



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Winter 2019 Edition

Mayor Kelly Yaede

Message from the Mayor

Dear Neighbor,

Happy New Year! I hope you had a blessed holiday and 2019 is filled with great happiness, health and joy for you and your loved ones.

With many of improvements that we have been making at our Senior Center, along with the great services and exciting events, we have a lot to look forward to in 2019.

Our annual celebrations like the **Valentine's Day Social** in February and a **Bus Trip to Atlantic City** in March are just two example of the great events that will be happening in the coming months. But every day, there is something going on at our Senior Center for you to enjoy, including making new friends or spending time with long-time ones!

Make sure you have a copy of **2019 Hamilton Township Calendar**, which you should have received in the mail in December. If not, you can pick up an extra copy either at the Senior Center or one of our other Municipal Government buildings. Not only does the calendar provide you with important reminders, but this year's calendar features pictures of our community's children and grandchildren enjoying our home town.

Again, my best wishes for a great 2019!

Sincerely,
Kelly Yaede
Mayor



Mayor Kelly Yaede smiles as she listens to Santa Claus greet the crowd at Hamilton's recent Winter Wonderland at Kuser Farm Park.

Hamilton Township Senior Center



IMPORTANT DATES

January 1
Center Closed- Happy New Year!

January 4
Tai Chi Session Begins (6 weeks)

January 9
Unclaimed Property

January 21 (Martin Luther King Day)
Center Closed

January 29
RWJ - Blood Pressure Screening

February 1
Wear Red Day

February 4
SuperBowl Wrap Up

February 5
RWJ - Osteoporosis Screening

February 11
CHS - CPR for Friends & Family

February 14
Valentines Just Dance 4-6:30pm
(SnowDate: 2/21/19)

February 15 & 18
Center Closed - Presidents Day

March 5
Alzheimer Assoc. -Healthy Habits

March 12
Atlantic City Trip - Golden Nugget

March 19
TED Talks

**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.

**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**

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

**Tuesday - January 1st
Happy New Year!**

**Monday - January 21st
Martin Luther King Jr. Day**

**Friday - February 15th
Lincoln's Birthday**

**Monday - February 18th
Presidents' Day Holiday**

HAMILTON TOWNSHIP COUNCIL

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



RWJ @Hamilton Capital Health

Presents:

OSTEOPOROSIS SCREENING

WHEN: Tuesday - February 5th
TIME: 9:00 - 11:00 AM
WHERE: Computer Room

If identified early, osteoporosis, a potentially debilitating disease can be treated with simple self-help measures and medication.

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

Presents:

CPR- FOR FAMILY & FRIENDS

When: Monday - February 11th
Time: 9:00 AM
Where: All Purpose Room

Encourage Family & Friends 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 | March 12 | 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 trip table in the hallway! Bus departs from senior center parking lot.

Any questions, call 890-3686.

WEAR RED DAY

WHEN: FEBRUARY 1, 2019

FEBRUARY 1st MARKS THE NATIONAL WEAR RED DAY FOR WOMEN. THE AMERICAN HEART ASSOCIATION ENCOURAGES PEOPLE TO WEAR RED CLOTHING AND RAISE AWARENESS IN SUPPORT OF ALL WOMEN WHO HAVE BEEN DIAGNOSED WITH CARDIOVASCULAR DISEASE.

A REPRESENTATIVE FROM THE AMERICAN HEART ASSOCIATION WILL BE ACCEPTING DONATIONS THIS MORNING IN THE MAIN DINING ROOM.



SUPERBOWL WRAP UP

WHEN: MONDAY - FEBRUARY 4, 2019

WHERE: MAIN DINING ROOM

MAKE SURE TO ENTER "GUESS THE SUPERBOWL SCORE CONTEST" ENTRY FORMS WILL BE AT THE LUNCH DESK. WINNER WILL RECEIVE A SMALL PRIZE THIS DAY. DON'T FORGET TO WEAR YOUR TEAM COLORS OR JERSEY THIS DAY!! WINNER WILL BE ANNOUNCED THIS MORNING IN THE MAIN DINING ROOM.



Ballroom Dancing

WHEN: Fridays
Jan. 4,11,18 & 25
Feb. 1,8 & 22
March 1,8,15,22 & 29

Time: 10:00 AM

Where: All Purpose Room

Cost: \$5.00 Per Class

Join Mark Schaub from American Ballroom Co. to learn the basic steps of the types of ballroom dancing and meet new friends. Singles welcomed.
No Pre Registration Required

Just Dance

When: Thurs. - February 14, 2019

SnowDate: 2/21/19

Time: 4:00 - 6:30 PM

Where: Main Dining Room

Members: \$1.00 Adult Guest: \$1.00

Join us for Valentine's Day! 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)

Tickets on Sale: Mon. January 14, 2019

AARP INCOME TAX ASSISTANCE

WHEN: EVERY THURSDAY

Starting: February 7th

TIME: BY APPOINTMENT ONLY
8:30AM - 2:30PM

WHERE: ALL PURPOSE ROOM

CALL: 890-3686 OR
SEE FRONT DESK

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.

