



Senior Center Newsletter

Hamilton Township, New Jersey

Fall 2021 Edition

Message from the Mayor

Dear Neighbor,

Happy Fall! I hope you are enjoying this cooler weather and finding ways to spend time outdoors, including at Hamilton's Oktoberfest on October 17th and Winter Wonderland December 3rd & 4th! We are so thrilled to be able to bring back our Annual Holiday Events to you.

I am so happy that I was finally able to see so many of you at the annual Senior Center Picnic in September after having to cancel 2020's picnic. We celebrated the incredible milestone of 20 years of the Senior Center at our Cypress Lane location; an occasion only made possible by Director Kathy Fitzgerald and her wonderful staff along with all of you who make the Center as great as it is!

As we head into the colder months, I encourage you to find time to take care of yourself and focus on your health and wellness. If you have not yet been vaccinated for COVID-19, we strongly recommend getting vaccinated as soon as possible. At this time, multiple locations offer COVID-19 vaccines, and many will accept you as a walk up, no appointment needed. Additionally, remember to get your flu vaccine this season! In this newsletter you will find our Health Department's full calendar of free vaccination clinics – including options for residents ages 55+ only. As always, the Senior Center is here to help answer any questions you may have.

I hope to see you all in person again soon, and am wishing you a safe and joyous holiday season with friends and loved ones.

Sincerely,

Jeff Martin, Mayor



Important Dates:

October

- October 5th**-RWJBH, Joy Through the Senses
- October 6th**-Living With Hypertension
- October 8th**- Flu Clinic 9am-12pm
- October 11th** - Closed for Columbus Day
- October 14th** - CHS, Sleep Program
- October 14th** - Flu Clinic 4-7pm
- October 17th** - Oktoberfest at Vets Park (Rain date: 9/24/21)
- October 19th** - Fall Prevention Program
- October 21st** - Flu Clinic 4-7pm
- October 22nd** - Covid-19 Clinic 9:30am-12pm
- October 25th** - NEC 9-11am
- October 27th** - CHS, Early Heart Attack

November

- November 2nd** - Closed for Election Day
- November 4th** - Flu Clinic 4-7pm
- November 7th** - Daylight Saving Time Ends
- November 9th, 16th, 23rd, 30th** - Gratitude Program (4 week program)
- November 11th** - Closed for Veterans Day
- November 16th** - Alzheimer's Awareness Month Presentation
- November 18th** - Flu Clinic 4-7pm
- November 25th & 26th** - Closed for Thanksgiving
- November 28th** - Hanukkah begins at sunset
- November 29th** - NEC 9-11am

December

- December 7th** - Healthy Habits for the Holidays
- December 24th** - Closed for Christmas Eve
- December 25th** - Christmas Day
- December 26th** - Kwanzaa Begins
- December 31st** - Closed New Years Ever

Hamilton Township Senior Center

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

Thursday: 8:30am - 7:00pm

Jeff Martin, MAYOR

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



Hamilton Township Council

Pasquale Papero
Anthony Carabelli
Nancy Phillips
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 - 3:00 PM. You must be 60 years of age and make sure to bring **two** documents with your name & Hamilton address on it (i.e. utility bill, car registration). Call 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

Monday - October 11, 2021 - Columbus Day
Tuesday - November 2, 2021 - Election Day
Thursday - November 11, 2021 - Veteran's Day
Thursday - November 25, 2021 - Thanksgiving Day
Friday - November 26, 2021 - Day After Thanksgiving
Friday - December 24, 2021 - Christmas Eve
Friday - December 31, 2021 - New Years Eve

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



→ NEW PROGRAMS ←

Pinochle

Tuesday's @ 1:30pm



Chess

Wednesday's @ 2:00pm



Backgammon

Thursday's @ 3:00pm



For more information, flyers are available in the main hallway.

