

Hamilton Township's

Senior Center Newsletter



Hamilton Township

Summer 2019 Edition

Mayor Kelly Yaede

Message from the Mayor

Summer is finally here!

First, some good news for us all. My 2019 municipal budget was finally approved this spring. **This budget will reduce the municipal tax rate by over 1 ¼ (1.25) percent.**

The new budget will also make needed long-term community investments, including **20 road repair projects, needed sewer treatment plant projects, police-related needs, senior center projects and township parks projects.**



Mayor Kelly Yaede poses for a picture with Louie at the recent Spring Senior Dinner Dance.

Additionally, our new budget will continue to keep sewer rates, which have not increased during the past 10 years, flat!

Throughout the summer, remember that our Senior Center is a great place to stop by to cool off from the heat, as well as to enjoy great activities and events that include:

- **Health Screenings that will take place each month during the summer**
- **A Bus Trip to enjoy the Atlantic City Air Show**
- **Just Dance Event with the Meg Hanson Group**
- **A Brothers in Harmony Concert**
- **Our Annual Senior Center Picnic in September**
- **And our Senior Center's pool, walking courses, classes, activities and so much more!**

I look forward to seeing you at our Senior Center this summer and all across our great hometown!

Sincerely,

Kelly Yaede
Mayor



IMPORTANT DATES

NOTE: Health Screenings will take place in July, August & September at the Senior Center

July 1

Tye Blankets for Vets
Sponsored by: Care One

July 3

Fireworks & Concert
Veterans Park, Kuser Rd

July 4

Center Closed - Independence Day

July 9

RWJ - Glucose Screening

July 10

Picnic Tickets Available

July 18

AC Trip - Resorts

July 23

Ted Talks

July 25

Vision Screening

August 5

Canvas Painting - Care One

August 6

National Night Out
Veterans Park, Kuser Rd

August 14

Wine Glass Painting - Homestead

August 15

Just Dance Event w/ Meg Hanson

August 21

AC Air Show Trip - Resorts

September 2

Center Closed - Labor Day

September 5

•Brothers in Harmony Concert

•RWJ- Everyday is Meaningful

September 8

Grandparents Day

September 11

Always Remember

September 12

AC Trip - Golden Nugget

September 18

Senior Center Picnic
(Rain date 9/19/19)

Advance Tickets Required

Call 609-890-3686

September 21

Paper Shredding Event

Police Headquarters

**Hamilton Township
Senior Center
409 Cypress Lane
Hamilton, NJ 08619
(609) 890-3686
(609) 588-8074 Fax**

**Hours:
Monday, Tuesday, Wednesday, Friday
8:30 a.m. - 4:00 p.m.
Thursday
8:30 a.m. - 7:00 p.m.**

KELLY A. YAEDE, MAYOR

**Kathleen M. Fitzgerald, R.N., BSN
Supervisor of Senior & Veteran Services**

**Visit us on the web at
www.hamiltonnj.com**

**To become a member of our center,
you must be 60 years of age and a
resident of Hamilton Township,
Mercer County, New Jersey.
Proof of residency is required.**

**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

**Thursday - July 4th
Independence Day**

**Monday - September 2nd
Labor Day**



**HAMSTAT
HAMILTON'S ONE CALL CENTER**

CALL 586-0311 FOR:

- ♦ **Garbage Collection**
- ♦ **Potholes**
- ♦ **Building Permits**
- ♦ **Parks & Recreation Programs**
- ♦ **Township Events**
- ♦ **Dog License**
- ♦ **Tax Information**
- ♦ **Senior Center Information**

HAMILTON TOWNSHIP COUNCIL

**Jeff Martin
Anthony Carabelli
Ralph Mastrangelo
Ileana Schirmer
Rick Tighe**

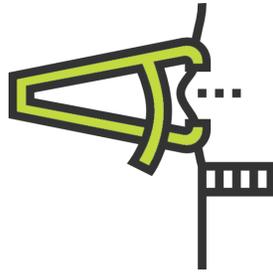
**Attention:
If you are able to speak, read or write in another
language, and would be willing to help non-English
speaking members navigate our facility, please let
us know at the front office. We would like to
accommodate all residents with our events and
activities. For further assistance please contact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



