



Senior Center Newsletter

Hamilton Township, New Jersey

Spring 2021 Edition

Message from the Mayor

Dear Neighbor,

Happy Spring! I hope you are finding ways to take advantage of the warmer weather and enjoy this season.

We are happy to see that COVID-19 vaccination distribution is well underway throughout Mercer County, putting us on a path back to normalcy. Currently all residents over age 65 are eligible to receive the vaccine. If you have not yet been vaccinated, we strongly recommend signing yourself up for any waiting list available to you while continuing to stay safe and socially distant! As always, the Senior Center is here to help answer any questions you may have.

As a reminder, meal pick up and transportation services for doctor's appointments and food shopping are continuously available through the Senior Center. If you are in need of a 2021 Township Calendar, extra copies are located at the Senior Center or by calling our HAM-Stat Call Center at (609) 586-0311 while supplies last.

I look forward to seeing you all again soon as the Center plans to host outdoor events as we head into Spring!

Sincerely,

Jeff Martin, Mayor



Important Dates:

April

Friday - April 2, 2021 - Closed, *Good Friday*

Sunday - April 4, 2021 - *Easter Sunday*

May

Monday - May 31, 2021 - Closed, *Memorial Day*



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:

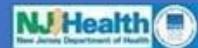
The Hamilton Township Senior Center is currently CLOSED to the public.

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

INFORMATION CURRENT AS OF MARCH 17, 2021



COVID-19 vaccine scheduling information for seniors age 65+

1 Seniors 65+ can call the senior-specific hotline at 856-249-7007 from 8am-8pm to schedule dedicated COVID-19 vaccine appointments

-OR-

2 Seniors 65+ can call Walmart stores directly for dedicated appointments
<https://www.walmart.com/store/directory/nj>

For more information please visit
<https://covid19.nj.gov/vaccine>



Scheduling and availability of appointments is subject to vaccine supply. We request your patience during scheduling as more vaccines become available.

Daily **zoom** Activities

Our building is still CLOSED to the public.
ZOOM programs are being offered Monday - Thursday.
All programs are prerecorded DVD's.

Tai Chi

Monday's @ 12:30pm & Thursdays @ 10:00am



Chair Exercise

Tuesday's @ 10:00am



Step It Up

Wednesday's @ 10:00am

**All programs require a smart device such as:
Computer/iPhone/iPad/Android**

To sign-up for the ZOOM programs, please call
The Hamilton Senior Center at 609-890-3686
with your name and email address.

In February we held a Super Bowl Contest to guess the final score of the game. Judy Tomasetti was the winner of our contest, the wonderful basket was provided by our sponsor CareOne!



The page is framed by a decorative border of various green leaves and branches, some with small white flowers, set against a white background. The leaves are scattered around the edges, creating a natural, spring-like feel.

Outside Activities Coming Back Soon!

Hopefully to start in May 2021 we will be begin to have our outside programs. These programs will consist of chair exercise, step it up, tai chi, line dancing, bocce, quoits, walking trail, the use of exercise equipment and social time. We are also working with local hospitals and our community partners to provide programs to our senior community.

All activities and programs will continue to follow the CDC guidelines, which include:

- Wear a Mask
- Social Distance
- Wash and Sanitize Hands

Please look out for flyers posted on our information board or our website, www.hamiltonnj.com/Seniors for updates and information.

Sponsored by: Capital Health



Fall Prevention Educational Program

When: Monday - May 13, 2021
Time: 10:00am
Location: Senior Center Back Grounds

Vertigo Educational Program

When: Thursday - June 17, 2021
Time: 10:00am
Location: Senior Center Back Grounds



Sponsored by: CareOne



Using Your Wits

When: (4 part educational program)
Thursday - May 20, 2021
Thursday - May 27, 2021
Thursday - June 3, 2021
Thursday - June 10, 2021
Time: 10:00am
Location: Senior Center Back Grounds

Learn and Create, Craft Project

When: Monday - June 21, 2021
Time: 10:00am
Location: Senior Center Back Grounds

To register for these programs, please call
The Hamilton Senior Center at
609-890-3686

RWJ Community Education Programs

Nurse Navigation Program

Monday May 10, 1:15pm-2:15pm

Fight Back Inflammation with Food

Wednesday May 12, 7:00pm-8:00pm

Hearing Screening

Thursday May 20, 1:30pm- 3:30pm

Fall Prevention/Balance Screening

Thursday May 20, 1:30-3:30pm

The Latest Buzz on Tinnitus

Thursday May 20, 10:00am - 11:00am

Being Prepared for Your Hospital Admission

Thursday, June 17, 11:00am - 12:00pm

Semi-Homemade Meals & Navigating the New Food

Wednesday, June 23, 6:00pm - 7:00pm



To Register for these programs please
call: Health Connection at 609-584-5900
or visit online at
www.RWJBH.org/hamilton

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

Mercer County Veterans Services

1440 Parkside Avenue
Trenton NJ 08638
609-989-6120

Trenton Vet Center

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

Veterans Integrated Service Network

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

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.



Spring Word Search

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

Spring
Flowers
Rain
Birds
Bees
Rainbow
Butterfly
Baseball
Sunshine



Umbrella
Raincoat
Puddles
Breeze
Spring Cleaning
Bloom
Easter
Sunny



Gardening
Honey
Blue Skies
Bunny
Recycle
Plants
Windy
Shamrock
Chicks



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>April Showers Bring May Flowers</i></p>				1	2 Center Closed Good Friday	3
4 <i>Easter</i>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 <i>Earth Day</i>	23	24
25	26	27	28	29	30	

"Spring Time! When the earth laughs in flowers."





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9 <i>Mother's Day</i>	10	11	12	13 Capital Health Fall Prevention Program 10:00am	14	15
16	17	18	19	20 CareOne "Using Your Wits" Program 10:00am	21	22
23	24	25	26	27 CareOne "Using Your Wits" Program 10:00am	28	29
30	31 <i>Center Closed Memorial Day</i>					

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 CareOne "Using Your Wits" Program 10:00am	4	5
6	7	8	9	10 CareOne "Using Your Wits" Program 10:00am	11	12
13	14 <i>Flag Day</i>	15	16	17 Capital Health Vertigo Program 10:00am	18	19
20 <i>Father's Day</i>	21 CareOne Craft Project 10:00am <i>First Day of Summer</i>	22	23	24	25	26
27	28	29	30			

