



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Spring 2019 Edition

Mayor Kelly Yaede

Message from the Mayor

Dear Neighbor,

Spring is such a great season to spend at our Hamilton Township Senior Center, especially thanks to all of the beneficial programs and exciting activities that will be taking place.

I welcome you, along with your neighbors, friends and loved ones to enjoy some of these upcoming events including:



Mayor Kelly Yaede stands with two attendees of last year's Spring Senior Dinner Dance.

- **Three Different Bus Trips to Atlantic City to visit Tropicana, Resorts and Golden Nugget Casinos**
- **COPD Education Class by RWJ University Hospital - Hamilton**
- **Just Dance - Spring Beginnings**
- **CPR Class**
- **AARP Driving Course**
- **Spring Dinner Dance at Cedar Gardens Banquet**
- **Diabetes Educational Workshop**
- **Sepsis Seminar by RWJ University Hospital - Hamilton**

In addition, spring brings our annual Azalea Festival to Sayen Botanical Gardens on Mother's Day (Sunday, May 12th). Each year, this beloved event is a great way for families to spend a day in our beautiful township park and enjoy over 250,000 flowering bulbs, along with music, crafters, food vendors and other entertainment.

I look forward to seeing you sometime soon at our Senior Center or across our wonderful community

Sincerely,

Kelly Yaede
Mayor



IMPORTANT DATES

April 9

Bus Trip to Atlantic City's Tropicana

April 17

COPD Educational Class by RWJUH - Hamilton

April 19 Center Closed

Good Friday & Passover

April 21 (Easter)

April 25

Just Dance, 4-6:30 PM

April 26

CPR Class

May 2 & 3

AARP Driving Course

May 9

Spring Dinner Dance

Cedar Gardens

11am - 3pm

Call 609.890.3686 for tickets

May 10

Diabetes Education 6 wk. workshop begins

May 12

Azalea Festival

Sayen Botanical Gardens

10am - 4pm

May 14

Bus Trip to Atlantic City's Resorts

June 6

RWJ Sepsis Seminar

June 13

Bus Trip to Atlantic City's Golden Nugget Casino

**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

**Jeffrey J. Plunkett
Director of Health, Recreation,
Senior & Veteran Services**

**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

Friday - April 19th

**Wednesday - May 8th
Closing at 1:00 PM**

**Thursday - May 9th
Spring Dinner Dance**

**Monday - May 27th
Memorial 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**

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**

HAMILTON TOWNSHIP COUNCIL

Jeff Martin
Anthony Carabelli
Ralph Mastrangelo
Ileana Schirmer
Rick Tighe



RWJ @Hamilton Capital Health Presents:

COPD Seminar: 4/17 10-11 AM

Foot Screening: 5/2 10-11 AM

What is Sepsis?: 6/6 10-11 AM



SEE SIGN UP SHEET IN HALLWAY TO MAKE AN APPOINTMENT OR CALL 890-3686 TO REGISTER.

Presents:

CPR- FOR FAMILY & FRIENDS

When: Friday, April 26th

Time: 9:00 AM

Where: All Purpose Room

Encourage Family to attend this informational CPR session. Basic Steps will be demonstrated to help you act quickly & efficiently for when an emergency arises.

REGISTRATION REQUIRED CALL: 609-890-3686 or See Sign up Sheet in Hallway

Atlantic City Bus Trips



Tuesday:	April 9th	Tropicana
Thursday:	May 14th	Resorts
Thursday:	June 13th	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.

Our Volunteers

APRIL IS VOLUNTEER APPRECIATION MONTH

The staff of the Hamilton Senior Center would like to take this opportunity to thank ALL our volunteers! Your dedication and special talents help our facility continue to provide wonderful services to the Hamilton Township senior community.



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 and/or laptop.



Learning To Control Your Diabetes

Sign up today for a **FREE** 6-week workshop! Hurry, space is limited!!

WHEN: 5/10, 5/17, 5/24, 5/31, 6/7 & 6/14

TIME: 10:00 AM -11:30 AM

WHERE: COMPUTER ROOM

Call 609-890-3686 or
See front desk to register



Just Dance

When: Thurs. – April 25, 2019

Time: 4:00 – 6:30 PM

Where: Main Dining Room

Members: \$1.00 Adult Guest: \$1.00

Enjoy an evening out with friends and dance the night away. Music will be provided by *The Singing DJ* on the above date at the senior center. Bring your own dinner and/or snacks and dinnerware. Beverages will be provided. (Alcohol not permitted)

SEE FRONT DESK FOR YOUR TICKETS!!

AARP SAFETY DRIVING COURSE

WHEN: THURSDAY & FRIDAY
May 2nd & May 3rd

TIME: 12:00– 3:30 PM

WHERE: ALL PURPOSE ROOM

COST: \$15 For AARP Members
\$20 Non Members
(Cash or Check accepted).

(Please make checks payable to: AARP)

Sign up to attend the AARP Safety Driving Course. This is a two day course. You will receive a certificate of completion which you may submit to your auto insurance for a possible discount.