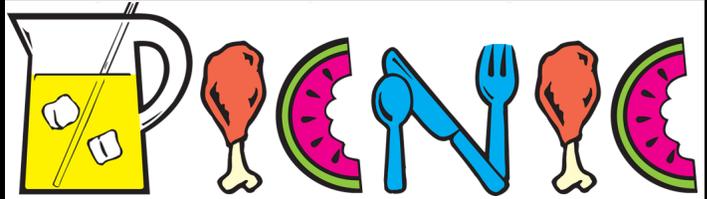
RWJ @Hamilton

Presents:

Glucose Screening: 7/9 9-11 AM
Body Fat Screening: 8/13 10-12 PM
Making Everyday Meaningful: 9/5 10-11AM



****LOOK FOR SIGN UP SHEET
 APPROXIMATELY ONE MONTH
 BEFORE EVENT****



18th Annual Senior Picnic

When: Wednesday, September 18th

Rain Date: Thursday September 19th

Time: 10:00AM - 2:00PM

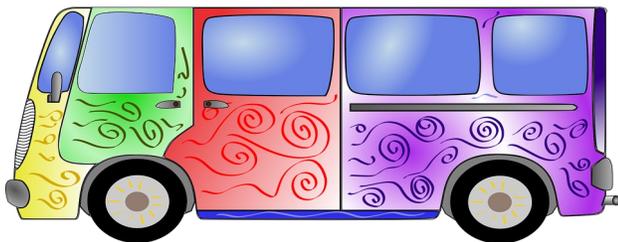
(No entry after 12:15PM)

Tickets: \$10.00 ***Cash Only***

Tickets Available Starting:
Wednesday July 10th @ 9:30AM

*This event is for Hamilton Senior Residents only.
 Must have Hamilton Senior Center ID when
 purchasing ticket.*

Atlantic City Bus Trips



Thursday:	July 18th	Resorts
Wednesday:	August 21st	Resorts
Thursday:	Sept 12th	Golden Nugget

Depart Senior Center: 9:00 AM
 Depart Casino: 5:00 PM
 Tickets will be on sale approximately one month before the scheduled trip. Look for the flyers on the tables in the hallway!
 Bus departs from senior center parking lot.
 Any questions, call 890-3686.

Staying Safe in the Summer



STAY HYDRATED



KEEP COOL

**APPLY PLENTY OF
 SUNSCREEN
 & BUG SPRAY**



**TAKE
 BREAKS
 DURING
 PHYSICAL
 ACTIVITY**



**MAINTAIN
 COMMUNICATION
 WITH FRIENDS
 AND FAMILY**



**WEAR
 SUNGLASSES
 & HATS**

Are you in need of computer 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.



Care One Presents:

Tye Blankets for Veterans: 7/1/19 12:30 PM
Canvas Painting: 8/5/19 12:30 PM
Brothers in Harmony: 9/5/19 7-8:00 PM



**LOOK FOR SIGN UP SHEET
 APPROXIMATELY **ONE MONTH**
 BEFORE EVENT**
 (Limited seats available)

Just Dance

When: Thursday - August 15th
 Time: 4:00 PM - 6:30 PM
 Where: Main Dining Room
 Members: \$1.00 Adult Guest: \$1.00

Tickets on Sale: Tuesday, July 16th -9:30AM

Enjoy an evening out with friends and dance the night away. Music will be provided by Meg Hanson on **August 15th** at the Senior Center. Bring your own dinner and/or snacks and dinnerware. Beverages will be provided. (Alcohol not permitted)



Ted Talks

Tuesday July 23rd
12:30PM - APR

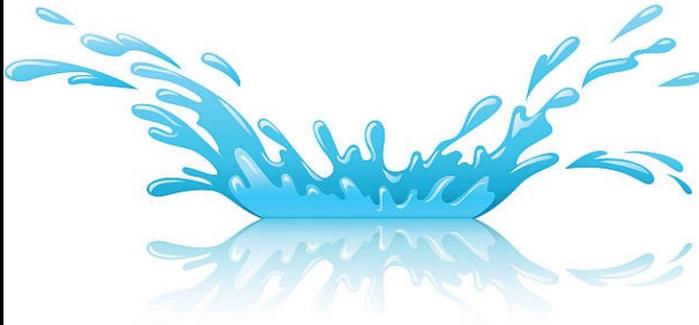
“How to live
passionately
 no matter what
 your age”

community creativity education environment
 evolution future government happiness health
TED IDEAS WORTH SPREADING
 learning life love peace philosophy politics ps
 technology science social change social evolution

Splash Fitness

When: Tuesdays & Thursdays
Time: 9:00 AM-10:00AM
Where: Swimming Pool
Cost: \$3 Per Class

Join in on all the fun while gaining benefits from exercise!!