TED Talks

The Secret to Living Longer May Be Your Social Life

WHEN: Tuesday - March 19, 2018

TIME: 12:30 PM

WHERE: All Purpose Room

TED Talks are informative videos about a topic that mostly all can relate to. Watch the video and then participate in a discussion group after on how you could relate to this topic. Bring a friend and/or meet new ones!

Registration Required!

See Sign up Sheet or Call 609-890-3686

TAI CHI

WHEN: Fridays (6 Weeks)
Jan. 4th - Feb 8th

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!

Alzheimer's Association

PRESENTS:

Healthy Habits for a Healthy You

WHEN: Tuesday - March 5, 2019

TIME: 10:00 - 11:00 AM

WHERE: All Purpose Room

Join in for an informational session sponsored by: *Alzheimer's Association*. Get tips on how to take care of yourself as you age.

Pre - Registration is Required

See Sign Up Sheet in Main Hallway or

YOGA

Tuesday Mornings: 8:45AM

**Thursday Afternoons: 1:00PM
(January Only)**

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 | 1:00 PM | |
| NUTRITION PROGRAM | MON - FRI | 8:30 AM -12PM | 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 |
| TAP DANCING | TUESDAY | 2:30PM | |
| 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 of some holiday fun at the center at our “**Holiday Social**” 12/14/2017. It was an afternoon of dancing with great music from **Tymes 2**.

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

JANUARY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|---|--|---|-----|
| | | 1 Center Closed Happy New Year! | 2 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 3 Step It Up Line Dancing Bingo Yoga Canasta Rummikub | 4 Chair Exercise Dominoes Tai Chi Ballroom | 5 |
| 6 | 7 Step It Up Line Dancing Canasta Bingo | 8 Yoga Chair Exercise Choral Group Rummikub | 9 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 10 Step It Up Line Dancing Bingo Yoga Canasta Rummikub | 11 Chair Exercise Dominoes Tai Chi Ballroom | 12 |
| 13 | 14 Step It Up Line Dancing Canasta Bingo | 15 Yoga Chair Exercise Choral Group Rummikub Surrogate | 16 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 17 Step It Up Line Dancing Bingo Yoga Canasta Rummikub | 18 Chair Exercise Dominoes Tai Chi Ballroom | 19 |
| 20 | 21 Center Closed Martin Luther King Jr Day | 22 Yoga Chair Exercise Choral Group Rummikub | 23 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 24 Step It Up Line Dancing Bingo Yoga Canasta Rummikub | 25 Chair Exercise Dominoes Tai Chi Ballroom | |
| 27 | 28 Step It Up Line Dancing Canasta Bingo NEC | 29 Yoga Chair Exercise Choral Group Rummikub | 30 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 31 Step It Up Line Dancing Bingo Yoga Canasta Rummikub |  | |

QUARTERLY QUOTE:
 The trick to aging gracefully is to enjoy it.
 - Anonymous

FEBRUARY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|---|--|--|--|-----------|
| | | | | | 1 Dominoes Tai Chi Ballroom Wear Red Day | 2 |
| 3 | 4 Line Dancing Canasta Bingo SuperBowl Wrap-up | 5 Yoga Chair Exercise Choral Group Rummikub RWJ | 6 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 7 Tax Assistance Bingo Canasta Rummikub | 8 Chair Exercise Dominoes Tai Chi Ballroom | 9 |
| 10 | 11 Line Dancing Canasta Bingo CHS | 12 Yoga Chair Exercise Choral Group Rummikub | 13 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 14 Tax Assistance Bingo Canasta Rummikub Valentines Just Dance | 15 Center Closed Lincoln's Birthday | 16 |
| 17 | 18 Center Closed Presidents Day | 19 Yoga Chair Exercise Choral Group Rummikub Surrogate | 20 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 21 Tax Assistance Bingo Canasta Rummikub | 22 Chair Exercise Dominoes Ballroom | 23 |
| 24 | 25 Line Dancing Canasta Bingo NEC | 26 Yoga Chair Exercise Choral Group Rummikub | 27 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub | 28 Tax Assistance Bingo Canasta Rummikub |  | |

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|--|-----|
|  | | | | | 1 Chair Exercise Dominoes Ballroom | 2 |
| 3 | 4 Step It Up Line Dancing Canasta Bingo | 5 Chair Exercise Choral Group Rummikub Alzheimer Assoc. | 6 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub | 7 Tax Assistance Bingo Canasta Rummikub | 8 Chair Exercise Dominoes Ballroom | 9 |
| 10 Daylight Savings Begins | 11 Step it Up Line Dancing Canasta Bingo | 12 Chair Exercise Choral Group Rummikub AC Trip | 13 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub | 14 Tax Assistance Bingo Canasta Rummikub | 15 Chair Exercise Dominoes Ballroom | 16 |
| 17 St. Patrick's Day | 18 Step It Up Line Dancing Canasta Bingo | 19 Chair Exercise Choral Group Rummikub TED Talks Surrogate | 20 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub | 21 Tax Assistance Bingo Canasta Rummikub | 22 Chair Exercise Dominoes Ballroom | 23 |
| 24 <hr/> 31 | 25 Step It Up Line Dancing Canasta Bingo NEC | 26 Chair Exercise Choral Group Rummikub | 27 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub | 28 Tax Assistance Bingo Canasta Rummikub | 29 Chair Exercise Dominoes Ballroom | 30 |

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.**