



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Summer 2018 Edition

Mayor Kelly Yaede

Message from the Mayor

Dear Neighbor,

There will be a lot of exciting upgrades and improvements coming to our Senior Center during the next few months; and I wanted to take this opportunity to let you know about them.

To help keep our Senior Center and the entire property looking its finest, we have plans for a **new Senior Center sign** and **new decorative banners** that will adorn the parking lot area. We hope that these new furnishing will help improve the aesthetics of our entire facility.

Additionally, you will be able to enjoy **new sidewalks** at the front of the Senior Center property, helping to make it safer for center patrons who park along Cypress Lane.

Speaking of Cypress Lane – we are reviewing factors that we hope will allow us to **reduce the speed limit** near the center. This is another way that we are working to **ensure your safety** when you visit our facility.

And finally, in the autumn, we are planning to complete a needed **roof repair** for the Senior Center.

As Mayor, these types of improvements are very important to me, because I know how important they are to you. And I will continue working so that we can keep the improvements and upgrades coming.

Sincerely,

Kelly Yaede
Mayor



Mayor Kelly Yaede had a great time with all of our Senior Center members at our recent Spring Dinner Dance.

IMPORTANT DATES

July 3

Independence Fireworks & Concert
Veterans Park, 6 PM
Rain Date: 7 / 4 / 18

July 13

Grandparents Pizza Party with Meg Hanson Band
Senior Center, 1:30–3:30 PM

July 26

Margaritaville Beach Party with Jimmy & the Parrots Band
Senior Center, 4–7 PM

August 2

Boat Ride Trip on the River Lady at the Jersey Shore

August 7

Hamilton's National Night Out
Hamilton Police Headquarters

August 21

Senior Citizens Day

August 23

Just Dance Night with DJ Ray
Senior Center, 4–7 PM

September 3

Labor Day
Township Offices **CLOSED**
Garbage **NOT** Collected

September 9

Grandparents Day

September 11

Check for Remembrance Ceremony Details

September 13

Senior Center Picnic
Call 609-890-3686 for Tickets

Hamilton Township Senior Center

Accredited by 
National Institute of Senior Centers

**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

**Jeffery 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

**Wednesday - July 4th
Independence Day**

**Monday - September 3rd
Labor Day**

HAMSTAT HAMILTON'S ONE CALL CENTER

CALL 586-0311 FOR:

- ♦ **Garbage Collection**
- ♦ **Potholes**
- ♦ **Building Permits**
- ♦ **Parks & Recreation Programs**
- ♦ **Township Events**
- ♦ **Dog Licensing**
- ♦ **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.

HAMILTON TOWNSHIP COUNCIL

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



DON'T MISS THESE EVENTS!

Afternoon Yoga

WHEN: Thursdays
July & August
TIME: 1:00PM



WHERE: ALL PURPOSE ROOM
COST: \$5.00 Per Class

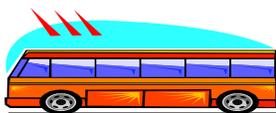
Join our Certified Yoga Instructor, for a session of Yoga in the All Purpose Room on Tuesdays. **Please bring your own yoga mat or non-skid towel & wear comfortable, stretch clothing.

SPLASH FITNESS

When: Tuesdays & Thursdays
Time: 9:00 - 10:00 AM
Cost: \$3.00

Join our Splash Fitness Class! Meet our Volunteer Instructor, Trudi and enjoy our indoor swimming pool. This is a great way to get some exercise & meet new friends. Locker room accommodations are provided and located in our fitness room. Register at the Front Desk!

Atlantic City Bus Trips



Thursday	July 12th	Tropicana
Wednesday	Aug 22nd	Resorts
Friday	Sept 7th	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.

River Lady Sightseeing & Luncheon

WHEN: Thursday - August 2, 2018
TIME: Depart Senior Center: 9:30 AM
Depart River Lady 2:15 PM
Members &
Adult Guests: \$69.00 Per Person -
Cash Only

This Trip Includes:

- Comfortable MotorCoach Transportation
- River Lady Cruise
- Complete Plated Luncheon
- Bus Driver & Meal Gratuity
- Must Pay in FULL when signing up!

Tickets Available at Front Desk!

SUMMER SAFETY TIPS

BE SURE TO FOLLOW THESE TIPS DURING THE HOT DAYS OF SUMMER.:

- ◆ DRINK PLENTY OF WATER
- ◆ PROTECT YOUR SKIN: WEAR HATS & SPF
- ◆ LIMIT STRENUOUS ACTIVITY & EXERCISE
- ◆ TAKE FREQUENT BREAKS TO "COOL DOWN"
- ◆ CHECK ON FRIENDS & FAMILY



Grandparents Pizza Party

WHEN: FRIDAY - JULY 13, 2018

TIME: 1:30 - 3:30 PM

WHERE: MAIN DINING ROOM

MEMBERS : \$3.00

CHILDREN: \$2.00

(UNDER 2YRS: FREE)

JOIN US FOR SOME FUN AT THE GRANDPARENTS PIZZA PARTY! INVITE YOUR GRANDCHILDREN TO THE SENIOR CENTER FOR AN AFTERNOON OF SOME PIZZA, REFRESHMENTS & GREAT ENTERTAINMENT BY THE MEG HANSON DUO!

SEE FRONT DESK FOR TICKETS!



Vision Screenings

When: Tuesday - July 10, 2018

Time: 9:30AM—12PM
By Appointment ONLY

Where: Computer Room

NJ COMMISSION FOR THE BLIND & VISUALLY IMPAIRED will be at the center this day to offer FREE vision screenings. If you feel you are experiencing a vision problem and would like to have a screening SEE SIGN UP SHEET IN MAIN HALLWAY to make an appointment

RWJ Presents:

Osteoporosis Screening

When: Tuesday - August 21, 2018

Time: 10:00 - 11:00 AM

Where: Computer Room

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

See Sign up Sheet in Main Hallway or call 609-890-3686 to register.

"Margaritaville" Just Dance

WHEN: Thursday - July 26, 2018

TIME: 4:00 - 7:00 pm

WHERE: MAIN DINING ROOM

TICKETS: \$3.00 MEMBERS
\$4.00 ADULT GUEST

Gather your friends and dance the night away with a Jimmy Buffett cover band; Jimmy and the Parrots! Have fun at this Margaritaville themed Just Dance! Bring your own dinner and/or snack and dinnerware. Beverages will be provided. (Alcohol not Permitted) Adult Guests are invited to this special event!

SEE FRONT DESK FOR YOUR TICKETS!!

17th ANNUAL SENIOR PICNIC

WHEN: Thursday - Sept. 13th
RainDate: Sept. 14th

TIME: 10:00 AM - 2:00 PM

TICKETS: \$10.00 - **Cash Only

TICKETS AVAILABLE:

**MONDAY- JULY 9TH @
9:30AM**

MUST SHOW HAMILTON SENIOR ID!

IF BUYING A TICKET FOR SOMEONE ELSE,
PLEASE HAVE THEIR ID CARD

**NO LIMIT ON NUMBER
OF TICKETS PURCHASED**



Flu Shots

WHEN: FRIDAY - SEPT. 28, 2018

TIME: 9:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

The Hamilton Township Public Health Nurses will be at the Senior Center to give FREE Flu/Pneumonia shots to Hamilton Senior Residents Only. Please bring your Medicare card with you on this day.

Any questions, please call: 609-890-3884.

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. Our volunteer computer instructor 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.

PROGRAMS & ACTIVITIES

AVAILABLE AT THE SENIOR CENTER

BALLROOM DANCING	FRIDAY	10:00AM	\$5.00 Per Class
BOARD GAMES	FRIDAY	9:00 AM	
BILLIARDS	MON-FRI	ALL DAY	
BINGO	MON-FRI	9:00 - 11:00 AM	
	MON & THURS	1:00 PM - 3:00PM	
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	1:00 PM	
DOMINOES	WEDS & FRI	1:00 PM	
BEGINNER LINE DANCE	TUESDAY	12:00 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	WEDNESDAY	1:00 PM	
SCRABBLE	WEDNESDAY	1:00 PM	
SPIRITUAL WELLNESS	WEDNESDAY	10:00 AM	
STEP IT UP	MON & THURS	9:00AM	
SWIMMING	MON-FRI	9:00-11:30 AM	\$3.00 Per Class
TAP DANCING	TUESDAY	2:30PM	
YOGA	TUESDAY	8:45 AM	\$5.00 Per Class
	THURSDAY	1:00 PM	\$5.00 Per Class

**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** for Hamilton senior residents. Service runs Monday - Friday.

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.



Photos From: Spring Dance "Luau"
May 10, 2018

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 - 3:30 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.

SHREDDER AVAILABLE

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!

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
1-800-661-8177

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Line Dancing Canasta Bingo Step it Up	3 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	4 Center Closed Independence Day	5 Splash Fitness Step It Up Line Dancing Bingo Yoga Canasta	6 Chair Exercise Dominoes Ballroom	7
8	9 Line Dancing Canasta Bingo Step it Up Picnic Tickets Available	10 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	11 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornhHole	12 Splash Fitness Step It Up Line Dancing Bingo Yoga Canasta AC Trip	13 Chair Exercise Dominoes Ballroom	14
15	16 Line Dancing Canasta Bingo Step it Up	17 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing Surrogate	18 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole	19 Splash Fitness Step It Up Line Dancing Bingo Yoga Canasta	20 Chair Exercise Dominoes Ballroom	21
22	23 Line Dancing Canasta Bingo Step it Up	24 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	25 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole	26 Splash Fitness Step It Up Line Dancing Bingo Yoga Canasta Margaritaville Just Dance	27 Chair Exercise Dominoes Ballroom	28
29	30 Line Dancing Canasta Bingo Step it up NEC	31 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing RWJ				

QUARTERLY QUOTE:

"Life isn't about finding yourself. Life is about creating yourself.

- George Bernard Shaw

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole	2 Step It UP Line Dancing Bingo Chair Exercise Canasta River Lady Trip	3 Chair Exercise Dominoes Ballroom	4
5	6 Step It Up Line Dancing Canasta Bingo	7 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	8 Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole PHS	9 Splash Fitness Step It Up Line Dancing Bingo Yoga Canasta	10 Chair Exercise Dominoes Ballroom	11
12	13 Step It Up Line Dancing Canasta Bingo	14 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing Surrogate	15 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole	16 Splash Fitness Line Dancing Bingo Yoga Canasta	17 Chair Exercise Dominoes Ballroom	18
19	20 Step It Up Line Dancing Canasta Bingo	21 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	22 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole AC Trip	23 Splash Fitness Line Dancing Bingo Yoga Canasta	24 Chair Exercise Dominoes Ballroom	25
26	27 Step It Up Line Dancing Canasta Bingo NEC	28 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	29 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble CornHole	30 Splash Fitness Line Dancing Bingo Yoga Canasta	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	3 Center Closed Labor Day	4 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	5 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble	6 Splash Fitness Step It up Line Dancing Bingo Chair Exercise Canasta Yoga	7 Chair Exercise Dominoes Ballroom Canasta AC Trip	8
9	10 Step It Up Line Dancing Canasta Bingo	11 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	12 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble	13 Splash Fitness Step It Up Line Dancing Bingo Chair Exercise Annual Picnic 10am-2pm	14 Chair Exercise Dominoes Ballroom Canasta Picnic Rain Date	15
16	17 Step It Up Line Dancing Canasta Bingo	18 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing Surrogate AC Trip	19 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble	20 Splash Fitness Step It Up Line Dancing Bingo Chair Exercise Yoga	21 Chair Exercise Dominoes Ballroom Canasta	22
23 <hr/> 30	24 Step It Up Line Dancing Canasta Bingo NEC	25 Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	26 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble	27 Splash Fitness Step It Up Line Dancing Bingo Chair Exercise Yoga	28 Flu Shots Dominoes Canasta No Chair Exercise No Ballroom	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.**