Joy Through the Senses

Sponsored by: RWJBH

When: Tuesday - October 5, 2021

Where: All Purpose Room

Time: 9:00am

Our five senses are how we experience our world, whether through sight, sound, taste, touch or smell and are therefore an excellent way to tap into how we are feeling. Come explore what brings us Joy and how we experience it through our five different senses.



Snoring is Nothing To Sneeze at: A Look at Obstructive Sleep Apnea

Sponsored by: Capital Health

When: Thursday - October 14, 2021

Where: All Purpose Room

Time: 10:00am



Join this informative presentation about obstructive sleep apnea by Dr. Voddi. If you are interested in this program, please see the sign-up sheet in the main hallway.

Fall Prevention Program

Presented by: The Landing

When: Tuesday - October 19, 2021

Where: All Purpose Room

Time: 9:00am



Join this informative program presented by The Landing. Please look for the flyer in the main hallway.

Early Heart Attack Care

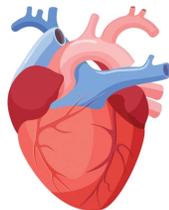
Sponsored by: Capital Health

When: Wednesday - October 27, 2021

Where: All Purpose Room

Time: 10:00am

Recognizing early signs and symptoms of a heart attack can help you respond and prevent damage before it occurs. If you are interested in this presentation please see the sign-up sheet in the main hallway.



Alzheimer's Awareness Month Presentation

Presented by: The Landing

When: Tuesday - November 16, 2021

Where: All Purpose Room

Time: 9:00am

Join this presentation by The Landing. Alzheimer's disease is the most common type of dementia. Alzheimer's disease involves parts of the brain that control thought, memory, and language. If you are interested in this presentation please see the sign-up sheet in the main hallway.



FREE Flu Clinics @ The Hamilton Senior Center

October:

Friday - 10/8/21: 9am-12pm

Thursday - 10/14/21: 4pm-7pm

Thursday - 10/21/21: 4pm-7pm

November:

Thursday - 11/4/21: 4pm-7pm

Thursday - 11/18/21: 4pm-7pm



Fall Into A Gratitude Practice

Sponsored by: Mobility Doctor and Artis Senior Living

When: Tuesday - November 9, 2021
Tuesday - November 16, 2021
Tuesday - November 23, 2021
Tuesday - November 30, 2021

Where: All Purpose Room

Time: 12:15pm



Join Sheli Monacchio as she facilitates 4 sessions for those who wish to incorporate a gratitude practice into their life. Sheli will discuss the benefits, learn how to start and be encouraged to maintain a gratitude practice.

If you are interested, look for the sign-up sheet in the main hallway.

Healthy Habits for the Holidays

Presented by: The Landing

When: Tuesday - December 7, 2021
Where: All Purpose Room
Time: 9:00am

Join this informative presentation by The Landing as they discuss healthy habits for the Holidays. If you are interested in this presentation please see the flyer and sign-up sheet in the main hallway.



Covid-19 Vaccine Clinics @ The Hamilton Senior Center

October

Friday - October 15, 2021: 9:30-12:30pm

Friday - October 22, 2021: 9:30-12:30pm

Friday - October 29, 2021: 9:30-12:30pm

November

Friday - November 5, 2021: 9:30-12:30pm

Friday - November 12, 2021: 9:30-12:30pm

Friday - November 19, 2021: 9:30-12:30pm

December

Friday - December 3, 2021: 9:30-12:30pm

Friday - December 10, 2021: 9:30-12:30pm

Friday - December 17, 2021: 9:30-12:30pm

Friday - December 31, 2021: 9:30-12:30pm



First, Second and Third doses (for those that are eligible) will be available. No insurance needed. Walk-in friendly!

