



Senior Center Newsletter

Hamilton Township, New Jersey

Winter 2020 Edition

Message from the Mayor

Best Wishes to you and your family for a safe, healthy and happy New Year!

I am truly humbled by your support for giving me the honor and opportunity to serve as the Mayor of our great town!

The New Year provides all of us an opportunity to make a difference. As Mayor, I am proud of our Nationally Accredited Senior Center and the services that it provides and that you have come to expect and deserve. With that, I am proud to announce to you that Kathy Fitzgerald has accepted a promotion to lead the Department overseeing the Senior Center and our other Community Services. You will still see Kathy at the Senior Center but now she will also lead our other service divisions such as Health, Recreation and Animal Services. I have full faith in her abilities to lead the Department and enhance the services in our town like she has done at the Center.

As we start the New Year, let us take a moment to reflect on all the blessings we have received and to look forward to all that 2020 will offer. In the weeks to come, I look forward to seeing you at the Center. Please feel free to provide us with any suggestions to help us continue to improve our services.

I will never forget that I work for you, in our shared commitment to make Hamilton the very best it can be!

Sincerely,
Jeff Martin



Important Dates:

January

January 1st - Happy New Year

January 2nd to January 14th - Mercer County ID paperwork available to fill out

January 16th - Black & White Gala
(Snow date - January 17, 2020)

January 20th - Closed for MLK Jr. Day

January 23rd - RWJ - Osteoporosis Screening

January 24th - Grief/Loss Program

Sponsored by: Samaritan Hospice

February

February 2nd - Super Bowl Wrap Up

February 5th - RWJ - Senior ID's issued by The Sheriff's Department from 10am - 12pm

February 6th - AARP Tax Assistance Begins

February 7th - National Wear Red Day

February 12th - Intergenerational Valentines Day Dance

February 14th - Closed for Presidents Day

February 17th - Closed for Presidents Day

February 26th - Ash Wednesday Program

March

March 3rd - Byron Downsizing Home Program

March 10th - Ted Talks Program

March 18th - RWJ - Colorectal Cancer Screening

March 20th - AC Trip to Golden Nugget

March 25th - CPR Class by Penn Medicine

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

Hours of Operation:
Monday, Tuesday, 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
Anthony Carabelli
Pasquale Papero
Nancy Phillips
Rick Tighe

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).

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.

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

SENIOR CENTER CLOSED

Wednesday - January 1st - New Years Day
Monday - January 20th - Martin Luther King Jr. Day
Friday - February 14th - President's Day
Monday - February 17th - President's Day



Mercer County ID's provided by Mercer County Sheriff's Office
Sponsored by: RWJ

To obtain a Mercer County Senior ID you must be a Mercer County Resident 62 years of age or older. You must also have **two** of the following documents with you when filling out the forms: Birth Certificate with raised seal, Drivers license with photo, Social Security Card, or a Current utility bill with your name on it.



Forms will be available at the Hamilton Senior Center from Thursday - January 2nd until Tuesday - January 14th in the Main Office. ID's will be distributed on Wednesday - February 5th from 10am-12pm. Please call 609-890-3686 with any questions.

The Black & White Gala



Thursday - January 16, 2020
(Snow Date: Friday - January 17, 2020)



Where: The Hamilton Senior Center (409 Cypress Lane, Hamilton NJ)

Time : 3:30pm - 6:30pm

Price : \$10.00 for Members

\$12.00 for Adult Guests

Help us usher in the New Year with a non-alcoholic champagne toast! Music provided by Rick & Kenny. Catering courtesy of D&D Catering. Semi-formal attire is preferred. Grab your friends for a fun night out!

See the Main Office for your tickets. Please call (609)-890-3686 with any questions.

Osteoporosis Screening

Sponsored by: RWJ @ Hamilton

When: Thursday - January 23, 2020

Where: Computer Room

Time: 10:00am - 12:00pm



RWJ will be at the Senior Center to give an ultrasound of the heel, which can help detect early Osteopenia and Osteoporosis. Make sure to look for the sign-up sheet in in the Main Hallway approximately one month before.