TAI CHI

WHEN: July 19th - August 16th
TIME: 9:00 AM - 10:00 AM
WHERE: All Purpose Room
COST: \$1 Per Class (Pay at Front Desk)

Want to try something new? Tai Chi! Join our instructor Stephanie on Friday mornings in the All Purpose Room. Tai Chi is a practice of slow movements that improves balance.

See Sign up Sheet in Main Hallway!

YOGA

Tuesday Mornings: 8:45 AM
Thursday Afternoons: 1:00 PM
 Cost: \$5.00 Per Class

"It's a nice day for Yoga"

Join Chris Donga for a session of Yoga in the All Purpose Room. **Please bring your own yoga mat or non-skid towel. Wear comfortable, stretch clothing. **



Walk A Mile With A Smile Walking Club - Summer Session

When: Tuesdays (June 4th - August 27th)
Time: 9:00AM - 10:00AM
Where: Senior Center Walking Trail
 4 Laps around our outside trail = 1 mile
 In case of inclement weather, walk inside around our "square"

Join our volunteer leader, Marie.

Walking lowers blood pressure, helps maintain healthy weight and reduces stress!



PROGRAMS & ACTIVITIES

AVAILABLE AT THE SENIOR CENTER

BALLROOM DANCING	FRIDAY	10:00AM	\$5.00 Per Class
BILLIARDS	MON-FRI	ALL DAY	
BINGO	MON-FRI	9:00 - 10:30 AM	
	MON & THURS	1:00 PM	
BOCCE	MON-FRI	ALL DAY	
CANASTA	MON & THURS	1:00 PM	
CARDS	MON-FRI	ALL DAY	
CHAIR EXERCISE	TUESDAY	10:00 AM	
	WEDNESDAY	9:00 & 10:00 AM	
	FRIDAY	9:00 AM	
CHORAL GROUP	TUESDAY	1:00 PM	
COMPUTER ASSISTANCE			SEE FRONT DESK
CORNHOLE	WEDNESDAY	12:30 PM	
SPIRITUAL WELLNESS	WEDNESDAY	10:00 AM	
SPIRITUAL WELLNESS	MONDAY	12:00PM	First & Third Every Month
DOMINOES	WEDS & FRI	1:00 PM	
LINE DANCING	MON & THURS	10:00 AM	
MAH JONGG	WEDNESDAY	12:30 PM	
NUTRITION PROGRAM	MON - FRI	8:30 AM -12:30 PM	609-586-7272
PING PONG	MON-FRI	ALL DAY	
RUMMIKUB	TU, W, TH	1:00 PM	
SCRABBLE	WEDNESDAY	1:00 PM	
STEP IT UP	MON & THURS	9:00 AM	
SWIMMING	MON-FRI	9:00-11:30AM	\$3.00 Per Class
YOGA	TUESDAY	8:45 AM	\$5.00 Per Class
	THURSDAY	1:00PM	

****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!****

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.



INFORMATION & ASSISTANCE PROGRAMS

TRANSPORTATION SERVICES:

The Hamilton Senior Center provides transportation to medical appointments and food shopping **ONLY**. 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 to beauty appointments, banks, and local malls.

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 to make an appointment.

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.



Pictures above are from our 2019 Spring Garden Dinner Dance

SENIOR CLUB NEWS

Hamilton Township has many opportunities to join Senior Clubs. Contact our office at 890-3686 for a list of clubs and for information on how to join them. Senior Clubs requesting meeting space in the Switlik Park and McMannimon Centers must contact the **Recreation Office** at 609-890-4028.

Senior Club Members: Please stop by and check the Club Mailboxes for announcements and information.

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. Call 890-3686 for information. You must be 60 years of age and make sure to bring documents with your name & Hamilton address on it (i.e. utility bill, car registration).

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.

WEBSITE INFORMATION AND LINKS

Visit the Hamilton Township Senior Center website at www.hamiltonnj.com and be informed of the centers hours, transportation services, computer classes, upcoming events, activities and trips.

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 **890-3686** for more information.

THANK YOU VOLUNTEERS!

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 and visit!

