



Hamden Senior Citizen News

Coordinator—Kim Craft
Miller Senior Center 203-287-2547
Elderly Outreach 203-287-2691 Miller Café 203-287-0057

September 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 ** Last day to submit applications is Wednesday September 30th ** No extensions.**

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.

Paint Hamden Pink Breast Cancer Awareness Kickoff!

Join Paint Hamden Pink on **Tuesday, Sept. 22**, at **Town Center Park** (Garden of Hope & Reflection, by the Miller Library lot)!

4:30 PM: Information Gathering

5:00 PM: Kickoff Event hosted by News8's Laura Hutchinson, honoring Liz McNicholl

Wear pink to show your support!

Rain dates: Sept. 23 or 24

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. 9/28 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: 9/8 and 9/22 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.knowhowtogosccct.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 (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 9/16/26 1pm

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 9/16/26 in the Activity Room. Bring your pictures and memories of Hamden to share, or just enjoy some good conversation.

Intro to Hula

Wednesday, September 16th at 1:00 PM
Social Hall Join Joann for a couple of hours of fun as she shares her knowledge of Hawaiian dance! No experience necessary. Just come ready to have fun and learn something new!

Space is limited. Please call 203-287-4547
or stop in to sign up.



September 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm	2 Billiards 8:30am Lunch 11:30-12:00 Open card games 1-4pm	3 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	4 Billiards 8:30am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
7 Closed Labor Day	8 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	9 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open Cards 1-4pm	10 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	11 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm
14 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	15 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Bingo 1:00-3:00 Open card games 1pm—4pm	16 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00 Open Cards 1-4pm Intro to Hula 1-3pm SH Journey's 1-3pm AR	17 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12pm Knit/Crochet 1:00-3:00 Open Card Games 1pm—4pm	18 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Card Games 1pm—4pm
21 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	22 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 Paint Hamden Pink 4:30pm TCP	23 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00	24 Billiards 8:30am Tai Chi 10:15-11:15am Lunch 11:30-12:00pm Knit/Crochet 1:00-3:00 Open Cards 1-4pm	25 Billiards 8:30am Gentle Yoga 10:00-11:00am Lunch 11:30-12:00pm Bingo 1pm-3pm Open Cards 1-4pm
28 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	29 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	30 Billiards 8:30am Exercise to Music w/Paul Exercise for Better Balance 10-11am Lunch 11:30-12:00		