Programs & Activities Available at the Senior Center

Backgammon
Thursdays at 3:00pm



Dominoes
Wednesdays & Fridays at 1:00PM



Billiards
Monday - Friday, all day

Line Dancing
Mondays & Thursdays at 10:00AM

Bingo
Monday & Thursdays at 1:00PM

Mah Jongg
Wednesdays at 1:00PM

Bocce
Monday - Friday, all day



Nutrition Program
Monday - Friday, 8:30AM - 12:30PM
609-586-7272

Canasta
Monday & Thursdays at 1:00PM

Ping Pong
Monday - Friday, all day



Cards
Monday - Friday, all day

Pinochle
Tuesdays at 1:30pm

Chair Exercise
Tuesdays at 10:00AM
Wednesdays at 10:00AM



Rummikub
Tuesday, Wednesday, Thursday at 1:00PM



Chess Club
Wednesdays at 2:00pm

Spiritual Wellness
Wednesdays at 10:00AM

Choral Group
Tuesdays at 1:00PM

Step It Up With Curtis
Mondays & Thursdays at 9:00AM

Tai Chi
Thursdays at 12:00pm



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 Centers hours, transportation services, upcoming events, activities and trips.



Helpful Phone Numbers



Hamilton Police Department:	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 & 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

Veterans Information

State Veterans 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
2280 Hamilton Avenue
Hamilton NJ, 08619
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 Hamilton Senior Center, please see the office staff 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 baby items, scarves, hats, aprons, blankets and much 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 some 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. provides transportation to the Hamilton Senior Center. They also offer transportation 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

Fall word search

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

Fall
 Crisp
 Pumpkins
 Scarecrow
 Turkey

Harvest
 Autumn
 Cider
 Falling leaves
 Football

Halloween
 Hayride
 Leaves
 October
 Spider

Hay
 Jacket
 Cornstalk
 Foliage
 Candy corn



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Joy through the senses 9am	6 Living with hypertension/high blood pressure 9am	7	8 Flu Clinic 9-12pm	9
10	11 Center Closed <i>Columbus Day</i>	12	13	14 Capital Health Program - 10am Flu Clinic 4-7pm	15 Covid-19 Clinic 9:30am-12:30pm	16
17 Hamilton Township Oktoberfest @ Vets Park	18	19 Fall Prevention Program - 9am	20	21 Flu Clinic 4-7pm	22 Covid-19 Clinic 9:30am-12:30pm	23
24	25 NEC 9-11am	26	27 Capital Health Program - 10am	28	29 Covid-19 Clinic 9:30am-12:30pm	30
31	<p>“Acts of Kindness: A random act of kindness, no matter how small, can make a tremendous impact on someone else's life.”- Roy T. Bennett</p>					



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Center Closed <i>Election Day</i>	3	4 Flu Clinic 4-7pm	5 Covid-19 Clinic 9:30am-12:30pm	6
7 <i>Daylight Saving Time Ends</i>	8	9 Gratitude Program 12:15pm	10	11 Center Closed <i>Veteran's Day</i>	12 Covid-19 Clinic 9:30am-12:30pm	13
14	15	16 Alzheimer's Awareness Month Presentation - 9am Gratitude Program 12:15pm	17	18 Flu Clinic 4-7pm	19 Covid-19 Clinic 9:30am-12:30pm	20
21	22	23 Gratitude Program 12:15pm	24	25 Center Closed <i>Thanksgiving</i>	26 Center Closed <i>Day After Thanksgiving</i>	27
28 <i>Hanukkah Begins at Sunset</i> 	29 NEC 9-11am	30 Gratitude Program 12:15pm				



NOTE:

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



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Covid-19 Clinic 9:30am-12:30pm	4
5	6	7 Healthy Habits for the Holidays - 9am	8	9	10 Covid-19 Clinic 9:30am-12:30pm	11
12	13	14	15	16	17 Covid-19 Clinic 9:30am-12:30pm	18
19	20	21	22	23	24 Center Closed <i>Christmas Eve</i>	25 Christmas Day
26 Kwanzaa <i>Begins</i>	27	28	29	30	31 Center Closed <i>New Years Eve</i>	

Please look out for flyers posted on our News Board or our Website, www.hamiltonnj.com/Seniors for updates and information.