

The Township of Hamilton

Senior Center Newsletter

Hamilton Township, New Jersey

Spring 2022 Edition

Dear Neighbor,

Happy Spring! I hope you are finding ways to take advantage of the warmer weather and enjoying this season. There are so many exciting events coming up at the Senior Center that I hope you will attend.

Community Partner and Education programs as well as screenings are returning during the month of April. We are happy to announce The Spring Dinner Dance is on May 11th & 12th at the Senior Center; make sure to look out for the flyer and ticket information. We have also launched the Mayor's Wellness Campaign, and will be hosting a Senior & Veterans Health and Fitness Day Event on May 25th.

2021 Property Tax Reimbursement (Senior Freeze) application assistance is now available! Those who need to complete this application may visit our Tax Office in the Municipal Building (open M-F 8:30am-4:30pm) or the Senior Center every Thursday between 9:30am-2:30pm.

After a three year hiatus, I am happy to report that the Azalea Festival is scheduled for Saturday, May 7th from 10am-4pm at Sayen Gardens! We are very excited to welcome you back to this signature event.

With all of this in store, be sure you're on the lookout as our popular monthly Just Dance social program will begin in June! I look forward to seeing you all again soon!

Sincerely,
Jeff Martin, Mayor



Important Dates

April

- April 5th** - Growing with Confidence Program, 12:15pm
- April 19th** - Neuropathy vs Back Pain Program, 12:15pm
- April 15th** - Center Closed, Good Friday
- April 17th** - Happy Easter
- April 26th** - Wine Glass Painting, 12:15pm
- April 28th** - RWJ, Let's talk about Vitamins Program, 1pm

May

- May 3rd** - RWJ Program, 9am
- May 9th** - Just Dance Ticket Sale, 9:30am, SR
- May 8th** - Happy Mother's Day
- May 11th & 12th** - Spring Dinner Dance, 12pm-3pm
- May 19th** - Atlantic City Trip - Resorts
- May 25th** - Senior Health & Fitness Day, 9:30am-1pm
Raindate: 5/26/22
- May 30th** - Center Closed, Memorial Day

June

- June 14th** - Understanding Skin Cancer, 12:15pm
- June 15th** - WEAAD Program, 10:15am, MDR
- June 16th** - Just Dance, 4-6:30pm
- June 19th** - Happy Father's Day
- June 20th** - No Nutrition Program
- June 21st** - Capital Health Program, 10am, APR
- June 21st** - First Day of Summer
- June 23rd** - Atlantic City Trip



Accredited by
National Institute of
Senior Centers



HAMILTON TOWNSHIP SENIOR CENTER
409 Cypress Lane, Hamilton NJ, 08619
Phone: 609-890-3686 Fax: 609-588-8074
Website: www.HamiltonNJ.com/Seniors

Hours of Operation:
Monday - Wednesday, Friday: 8:30am-4:00pm
Thursdays: 8:30am-7:00pm

Jeff Martin, Mayor
Kathleen M. Fitzgerald, R.N., BSN
Director of Health, Recreation and
Senior & Veteran Services



Hamilton Township Council
Nancy Phillips
Pasquale Papero
Anthony Carabelli
Richard Tighe
Charles Whalen

Become a Member

Thinking about becoming a member or know someone that wants to join? Hamilton Senior Photo Identification Cards can be issued at the office Monday - Friday between the hours of 9:00am and 3:00pm. You must be 60 years of age and make sure to bring two documents with your name and Hamilton address on it (i.e. utility bill, car registration, license). Call 609-890-3686 for more information.

The Hamilton Township Senior Center is an Adult Social and Recreational facility. All members must be able to physically and mentally care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.

Senior Center Closed

Friday - April 15, 2022
Good Friday
Monday - May 30, 2022
Memorial Day



Attention

If you are able to speak, read or write in another language, and would be willing to help non-English speaking members navigate our facility, please let us know at the front office. We would like to accommodate all residents with our events and activities. For further assistance please contact our office 609-890-3686 or email KFitzgerald@hamiltonnj.com

GROWING WITH CONFIDENCE

PRESENTED BY: BROOKDALE OF HAMILTON

When: Tuesday - April 5, 2022

Where: All Purpose Room

Time: 12:15pm

Join this informative presentation by Brookdale as they discuss growing your own indoor plants, herbs and flowers.

This fun activity will help you get comfortable with the basics of starting seeds and repotting plants and encouraging you to

try your hand at some in home gardening yourself! If you are interested, please see the sign-up sheet in the main hallway.