SENIOR CRAFT CASE

Visit our Senior Craft Case. It is located in the Main Hallway near the Restrooms. Where 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 Parkway 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 Road Suite 30
Hamilton NJ 08619
1-800-661-8177

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Step It Up Line Dancing Spiritual Wellness Canasta Bingo Care One- Tye Blankets for Vets</p>	<p>2 Yoga Chair Exercise Choral Group Rummikub</p>	<p>3 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub Cornhole</p>	<p>4 CLOSED Independence Day</p> 	<p>5 Chair Exercise Dominoes Ballroom Dancing</p>	6
7	<p>8 Step It Up Line Dancing Canasta Bingo</p>	<p>9 Yoga Chair Exercise Choral Group Rummikub RWJ Glucose Screening</p>	<p>10 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub</p>	<p>11 Step It Up Line Dancing Bingo Yoga Canasta Rummikub</p>	<p>12 Chair Exercise Dominoes Tai Chi Ballroom Dancing</p>	13
14	<p>15 Step It Up Line Dancing Spiritual Wellness Canasta Bingo</p>	<p>16 Yoga Chair Exercise Choral Group Rummikub Surrogate</p>	<p>17 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub</p>	<p>18 Step It Up Line Dancing Bingo Yoga Canasta Rummikub AC Trip- Resorts</p>	<p>19 Chair Exercise Dominoes Tai Chi Ballroom Dancing</p>	20
21	<p>22 Step It Up Line Dancing Canasta Bingo NEC</p>	<p>23 Yoga Chair Exercise Choral Group Rummikub Ted Talks</p>	<p>24 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub</p>	<p>25 Step It Up Line Dancing Bingo Yoga Canasta Rummikub</p>	<p>26 Chair Exercise Dominoes Tai Chi Ballroom Dancing</p>	27
28	<p>29 Step It Up Line Dancing Canasta Bingo</p>	<p>30 Yoga Chair Exercise Choral Group Rummikub</p>	<p>31 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub</p>			

"Happiness often sneaks in through a door you didn't know you left open."
-John Barrymore

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Step It Up Line Dancing Bingo Canasta Rummikub	2 Chair Exercise Dominoes Tai Chi Ballroom Dancing	3
				4	5 Step It Up Line Dancing Spiritual Wellness Canasta Bingo Care One – Canvas Painting	6 Yoga Chair Exercise Choral Group Rummikub
11	12 Step It Up Line Dancing Canasta Bingo	13 Yoga Chair Exercise Choral Group Rummikub RWJ Body Fat Screening	14 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub Wine Glass Painting Class	15 Step It Up Line Dancing Bingo Canasta Rummikub Yoga Just Dance W/ Meg Hanson	16 Chair Exercise Dominoes Tai Chi Ballroom Dancing	17
18	19 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	20 Yoga Chair Exercise Choral Group Rummikub Surrogate	21 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub AC Trip-Resorts Air Show	22 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	23 Chair Exercise Dominoes Ballroom Dancing	24
25	26 Step It Up Line Dancing Canasta Bingo NEC	27 Yoga Chair Exercise Choral Group Rummikub	28 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	29 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	30 Chair Exercise Dominoes Ballroom Dancing	31

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.

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed Labor Day 	3 Yoga Chair Exercise Choral Group Rummikub	4 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	5 Step It Up Line Dancing Bingo Canasta Rummikub Yoga RWJ - "Everyday is Meaningful" Brothers in Harmony	6 Chair Exercise Dominoes Ballroom Dancing	7
8	9 Step It Up Line Dancing Canasta Bingo	10 Yoga Chair Exercise Choral Group Rummikub	11 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub <i>Always Remember</i>	12 Step It Up Line Dancing Bingo Canasta Rummikub Yoga AC Trip - Golden Nugget	13 Chair Exercise Dominoes Ballroom Dancing Mercer County Nutrition Picnic	14
15	16 Step it Up Spiritual Wellness Line Dancing Canasta Bingo	17 Yoga Chair Exercise Choral Group Rummikub Surrogate	18 Senior Center Picnic 10:00pm- 2:00pm	19 Step It Up Line Dancing Bingo Canasta Rummikub Yoga *Closing at 4pm*	20 Chair Exercise Dominoes Ballroom Dancing	21
22	23 Step It Up Line Dancing Canasta Bingo NEC	24 Yoga Chair Exercise Choral Group Rummikub	25 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	26 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	27 Chair Exercise Dominoes Ballroom Dancing Flu Clinic	28
29	30 Step It Up Line Dancing Canasta Bingo					

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 MOVIE OR JUST SOCIALIZE.