & driver's license to class. Registration by phone, mail or walk-in prior to class. Apr. 4 #3007N AARP Staff NHHS (North Haven HS) rm 106 Tues, 5-9pm. Call to register 203.407.2028 Hamden Adult Ed.

### **Connecticut Tech Act Project**

Assistive Technology Loan Program (ATLP)

ATLP is a financial loan to help purchase AT devices and services which can be repaid at a lower monthly fee. Any individual with a disability that permanently affects the major life activity and who has been a resident of Connecticut for at least one year, or parents, guardians, family members or legal representative of the person with a disability can apply for a loan.

ATLP can be used for a broad range of assistive technology devices and services such as: wheelchairs, scooters, hearing aides, minor home modification equipment, i.e., ramps or stair lifts, modified or adapted motor vehicles, or evaluations or training for an AT device. Loan amounts range from \$500 to \$30,000 and from 1 to 10 years. To get started visit [www.CTTechAct.com/loan](http://www.CTTechAct.com/loan) to learn more or to download an application. Contact: Voice/Text: 860-876-9595 or website: [www.CTtechact.com/loan](http://www.CTtechact.com/loan).

## February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1                      Billiards 8:30am                      Exercise to Music TWH                      Exercise for Better                      Balance 10-11am                      Lunch 11:30-12:30                      Julia from Hartford HC                      discussing memory to                      lunch attendees                      Open Cards 1-4pm</p>	<p>2                      Billiards 8:30am                      Knit/Crochet 1:00-3:00                      Open Cards 1-4pm                      Pinochle players needed.                      1pm—4pm</p>	<p>3                      Billiards 8:30am                      Tax Assistance                      8:30am-11:30am                      Gentle Yoga 10-11am                      9am-10am                      No Bingo 1:00-3:00                      Arts &amp; Crafts 1pm                      Open Cards 1-4pm</p>
<p>6                      Exercise to Music                      10-11am TWH                      Exercise for Better                      Balance 10-11am                      Lunch 11:30-12:30 by                      reservation only &amp; Form 5                      Open Cards 1-4pm</p>	<p>7                      Billiards 8:30am                      Tax Assistance                      8:30am-11:30am                      Tai Chi 10:15-11:15am                      Lunch 11:30-12:30                      Bingo 1:00-3:00                      Open Cards 1-4pm</p>	<p>8                      Billiards 8:30am                      Exercise to Music TWH                      Exercise for Better                      Balance 10-11am                      10:00-12:30                      Miller Assoc Board mtg                      10-11a m                      Valentine Card Making w/                      Deb/Hamden Rehab 1-3pm                      Open Cards 1-4pm</p>	<p>9                      Billiards 8:30am                      Tai Chi 10:15-11:15am                      Knit/Crochet 1:00-3:00                      Open Cards 1-4pm                      Pinochle players needed.                      1pm—4pm</p>	<p>10                      Billiards 8:30am                      Tax Assistance                      8:30am-11:30am                      Gentle Yoga 10-11am                      No Bingo 1:00-3:00                      Arts &amp; Crafts 1pm                      Open Cards 1-4pm</p>
<p>13                      Closed Holiday                      Lincoln's Birthday</p>	<p>14                      Billiards 8:30am                      Tax Assistance                      8:30am-11:30am                      Tai Chi 10:15-11:15am                      Lunch 11:30-12:30                      Valentine's Day Special                      by reservation                      Bingo 1:00-3:00                      Open Cards 1-4pm</p>	<p>15                      Billiards 8:30am                      Exercise to Music TWH                      10am to 11am                      Exercise for Better                      Balance 10-11am                      Lunch 11:30-12:30                      Open Cards 1-4pm                      Journeys 1:30-3 :30</p>	<p>16                      Billiards 8:30am                      Tai Chi 10:15-11:15am                      Knit/Crochet 1:00-3:00                      Open Cards 1-4pm</p>	<p>17                      Billiards 8:30am                      Tax Assistance                      8:30am-11:30am                      Gentle Yoga 10-11am                      NO Bingo 1:00-3:00                      Arts &amp; Crafts 1pm                      Open Cards 1-4pm</p>
<p>20                      Closed Holiday                      President's Day</p>	<p>21                      Billiards 8:30am                      Tax Assistance 8:30am-                      11:30am                      Tai Chi 10:15-11:15am                      Lunch 11:30-12:30                      Bingo 1:00-3:00                      Open card games                      1pm—4pm</p>	<p>22                      Billiards 8:30am                      Exercise to Music                      TWH 10am to 11am                      Exercise for Better                      Balance 10-11am in                      Activity Room                      Lunch 11:30-12:30                      Open Cards 1-4pm                      Miller Association of                      Seniors 1pm-3pm</p>	<p>23                      Billiards 8:30am                      Tai Chi 10:15-11:15am                      Knit/Crochet 1:00-3:00                      Open Cards 1-4pm</p>	<p>24                      Billiards                      Tax Assistance                      8:30am-11:30am                      Gentle Yoga 10-11am                      Bingo 1:00-3:00                      Arts &amp; Crafts 1pm                      Open Cards 1-4pm</p>
<p>27                      Mohegan Sun by reservation                      Billiards 8:30am                      Exercise to Music                      10-11am                      Exercise for Better                      Balance 10am-11am                      Lunch 11:30-12:30                      Open Cards 1-4pm                      Sewing Club 1pm-3pm</p>	<p>28                      Billiards 8:30am                      Tax Assistance                      8:30am-11:30am                      Tai Chi 10:15-11:15am                      Lunch 11:30-12:30                      Bingo 1:00-3:00                      Open Cards 1-4pm</p>			