NEUROPATHY VS LOW BACK PAIN

PRESENTED BY: ALLCURE

When: Tuesday - April 19, 2022

Where: All Purpose Room

Time: 12:15pm

Join this informative discussion presented by AllCure. They will discuss symptoms associated with both neuropathy and chronic low back conditions and what conservative measures can be taken to alleviate the symptoms. If you are interested in attending this presentation, please see the sign-up sheet in the main hallway!



LETS TALK ABOUT VITAMINS

PRESENTED BY: RWJBH

When: Thursday - April 28, 2022

Where: All Purpose Room

Time: 1:00pm

Join Dr. Sara Ali, Geriatric & Internal Medicine, and Joyce Cantalice, Better Health Manager, both from RWJ University Hospital of Hamilton and learn the truth about vitamins. They will talk about separating fact from fiction.



Dr. Ali shares the facts on which vitamins work and which don't. If you are interested in attending this program, please see the sign-up sheet in the main hallway.

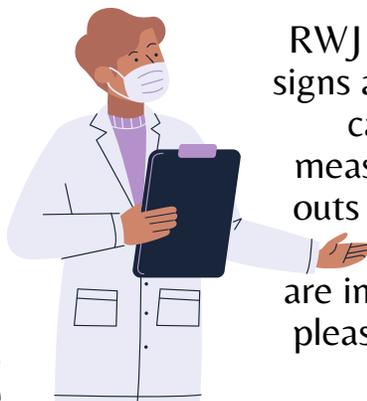
COLORECTAL SCREENING

PRESENTED BY: RWJBH

When: Tuesday - May 3, 2022

Where: All Purpose Room

Time: 9:00am



RWJ will be here to discuss the signs and symptoms of colorectal cancer and preventative measures. They will have hand outs and a home screening kit with instructions. If you are interested in this discussion, please see the sign-up sheet in the main hallway.



SENIOR & VETERAN HEALTH & FITNESS DAY 2022

Save the Date

When: Wednesday - May 25, 2022

Raindate: 5/26/22

Where: Senior Center Back Grounds

Time: 9:30am - 1:00pm



WE INVITE YOU TO COME AND PARTICIPATE IN OUR HEALTH AND FITNESS EVENT OUTSIDE ON THE GROUNDS OF THE SENIOR CENTER. THERE WILL BE LOCAL HOSPITAL REPRESENTATIVES, NURSES, HEALTH CARE VENDORS & VETERAN SERVICES HERE TO PROVIDE FREE SCREENINGS, HEALTH EDUCATION, GIVE-AWAYS AND INFORMATION ON THE MOST UP-TO-DATE SERVICES AVAILABLE TO SENIORS AND VETERANS. A LIGHT SNACK WILL BE PROVIDED TO THOSE THAT PARTICIPATE! MARK IT ON YOUR CALENDAR!

Hamilton Senior Center Spring Dinner Dance

When: Wednesday- May 11, 2022 - 12pm-3pm
&
Thursday - May 12, 2022 - 3pm-6pm



Enjoy an afternoon with great friends and great food at the Hamilton Senior Center Spring Dinner Dance. With entertainment by Dennis, Rick & Kenny. This event is for Senior Hamilton Residents Only. For more information please call: 609-890-3686

Where: Hamilton Senior Center - Main Dining Room
(409 Cypress Lane, Hamilton NJ, 08619)

Price: \$12.00 - CASH ONLY



Ticket Sales:
Monday - April 11, 2022 at 9:30am

- Must show Hamilton Senior Center ID when purchasing ticket
- 6 people to a table
- If you are buying for other seniors, please have their ID's
 - You can purchase up to 6 tickets - per person
- Tickets are non-refundable/non-transferable



Atlantic City Bus Trip

Thursday: May 19th to Resorts

Bus Departs Senior Center: 9:00am
Bus Departs Resorts Casino: 4:45pm



Tickets will be on sale approximately one month before the scheduled trip. Look for the flyer on the hallway table and bulletin board. If you have any questions please call 609-890-3686



JUST DANCE

When: Thursday - June 16, 2022
Time: 4:00pm - 6:30pm
Where: Main dining Room

Ticket Price: \$1 Member
\$1 Adult Guest

Ticket sales:
Monday - May 9, 2022 at 9:30am
End of the hallway
6 people per table
**Tickets are: Non-refundable/
Non-transferable**



Dance the night away at our first Just Dance of 2022! Enjoy a night of dancing to music by Tymes2. Don't forget to bring your own dinner!



