



Hamden Senior Citizen News

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

August 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 **1s**

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. **Please note Line dancing will be in the social hall on 8/3**

Summer Celebration August 21st

11:30 -1pm

Join Us for our annual Summer Celebration!
Pizza Truck, drawings, prizes music and fun!!
Tickets will be available 8/3 at the front desk.
Tickets are \$10 Priority will be given to Hamden Residents.

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. 8/24
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: 8/11 and 8/25 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

NO CLASS AUGUST 3rd 5th & 7th

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
(203) 824-0927. **Class will be out side the week
of August 3rd.**

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 hamdenwomensclub.org or email info@hamdenwomensclub.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.



August 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 Billiards 8:30am Lunch 11:30-12:00 Line Dancing 1-2pm Open Cards 1-4pm	4 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm	5 Billiards 8:30am Lunch 11:30-12:00 Open card games 1-4pm	6 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	7 Billiards 8:30am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
10 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	11 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	12 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open card games 1-4pm	13 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	14 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
17 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	18 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm	19 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open card games 1-4pm	20 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12pm Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	21 Billiards 8:30am Summer Celebration 11:30– 1:30 NO Afternoon Programs
24 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	25 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 card games 1pm—4pm	26 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00	27 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	28 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
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