



Hamden Senior Citizen News

Coordinator Kim Craft
Miller Senior Center 203-287-2547
Elderly Outreach 203-287-2691 Miller Café 203-287-0057
Miller Café 203-287-0057 (9am to Noon)

July 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
Please remember to sign in.

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.

Visit Interfaith online: Carenewhaven.org

Don't forget online information:
www.hamden.com; select Departments; Elderly Services

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! 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: 7/7- 7/21
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.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 (475) 257-6538

Greater New Haven Transit (203) 288-6282

Please visit www.knowhowtogosct.org.
or 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**

***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.

Join the Hamden Women's Club

The Hamden Woman's Club is a service organization dedicated to community involvement, friendship, and civic engagement.

Members participate in volunteer projects, scholarship programs, fundraising events, and social activities including book club, Lunch Bunch, and Dinner Divas. New members are always welcome.

For more information, visit hamdenwomansclub.org or email info@hamdenwomansclub.org.

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 203-287-2691

Journeys

Will be on Summer Break returning September 15th

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. Bring your pictures and memories of Hamden to share, or just enjoy some good conversation.

July 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open card games 1-4pm	2 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	3 Closed Happy 4th
6 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	7 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	8 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open card games 1-4pm Art's and Crafts 1pm	9 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	10 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
13 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	14 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm	15 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open card games 1-4pm Baking with Maria 1pm	16 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12pm Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	17 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm
20 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	21 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	22 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00	23 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	24 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
27 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	28 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00 Bingo 1:00-3:00 Open Cards 1-4pm	29 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open card games 1-4pm In Activity Room Baking with Maria 1pm	30 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	31 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm