

Hamilton Township's

Senior Center Newsletter



Hamilton Township

Fall 2019 Edition

Mayor Kelly Yaede

Message from the Mayor

Dear Neighbor,

While the onset of autumn will bring cooler temperatures, our fall schedule of exciting events and activities will be 'heating up' at our nationally accredited Hamilton Township Senior Center!

In addition to our routine offerings of classes, programs and great center amenities, be sure to mark down these special seasonal events on your calendar:



Mayor Kelly Yaede spent time at the recent Senior Center picnic, which was enjoyed by hundreds of our Senior Center's members.

- Our annual **Senior Fall Dinner Dance** on **Thursday, October 17th** from **11 am – 3pm** at **Cedar Gardens** (*Advanced Tickets Required; Call 609.890.3686*)
- Our **Halloween Party** on **Thursday, October 31st** from **2 pm – 4:30 pm** at our **Senior Center**
- **AARP Defensive Driving Classes** on **Thursday, November 7th** and **Friday, November 8th**
- **Just Dance Night** on **Thursday, November 21st** from **4 pm – 6:30 pm** at our **Senior Center**
- Our annual **Tree of Life Lighting Ceremony** sponsored by **Samaritan Healthcare** on **Thursday, December 5th** at **6 pm** at our **Senior Center**
- And our annual **Senior Center Holiday Social** on **Wednesday, December 18th** from **1:30 pm – 3:30 pm**

I look forward to seeing you at our Senior Center this fall and all across our wonderful community!

Sincerely,
Kelly Yaede
Mayor



IMPORTANT DATES

NOTE: FREE Flu Immunization Clinics Take Place This Fall. For the full schedule: HamiltonNJ.com/FluShots

Oct 10

Reminder: Final Day to Pay 2nd Half Sewer Bills to Avoid Late Fees

Oct 17

**Fall Dinner Dance
Cedar Gardens, 11am-3pm
Advanced Tickets Required
Call 609.890.3686**

Oct 20

**Hamilton's Oktoberfest
Veterans Park, 11am-5pm**

Oct 31

**Halloween Party
Senior Center, 2pm-4:30pm**

Nov 1

Reminder: Taxes Due

Nov 3

**Daylight Savings Time Ends -
Clocks Back 1 Hour**

Nov 5

**Election Day
Polls Open 6am - 8pm**

Nov 7 & 8

**AARP Defensive Driving
Classes**

Nov 11

**Veterans Day
Senior Center Closed**

Nov 21

**Just Dance Night
Senior Center, 4pm-6:30pm**

Nov 28 & 29

**Thanksgiving and Day After
Thanksgiving
Senior Center Closed**

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

KELLY A. YAEDE, MAYOR

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



Hamilton Township Council

Jeff Martin ♦ Anthony Carabelli
Ralph Mastrangelo ♦ Ileana Schirmer
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). Call 890-3686 for more information.

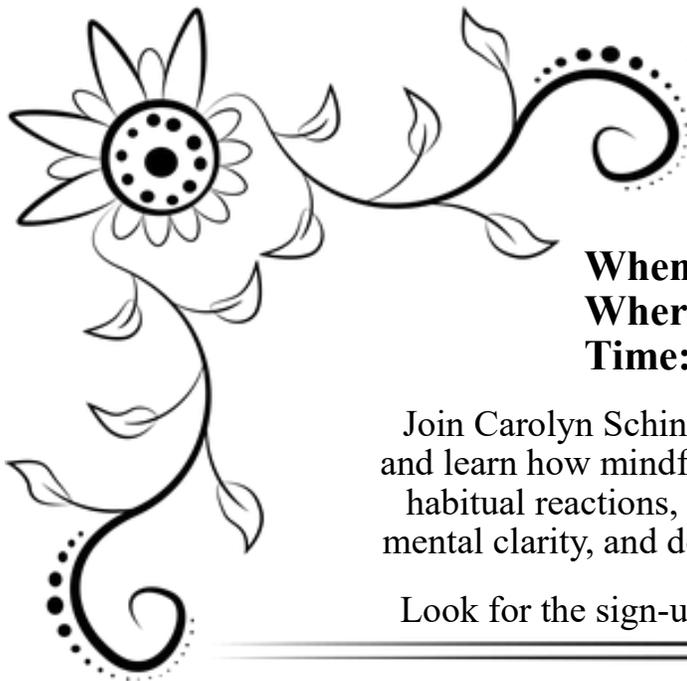
The Hamilton Township Senior Center is an Adult Social and Recreational Facility. All members must be able to physically and mentally care for themselves or have a personal assistant with them. This includes being able to navigate a walker or wheelchair and function independently.

SENIOR CENTER CLOSED

Monday - October 14 - Columbus Day
Tuesday - November 5th - Election Day
Monday - November 11th - Veterans Day
Thursday - November 24th - Thanksgiving Day
Friday - November 25th - Day after Thanksgiving
Wednesday - December 25th - Christmas Day

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



Practicing Mindfulness

Presented by: Penn Medicine

When: Wednesday - October 16, 2019
Where: All Purpose Room
Time: 10:00AM

Join Carolyn Schindewolf, a health educator with Penn Medicine and learn how mindfulness can help reduce or stop brain chatter and habitual reactions, improve mood and energy, increase focus and mental clarity, and deepen your enjoyment and appreciation for life.

Look for the sign-up sheet approximately one month before event.

Senior Fall Dinner Dance

Enjoy an afternoon with great friends and good food at the Hamilton Senior Center Fall Dinner Dance. With entertainment by Dennis, Rick & Kenny. **This event is for Senior Hamilton Residents Only.** For more information please call: 609-890-3686

When: Thursday - October 17, 2019

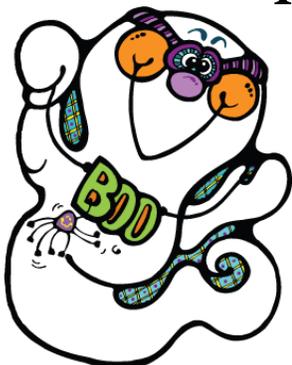
Where: Cedar Gardens Banquet Hall
(661 Route 33)

Time: 11:00AM - 3:00 PM

Price: \$12.00



Halloween Party at The Senior Center



When: Thursday - October 31, 2019

Where: Main Dining Room

Time: 2:00PM - 4:30PM

Price: \$3.00 (for Members & Adult Guests)

Grab your friends and enjoy spooky music by DJ Rick. Apple Cider & Cupcakes will be provided. Prize for best costume selected by DJ Rick.



Dementia & Diet

When: Friday - October 25, 2019
Where: All Purpose Room
Time: 10:00AM

Join Judy Brennan, RN of Bayada Home Healthcare to learn tips on how to encourage healthy eating with kindness and compassion for loved ones with Dementia.



Look for the sign-up sheet approximately one month before event.

AARP Driving Course

When: Thursday & Friday
November 7th & 8th
Where: All Purpose Room
Time: 12:00PM - 3:30PM
Price: \$15.00 for AARP members
\$20.00 for NON members
(Cash & Checks Accepted)

Sign up at the front desk to reserve your seat for this two day class. You will receive a certificate of completion, which you may submit to your insurance for a possible discount.



Memory, Aging & The Brain

Sponsored by: Penn Medicine Princeton Health

When: Wednesday - November 13, 2019
Where: All Purpose Room
Time: 10:00AM

Learn the difference between *mild cognitive impairment, dementia, and Alzheimer's disease* as well as the next steps for people who have started to notice a decline in their memory.

Look for the sign-up sheet approximately one month before event.



Atlantic City Bus Trips

Thursday: October 24th to Resorts
Thursday: November 14th to Resorts

.....
Bus Departs Senior Center: 9:00AM
Bus Departs Casino: 5:00PM

.....
Tickets will be on sale approximately one month before the scheduled trip.
Look for the flyers on the hallway table.
Any Questions please Call 609-890-3686





RWJ Presents:



Osteoporosis Screening - Tuesday - October 29, 2019

Emergency Preparedness Program - Thursday - November 21, 2019

Glucose Screening - Thursday - December 5, 2019



Look for the sign-up sheet approximately one month before event.

Just Dance

When: Thursday - November 21, 2019

Where: Main Dining Room

Time: 4:00PM - 6:30PM

**Price: \$1 for Members
\$1 for Adult Guest**



**Enjoy a night out with friends,
With music provided by Tymes 2**

Please bring a canned food donation for our Giving Thanks theme



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 - Starting in October
Where: TV Room
Time: 12:30pm
Movies: To Be Determined



Panel of Representatives from:
T.R.A.D.E, Ride Provide &
The Hamilton Senior Center

When: Wednesday - October 23, 2019
Where: Main Dining Room
Time: 10:00am

Come with your questions to our panel of representatives from local services regarding transportation options in Hamilton Township.



NJ Senior Fraud Program
DON'T GET SCAMMED

When: Wednesday - October 30, 2019
Where: Main Dining Room
Time: 10:30am

Join a representative from the N.J. Division of Consumer Affairs to speak about how to avoid getting scammed.



The Hamilton Senior Center would like to thank our sponsors for their wonderful and thoughtful donations to this years annual picnic.

Sponsors from our 2019 Picnic:

Atrium Health and Senior Living

Brookdale @ Hamilton

Care-One @ Hamilton

Dragonfly Farms

Hamilton Continuing Care

Hamilton Grove

Homestead @ Hamilton

Mercer County Sheriff Office

Mercer Home Healthcare

Samaritan Homecare and Hospice



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



Spiritual Wellness
First & Third Monday Every Month
at 12:00PM

Canasta
Monday & Thursdays at 1:00PM

Step It Up
Mondays & Thursdays at 9:00AM



Cards
Monday - Friday, all day

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

Chair Exercise
Tuesdays at 10:00AM
Wednesdays at 10:00AM & 11:00AM
Fridays at 12:30PM



Tai Chi
Fridays at 9AM
\$1.00 Per Class

Choral Group
Tuesdays at 1:00PM

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

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

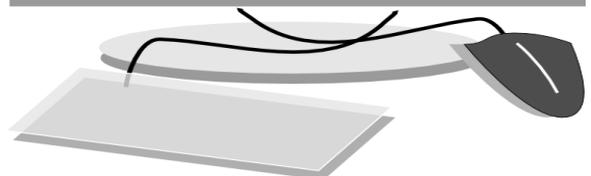
Mah Jongg
Wednesdays at 12:30PM



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.



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

Website Information and Links

Visit the Hamilton Township Senior Center website at www.hamiltonnj.com/seniors and be informed of the centers hours, transportation services, computer classes, 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. 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 words "Thank You" are written in a large, elegant, black cursive font. The letters are interconnected with flowing lines, giving it a personal and heartfelt appearance.

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
2280 Hamilton Avenue
Hamilton NJ, 08619
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 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 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:

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

October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga Chair Exercise Choral Group Rummikub	2 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	3 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	4 Chair Exercise Ballroom Dancing Dominoes Tai Chi	5
6	7 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	8 Yoga Chair Exercise Choral Group Rummikub	9 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	10 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	11 Chair Exercise Ballroom Dancing Dominoes Tai Chi	12
13	14 Center Closed Columbus Day	15 Yoga Surrogate Chair Exercise Choral Group Rummikub	16 Chair Exercise Spiritual Wellness Mah Jongg <i>Practicing Mindfulness</i> Center Closing @ 1pm	17 <i>Fall Dinner Dance</i> <i>11am-3pm</i> Center Closed	18 Chair Exercise Ballroom Dancing Dominoes Tai Chi	19
20	21 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	22 Yoga Chair Exercise Choral Group Rummikub	23 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>Transportation Panel</i>	24 Step It Up Line Dancing Bingo Canasta Rummikub Yoga <i>AC Trip-Resorts</i>	25 Chair Exercise Dominoes Tai Chi <i>Dementia & Diet Program</i>	26
27	28 Step It Up NEC Line Dancing Canasta Bingo	29 Yoga Chair Exercise Choral Group Rummikub <i>RWJ-Osteoporosis Screening</i>	30 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>NJ State Senior Fraud Program</i>	31 Step It Up Line Dancing Bingo Yoga <i>Halloween Party Center Closing After Event</i>		

Success is the sum of small efforts, repeated day in and day out. - Robert Collier

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Chair Exercise Ballroom Dancing Dominoes Tai Chi	2
3	4 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	5 Center Closed Election Day	6 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	7 Step It Up Line Dancing Bingo Canasta Rummikub <i>AARP Course</i>	8 Ballroom Dancing Dominoes Tai Chi <i>AARP Course</i>	9
10	11 Center Closed Veterans Day	12 Yoga Chair Exercise Choral Group Rummikub	13 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub <i>Memory, Aging & The Brain</i>	14 Step It Up Line Dancing Bingo Canasta Rummikub Yoga <i>AC Trip - Resorts</i>	15 Chair Exercise Ballroom Dancing Dominoes Tai Chi <i>Holiday Craft Table</i>	16
17	18 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	19 Yoga Surrogate Chair Exercise Choral Group Rummikub	20 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	21 Step It Up Line Dancing Bingo Canasta Rummikub Yoga <i>Emergency Preparedness Program</i> Just Dance	22 Chair Exercise Ballroom Dancing Dominoes Tai Chi	23
24	25 Step It Up NEC Line Dancing Canasta Bingo	26 Yoga Chair Exercise Choral Group Rummikub	27 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	28 Center Closed Thanksgiving	29 Center Closed Day After Thanksgiving	30

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.

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	3 Yoga Chair Exercise Choral Group Rummikub	4 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	5 Step It Up Line Dancing Bingo Canasta Rummikub Yoga <i>Glucose Screening Tree lighting Ceremony</i>	6 Chair Exercise Ballroom Dancing Dominoes Tai Chi	7
8	9 Step It Up Line Dancing Canasta Bingo	10 Yoga Chair Exercise Choral Group Rummikub	11 Chair Exercise Spiritual Wellness Dominoes Cornhole Mah Jongg Rummikub	12 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	13 Chair Exercise Ballroom Dancing Dominoes Tai Chi	14
15	16 Step It Up Line Dancing Spiritual Wellness Canasta Bingo	17 Yoga Surrogate Chair Exercise Choral Group Rummikub	18 Chair Exercise Spiritual Wellness Dominoes Cornhole Rummikub Mah Jongg <i>Holiday Social</i>	19 Step It Up Line Dancing Bingo Canasta Rummikub Yoga	20 Chair Exercise Dominoes Tai Chi	21
22	23 Step It Up NEC Line Dancing Canasta Bingo	24 Yoga Chair Exercise Choral Group Rummikub	25 Center Closed Christmas	26 Step It Up Line Dancing Bingo Canasta Rummikub Yoga <i>Center Closing @ 4pm</i>	27 Chair Exercise Dominoes Tai Chi	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 MOVIE OR JUST SOCIALIZE.