UPDATE

UPDATE

UPDATE

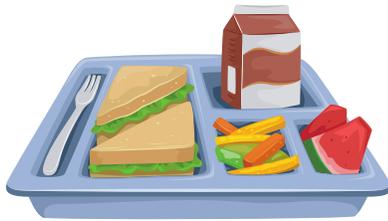
UPDATE

MERCER COUNTY NUTRITION PROGRAM

The Mercer County Nutrition Program will be providing grab-and-go meals Monday through Friday 10am-12pm.

Make sure to fully fill out your reservation form, and to double check you filled out your first and last name at the top. This will be important when the Nutrition program re-opens for in-person meal service sometime in the Spring.

Look for a flyer for more information. If you have any questions, please call the Nutrition Office at 609-989-6650



SWIMMING POOL



The Hamilton Senior Center is excited to announce that we are in the process of re-opening the swimming pool this Spring! Please look out for a flyer posted on our bulletin board, main hallway, and website with more information.



Hamilton Township Mayors Wellness Campaign *Keeping Hamilton in Motion*

The Hamilton Township Mayor's Wellness Campaign aims to improve the overall health and wellness of Hamilton residents by engaging our community in wellness activities throughout the year.

Make sure to keep an eye out for this logo to participate in the Mayor's Wellness Campaign programs & events!



5 Spring Cleaning Safety Tips for Seniors



1

Check the Medicine Cabinet: dispose of any expired prescriptions. Be sure to store medications in a cool, dark, dry place; the bathroom does not fit that category.

2

Clean Up Clutter: Trips and falls are likely to happen when you accumulate too much "stuff". Reduce the risk by removing unnecessary and obstructive items (including furniture) from your regular walking path and place them in storage.

3

Have an Emergency Plan in Place: In case of an emergency such as a fall, an attempted burglary, or a kitchen accident, do you have important numbers on speed dial? Know who to call in an emergency and have your phone programmed, accordingly.

4

Never Try to Move Heavy Objects or Furniture on Your Own: Never try to move furniture or heavy objects on your own. Don't stand on a chair or ladder to clean hard to reach spots or change light bulbs. Use cordless cleaning tools and lightweight equipment which are easier to use.

5

Monitor Your Smoke Alarm System, Fire Extinguisher and Emergency Kit: Periodically check your smoke alarm system and carbon monoxide detectors; run a test to ensure batteries for detectors are functional.

Programs & Activities Available at The Senior Center



Backgammon
Thursdays at 3pm

Ballroom Dancing
Fridays at 1:30pm



Line Dancing
Mondays at 10am
Wednesdays at 9am

Mah Jongg.
Wednesdays at 1pm



Nutrition Program
Monday-Friday, 8:30am-12:30pm
609-586-7272

Billiards
Monday-Friday, all day



Ping Pong
Monday-Friday, all day

Bingo
Monday & Thursdays at 12pm
(Change in time depending on
Nutrition re-opening)



Pinochle
Tuesdays at 8:30am



Canasta
Monday & Thursdays at 1pm

Cards
Monday-Friday, all day



Rummikub
Tuesday, Wednesday, Thursday at 1pm

Chair Exercise
Tuesdays at 9am & 10am
Wednesdays at 10am



Scrabble
Mondays at 1pm



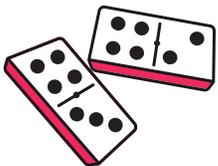
Chair Yoga
Thursdays at 10am
(April 21st - June 30th)

Spiritual Wellness
Wednesdays at 10am

Chess Club
Wednesdays at 2pm



Step It Up with Curtis
Mondays and Thursdays at 9am



Choral Group
Tuesdays at 1pm

Tai Chi
Thursdays at 12pm



Dominoes
Wednesdays & Fridays at 1pm

If there is an activity you would like to see offered at the Senior Center, please stop by the office or use the suggestion box located by the front entrance.



Website Information and Links

Visit the Hamilton Township Senior Center website at www.Hamiltonnj.com/seniors and be informed of the Senior Center hours, transportation services, upcoming events, activities, and trips.

Helpful Phone Numbers

Hamilton Police Departments:	609-581-4000
Housing Department of Hamilton:	609-890-3675
Mercer County Legal Services:	609-695-6249
Mercer County Connections:	609-890-9800
Mercer County Board of Social Services:	609-989-4346
Aging and Disability Center:	1-877-222-3737
Medicare Hotline:	1-800-633-4227
NJ Hope Line:	1-855-654-6735
NJ Social Security Office:	1-800-772-1213
PAAD Hotline:	1-800-792-9745



HAMSTAT

Hamilton's One Call Center
Call 609-586-0311 for:
Building Permits
Dog License
Garbage Collection
Parks & Recreation
Programs
Potholes
Senior Center Information
Tax Information
Township Events

Veteran's Information

NJ State Veteran's Service Office

28 West State Street
Trenton NJ, 08625
609-292-5580

Trenton Vet Center

934 Park Ave
Ewing NJ, 08618
609-882-5744

Mercer County Veterans Services

1440 Parkside Ave
Ewing NJ, 08638
609-989-6120

Veterans Integrated Service Network

Hamilton Outpatient Clinic
3635 Quakerbridge Rd, Suite 30
Hamilton NJ, 08619
1-800-661-8177

Volunteer Opportunities

The Senior Center welcomes volunteers for events, office helpers and activity leaders. If you have an interest to volunteer at the Senior Center, please see the office for a Volunteer Application or call 609-890-3686 for more information.

Senior Craft Case

Visit our Senior Craft Case, located in the Main Hallway near the Restrooms. We have a showcase filled with purses, baby items, scarves, hats, aprons, blankets and more more, all made by our senior crafters. Buy them for yourself or as gifts for loved ones. Ask for assistance in the office to see these great items!

Information & Assistance Programs

Transportation Services

The Hamilton Senior Center provides transportation to medical appointments and food shopping within our borders. Service is for Hamilton Senior residents. Not available on weekends.

CALL: 609-890-3686 to reserve transportation

Mercer County T.R.A.D.E.

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation to medical appointments, beauty appointments, banks, and local malls throughout Mercer County.

CALL: 609-530-1971

Legal Assistance

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments. **CALL: 609-695-6249** for eligibility & to make an appointment.

Mercer County Bar Association: **609-585-6200**

Medical Insurance Assistance

Meet with a counselor to help you with information & forms regarding Medicare, PAAD, Senior Gold and other medical insurance.

CALL: 609-890-3686 for an appointment.

Re-Assurance Program

Register FREE with the Hamilton Police Division to call in and be checked on your well being everyday. Great program for individuals that live alone.

CALL: 609-581-4033 to register.

NJ Shares

Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis. Applications for Hamilton Senior Residents ONLY. **CALL: 609-890-3686.**

Notary

If you are in need of a notary, contact the office in the Hamilton Senior Center. **CALL: 609-890-3686**

Spring Word Search

W	E	N	I	T	L	P	O	S	M	A	S	S	M	O	O	L	B	E	A	S	Y
A	S	U	N	S	H	I	N	E	C	I	N	L	U	S	T	A	L	M	R	E	H
P	H	R	A	I	B	O	W	P	I	C	N	S	A	M	E	P	I	S	N	A	R
U	O	L	J	U	N	A	S	E	I	L	F	R	E	T	T	U	B	N	A	L	L
D	R	S	A	B	R	E	E	T	M	A	J	U	N	A	P	O	K	L	I	S	E
D	E	M	T	D	A	S	I	L	A	S	I	T	L	S	R	E	N	A	N	G	D
L	B	L	O	S	Y	Q	U	A	C	T	F	L	O	E	W	R	S	T	L	A	E
E	T	S	A	R	I	B	N	E	S	A	L	N	E	D	R	A	G	I	F	S	P
S	A	N	D	A	T	E	U	P	O	L	L	I	T	S	P	R	I	F	N	L	G
L	O	V	B	E	E	S	N	G	Y	A	W	E	A	S	T	S	O	N	A	L	E
E	N	A	S	T	N	A	U	T	S	M	O	Y	H	E	H	D	N	A	S	A	B
B	L	O	H	D	A	N	G	R	J	A	F	L	O	W	I	R	E	C	E	B	S
G	A	M	E	H	S	G	N	I	N	A	E	L	C	L	A	S	Z	I	S	E	T
H	R	S	D	I	A	H	E	S	T	N	S	A	S	G	S	P	L	O	E	S	I
S	P	I	C	N	I	C	F	A	R	O	H	O	P	R	E	R	I	F	R	A	K
L	E	A	B	E	L	A	S	T	E	R	K	L	A	S	O	I	P	A	N	B	O
A	P	S	P	A	C	L	E	N	Y	S	A	R	D	I	M	N	E	S	P	L	A
K	L	E	K	C	A	U	Q	U	A	L	K	E	S	C	N	G	B	S	E	R	S
B	O	O	C	D	E	S	K	L	M	E	F	G	N	S	O	S	A	R	C	A	R
L	M	S	L	A	N	E	R	S	I	G	L	O	O	R	N	O	T	E	G	R	O
O	M	W	D	E	E	N	A	M	O	T	N	H	S	E	R	A	S	W	L	A	R
S	A	R	T	S	M	L	R	I	G	H	S	T	A	W	E	N	T	O	L	O	W
S	N	O	R	E	L	X	V	R	E	T	S	A	E	O	P	O	E	L	N	S	T
O	M	B	R	E	L	I	A	B	F	R	E	S	O	H	E	N	S	F	U	L	I
M	F	U	R	N	I	C	I	L	R	A	N	T	N	S	L	O	G	W	R	O	K
S	A	B	A	P	R	I	L	M	O	N	T	J	S	N	O	M	N	P	L	E	S
A	M	E	H	A	L	P	A	N	G	Y	R	E	G	I	S	D	I	H	E	C	A
U	L	E	A	N	R	E	P	R	O	N	V	S	Y	A	B	I	L	R	A	T	H
Y	A	P	O	R	U	G	H	P	N	A	N	E	M	R	I	A	K	L	R	I	N
N	G	D	S	A	M	D	A	R	E	P	R	J	O	T	C	T	C	E	T	S	E
L	S	H	O	R	T	S	O	L	V	E	S	R	M	L	E	A	U	I	H	P	L
A	E	C	R	D	E	R	O	H	T	A	E	W	R	E	N	O	D	G	D	A	L
B	A	R	E	F	A	K	S	T	B	E	E	L	S	G	N	B	L	O	A	M	O
R	E	S	L	P	W	O	B	N	I	A	R	B	L	O	S	U	N	M	Y	U	P
B	U	G	S	L	Y	A	D	P	O	L	L	Y	E	N	T	S	J	E	M	Z	L
A	S	B	R	E	E	Z	E	D	I	K	M	I	L	S	D	E	N	T	S	A	N
L	O	T	S	M	S	A	D	Q	S	L	A	D	N	A	S	M	E	A	S	T	N