Grief/Loss Program

Sponsored by: Samaritan Hospice

When: Friday - January 24, 2020

Where: All Purpose Room

Time: 10:00am



Samaritan Hospice will be here to discuss loss, mourning and grief. Different types of grief will be discussed and helpful information will be given. Look for the sign-up sheet approximately one month before.

Super Bowl Wrap Up

"Guess The Super Bowl Score Contest"

When: Monday - February 2, 2020

Where: Main Dining Room

Time: 11:00am

Entry forms will be on the Nutrition Program desk. The winner will receive a small prize this day. Wear your team colors or jersey this day! The winner will be announced at 11:00am in the Main Dining Room.



Any questions, call 609-890-3686.

AARP TAX ASSISTANCE

When: Every Thursday

Starting: February 6th - April 9th

Time: By Appointment Only

8:30am to 2:30pm

AARP trained representatives will be at the Senior Center to assist seniors with FREE income tax filing. You must set up an appointment for this service. Please bring all income tax documents with you to your appointment.

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To set up an appointment or if you have any questions please see the Front Desk or call 609-890-3686



Intergenerational Valentines Day Dance

Where: Main Dining Room

When: Wednesday - February 12, 2020

Time: 12:45pm - 2:45pm

Price: \$3.00 for Members Only

Tickets on sale: Monday - January 13, 2020

@ 9:30am in The Main Office

Langtree 5th grade students will be here along with Music provided by Rick & Kenny. Cupcakes, juice & hot chocolate will be provided.



National Wear Red Day

Friday - February 7, 2020 marks the National Red Day. The American Heart Association encourages people to wear red on this day to raise awareness in support of all women that have been diagnosed with heart disease.

A representative from the American Heart Association will be in the Main Dining Room this day collecting donations.



Ash Wednesday Program

When: Wednesday - February 26, 2020

Where: Main Dining Room

Time: 10:00am

Senior Member, Arlene Scully from our Lady of Sorrows - St. Anthony's Church will be at the Hamilton Senior Center to distribute ashes to those who would like to receive them.



“The Bright Side of Downsizing”

Presented by: Byron Home

When: Tuesday - March 3, 2020

Where: All Purpose Room

Time: 10:00am



This presentation will explain how you can downsize smoothly and efficiently by breaking the process into manageable pieces. Take home valuable information that you can use now, save for a future move, or share with family and friends.

Look for the sign-up sheet in the hallway approximately one month prior.

File of Life

Sponsored by: Mercer County
Department of Human Services

When: Monday - March 16, 2020

Where: Main Dining Room

Time: 10:00am



Mercer County will be here to discuss the importance of a File of Life. This is a medical document for the home in case an emergency were to happen. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room.

Atlantic City Bus Trip

Friday - March 20, 2020 to Golden Nugget

Bus departs Senior Center: 9:00am

Bus departs Casino: 5:00pm

Tickets will be on sale approximately one month before trip.

Look for the flyer on the main hallway table!

Any questions, please call 609-890-3686

TED Talks

When: Tuesday - March 10, 2020

Where: All Purpose Room

Time: 12:30pm

Laura Carsetensen leads this TED Talk on a discussion about Older people vs. Younger people and their level of happiness. Join in on this TED Talk and discuss your thoughts after. Look for the flyer approximately one month before.



Colorectal Cancer Screening

Sponsored by: RWJ @ Hamilton

When: Wednesday - March 18, 2020

Where: Computer Room

Time: 10:00am - 11:00am

A take home kit will be given. Once completed it can give you early detection. Follow directions to complete.



CPR Class

Sponsored by: Penn Medicine

When: Wednesday - March 25, 2020

Where: All Purpose Room

Time: 10:00am

Encourage family and friends to attend this informational CPR session. Basic steps will be demonstrated to help you act quickly and efficiently for when an emergency arises. Registration is required, call 609-890-3686 or see the sign-up sheet in the main hallway.



Tuesdays with Grace & Frankie

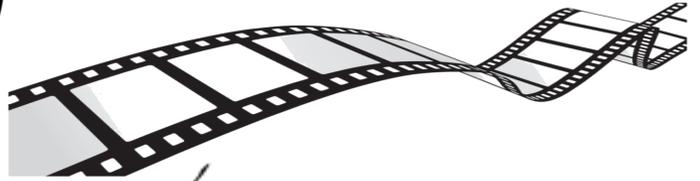
When: Tuesdays
Where: TV Room
Time: 10am-11am



Watch this Hilarious comedy, starring Jane Fonda and Lily Tomlin, two unlikely friends who are brought together with life changing news! Episodes are 25 minutes long.
Get ready to laugh!