Call 609-890-3686 or
see front desk to register

Senior Spring Dinner Dance

WHEN: Thursday: May 9th, 2019

TIME: 11:00 AM - 3:00 PM

WHERE: Cedar Gardens Banquet
661 Route 33

TICKETS: \$12.00 - Members Only



**TICKETS AVAILABLE
AT THE FRONT DESK
MUST SHOW
HAMILTON SENIOR ID!!**



**IF YOU WOULD LIKE TO SIT TOGETHER AT
THE DANCE, YOU MUST HAVE EVERY-
ONES'S I.D.
8 PEOPLE TO A TABLE**

TAI CHI

WHEN: Fridays: 4/5 & 4/12
(Next session TBA)

TIME: 9:00 - 10:00 AM

WHERE: All Purpose Room

COST: FREE

Start off the New Year with Tai Chi! Meet 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!

BUS TRIP TO NASHVILLE

Enjoy a seven day six night bus trip to Nashville, TN. See flyer for more details. Currently taking registrations for this trip.

WHEN: October 6th -12th, 2019

For those already signed up, payment in full is required on: May 21st or May 29th from 9:30-2:00 PM

If you cannot make the dates shown above, please call Toni at 609-890-3686 to make other arrangements.

YOGA

Tuesday Mornings: 8:45 AM

**Thursday Afternoons: 1:00 PM
Starting 4/18/19**

Cost: \$5.00 Per Class

Start of the year right by joining our Certified Yoga Instructor, 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.**

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	
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 swim program, "Splash Fitness and Volleyball".
Join in on all the fun while gaining benefits from exercise!!

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 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.

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 center's 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

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Step It Up Line Dancing Canasta Bingo	2 Yoga Chair Exercise Choral Group Rummikub	3 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	4 Bingo Canasta Rummikub Tax Assistance	5 Chair Exercise Dominoes Tai Chi Ballroom	6
7	8 Step It Up Line Dancing Canasta Bingo	9 Yoga Chair Exercise Choral Group Rummikub AC Trip	10 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	11 Bingo Canasta Rummikub Tax Assistance	12 Chair Exercise Dominoes Tai Chi Ballroom	13
14	15 Step It Up Line Dancing Canasta Bingo	16 Yoga Chair Exercise Choral Group Rummikub Surrogate	17 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub RWJ COPD	18 Step It Up Line Dancing Bingo Yoga Canasta Rummikub	19 Center Closed Good Friday	20
21 EASTER	22 Step It Up Line Dancing Canasta Bingo NEC	23 Yoga Chair Exercise Choral Group Rummikub	24 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	25 Step It Up Line Dancing Bingo Yoga Canasta Rummikub Just Dance	26 Chair Exercise Dominoes Tai Chi Ballroom CPR Class	27
28	29 Step It Up Line Dancing Canasta Bingo	30 Yoga Chair Exercise Choral Group Rummikub				

QUARTERLY QUOTE:
Live life to the fullest, and focus on the positive.
- Matt Cameron

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole	2 Step It Up Line Dancing Bingo Canasta Rummikub AARP Driving	3 Dominoes Tai Chi Ballroom AARP Driving Class	4
5	6 Line Dancing Canasta Bingo	7 Yoga Chair Exercise Choral Group Rummikub	8 Chair Exercise Spiritual Wellness Center Closes @ 1PM	9 Senior Dinner Dance @ Cedar Gardens Center Closed	10 Chair Exercise Dominoes Tai Chi Ballroom Diabetes Education Class Begins	11
12 Mothers' Day Azalea Festival Sayen Gardens	13 Line Dancing Canasta Bingo	14 Yoga Chair Exercise Choral Group Rummikub AC Trip	15 Chair Exercise Spiritual Wellness Dominoes Mah Johngg Scrabble Cornhole Rummikub	16 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	17 Chair Exercise Dominoes Tai Chi Ballroom Diabetes Education Class	18
19	20 Line Dancing Canasta Bingo NEC	21 Yoga Chair Exercise Choral Group Rummikub Surrogate	22 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	23 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	24 Chair Exercise Dominoes Ballroom Diabetes Education Class	25
26	27 Memorial Day Center Closed 	28 Yoga Chair Exercise Choral Group Rummikub	29 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	30 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	31 Chair Exercise Dominoes Tai Chi Ballroom Diabetes Education Class	

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.

June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Step It Up Line Dancing Canasta Bingo	4 Yoga Chair Exercise Choral Group Rummikub	5 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	6 Bingo Canasta Rummikub Yoga	7 Tai Chi Chair Exercise Dominoes Ballroom Diabetes Education Class	8
9	10 Step it Up Line Dancing Canasta Bingo	11 Yoga Chair Exercise Choral Group Rummikub	12 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	13 Bingo Canasta Rummikub Yoga AC Trip	14 Tai Chi Chair Exercise Dominoes Ballroom Diabetes Education Class	15
16 Father's Day	17 Step It Up Line Dancing Canasta Bingo	18 Yoga Chair Exercise Choral Group Rummikub Surrogate	19 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	20 Bingo Canasta Rummikub Yoga	21 Tai Chi Chair Exercise Dominoes Ballroom Diabetes Education Class	22
23 <hr/> 30	24 Step It Up Line Dancing Canasta Bingo NEC	25 Yoga Chair Exercise Choral Group Rummikub	26 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	27 Bingo Canasta Rummikub Yoga	28 Tai Chi Chair Exercise Dominoes Ballroom Diabetes Education Class	29

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.**