- | | | | | | |
|----------|-------------|-----------|----------|-------------|----------|
| April | Breeze | Earth day | Ladybugs | Puddles | Shorts |
| Baseball | Butterflies | Easter | Leaves | Quack | Spring |
| Bees | Cleaning | Flowers | May | Rainbow | Sunshine |
| Bloom | Daffodils | Garden | Picnic | Rainshowers | Umbrella |
| Blossom | Ducklings | June | Pollen | Sandals | |

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Growing with Confidence Program 12:15pm, APR	6	7 AARP Tax Assistance (appointment only) 9:30am - 12:30pm	8	9
10 Palm Sunday	11	12	13	14 AARP Tax Assistance (appointment only) 9:30am - 12:30pm	15 Center Closed Good Friday	16
17 Happy Easter	18 NEC 9:30am - 11:30am Appointment Only	19 Neuropathy vs Low Back Pain 12:15pm, APR	20	21	22 Earth Day	23
24	25	26 Wine Glass Painting 12:15pm, APR	27	28 Let's Talk About Vitamins 1pm, APR	29	30

“And the birds sang their songs of love. And the flowers serenaded with their sublime fragrances. And the whole world fell in love in spring!” — Arjeet Das

May

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3 RWJ Program 9am, APR	4	5	6	7
8 <i>Mother's Day</i>	9	10	11 Spring Dinner Dance, 12-3pm	12 Spring Dinner Dance, 3-6pm	13	14
15	16	17	18	19 Atlantic City Trip to Resorts	20	21
22	23 NEC 9:30am - 11:30am Appointment Only	24	25 Senior Health & Fitness Day 9:30am-1pm	26 Senior Health & Fitness Day 9:30am-1pm (Rain date)	27	28
29	30 Center Closed  MEMORIAL DAY					

NOTE: THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANED LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED.
THANK YOU FOR YOUR COOPERATION.

June



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Understanding Skin Cancer, 12:15pm, APR	15 WEAAD Program 10:15m, MDR	16 Just Dance 4:00-6:30pm	17	18
19 <i>Father's Day</i>	20 No Nutrition Program NEC 9:30am - 11:30am Appointment Only	21 Capital Health Program, 10am, APR <i>First Day of Summer</i>	22	23 Atlantic City Trip	24	25
26	27	28	29	30		

PLEASE LOOK OUR FOR FLYERS POSTED ON OUR NEWS BOARD OR OUR WEBSITE, WWW.HAMILTONNJ.COM/SENIORS FOR UPDATES AND INFORMATION.