Friday's just got a bit more fun! Introducing Movie Fridays:

When: Fridays
Where: TV Room
Time: 12:30pm
Movies: To Be Determined



Cruise to Bermuda



Depart: Thursday - October 8, 2020

Return: Tuesday - October 13, 2020



If you are interested or have any questions regarding the trip please contact Antonia at The Hamilton Senior Center's office at (609)-890-3686



Pictures from our 2019 Senior Fall Dinner Dance at Cedar Gardens & Our 2019 Holiday Social



Programs & Activities Available at the Senior Center



Ballroom Dancing
Fridays at 10:00AM
\$5.00 Per Class



Ping Pong
Monday - Friday, all day

Billiards
Monday - Friday, all day

Rummikub
Tuesday, Wednesday, Thursday at 1:00PM

Bingo
Monday - Friday, 9:00 - 11:00AM
Monday & Thursdays at 1:00PM

Spiritual Wellness
Wednesdays at 10:00AM

Bocce
Monday - Friday, all day



Step It Up
Mondays & Thursdays at 9:00AM

Canasta
Monday & Thursdays at 1:00PM

Swimming
Monday - Friday, 9:00AM - 11:30AM
\$3.00 Per Class

Tai Chi
Fridays at 9AM



Cards
Monday - Friday, all day

Chair Exercise
Tuesdays at 10:00AM
Wednesdays at 10:00AM & 11:00AM



Yoga
Tuesdays at 8:45AM
Thursdays at 1PM
\$5.00 Per Class

Choral Group
Tuesdays at 1:00PM

Computer Assistance
See Front Desk to make appointment

For your convenience the Hamilton Senior Center has a shredder available for you to use. Be sure to shred papers and documents to help prevent identity theft!



Cornhole
Wednesdays at 12:30PM

Dominoes
Wednesdays & Fridays at 1:00PM

Line Dancing
Mondays & Thursdays at 10:00AM

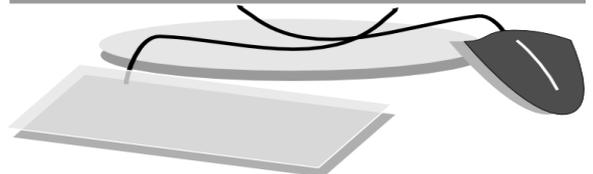
Mah Jongg
Wednesdays at 12:30PM



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

Are you in need of technology assistance?

Please leave your information with the front desk of the Hamilton Senior Center if you are looking for any help with the computer. We can offer assistance of learning the basics of the computer, setting up a free e-mail account, navigating the internet, or help with your tablet, laptop and/or smartphone.



HAMSTAY

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

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

Cell Phone Collection

The Hamilton Senior Center collects old cell phones to be recycled to raise money for new programming at the center and will also be given to seniors for Emergency 911 purposes only. Please bring old cell phones to the front office.

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.



Volunteer Opportunities

The Senior Center welcomes volunteers for events, office helpers and activity leaders as well as members of our Advisory Board. 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.



The staff of the Senior Center would like to say a special “Thank you!” to all of our wonderful volunteers! Their special talents & contributions each day make our center a wonderful place to work & visit!

Senior Craft Case

Visit our Senior Craft Case. It is 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!

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
1440 Parkside Avenue
Trenton NJ 08638
609-989-6120

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 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

Satellite Surrogate Office:

Mercer County Surrogate, Diane Gerofsky, provides probate services the Third Tuesday of each month at the Hamilton Senior Center.

CALL: 609-989-6331 to make an appointment.

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 Services:

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



JANUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Center Closed New Years Day 	2 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	3 Ballroom Dancing Tai Chi Dominoes	4
5	6 Step It Up Line Dancing Canasta Bingo	7 Yoga Chair Exercise Choral Group Rummikub	8 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	9 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	10 Ballroom Dancing Tai Chi Dominoes	11
12	13 Step It Up Line Dancing Canasta Bingo <i>Valentine's Dance Tickets on Sale</i>	14 Yoga Chair Exercise Choral Group Rummikub	15 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	16 Step It Up Line Dancing Bingo in the AM Canasta Rummikub Yoga <i>Black and White Gala 3:30pm- 6:30pm</i>	17 Ballroom Dancing Tai Chi Dominoes	18
19	20 Center Closed Martin Luther King Jr. Day 	21 Yoga Surrogate Chair Exercise Choral Group Rummikub	22 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	23 Step It Up Line Dancing Bingo Canasta Rummikub Yoga <i>Osteoporosis Screening</i>	24 Tai Chi Dominoes <i>Grief/Loss Program</i>	25
26	27 Step It Up NEC Line Dancing Canasta Bingo	28 Yoga Chair Exercise Choral Group Rummikub	29 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	30 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	31 Ballroom Dancing Tai Chi Dominoes	

“You should also appreciate the goodness around you, and surround yourself with positive people.” -Nadia Comaneci

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Step It Up Line Dancing Canasta Bingo <i>Super Bowl Wrap Up Contest</i>	4 Yoga Chair Exercise Choral Group Rummikub	5 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>Mercer County Sheriff's Office Distributing Senior ID's</i>	6 Line Dancing in MDR Bingo Canasta Rummikub	7 Ballroom Dancing Tai Chi Dominoes <i>National Wear Red Day</i>	8
9	10 Step It Up Line Dancing Canasta Bingo	11 Yoga Chair Exercise Choral Group Rummikub	12 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>Valentines Day Dance</i>	13 Line Dancing in MDR Bingo Canasta Rummikub	14 Center Closed Presidents Day 	15
16	17 Center Closed Presidents Day 	18 Yoga Surrogate Chair Exercise Choral Group Rummikub	19 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	20 Line Dancing in MDR Bingo Canasta Rummikub	21 Ballroom Dancing Tai Chi Dominoes	22
23	24 Step It Up NEC Line Dancing Canasta Bingo	25 Yoga Chair Exercise Choral Group Rummikub	26 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>Ash Wednesday</i>	27 Line Dancing in MDR Bingo Canasta Rummikub	28 Ballroom Dancing Tai Chi Dominoes	29

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.

March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Step It Up Line Dancing Canasta Bingo	3 Yoga Chair Exercise Choral Group Rummikub <i>"The Bright Side of Downsizing"</i>	4 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	5 Line Dancing in MDR Bingo Canasta Rummikub	6 Ballroom Dancing Tai Chi Dominoes	7 
8	9 Step It Up Line Dancing Canasta Bingo	10 Yoga Chair Exercise Choral Group Rummikub <i>Ted Talks</i>	11 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	12 Line Dancing in MDR Bingo Canasta Rummikub	13 Ballroom Dancing Tai Chi Dominoes	14
15 	16 Step It Up Line Dancing Canasta Bingo	17 Yoga  Surrogate Chair Exercise Choral Group Rummikub <i>St. Patrick's Day Program</i>	18 Chair Exercise Dominoes Cornhole Mah Jongg Rummikub <i>RWJ - Colorectal Cancer Screening</i>	19 Line Dancing in MDR Bingo Canasta Rummikub	20 Ballroom Dancing Tai Chi Dominoes <i>AC Trip - Golden Nugget</i>	21
22	23 Step It Up NEC Line Dancing Canasta Bingo	24 Yoga Chair Exercise Choral Group Rummikub	25 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>PHS - CPR Class</i>	26 Line Dancing in MDR Bingo Canasta Rummikub	27 Ballroom Dancing Tai Chi Dominoes	28
29	30 Step It Up Line Dancing Canasta Bingo	31 Yoga Chair Exercise Choral Group Rummikub				

REMINDER:
THE SENIOR CENTER IS OPEN THURSDAY EVENINGS UNTIL 7:00 PM! ENJOY A CUP OF COFFEE, PLAY BOCCE, POOL, CARDS, PING PONG, RUMMIKUB, WATCH A SHOW OR JUST SOCIALIZE.