



Hamilton Township's Senior Center Newsletter



Hamilton Township

Spring 2018 Edition

Mayor Kelly Yaede

Dear Neighbor,

As our lingering winter finally breaks to warming temperatures and brighter days, spring is a great time to join us at our Senior Center.

This spring, our Senior Center has so many great programs and activities to offer. Our center will be hosting:

- **AARP Defensive Driving Classes**
- **Health Screenings and Health Educational Classes**
- **Social Dances**
- **Trips to Atlantic City**
- **And our Luau-themed Spring Senior Dinner Dance on May 10th**

In addition, the warmer weather provides a great opportunity for our members to enjoy our center's walking trails, our outdoor exercise areas and our other outdoor activities that we have planned.

Also this spring, for our baseball fans, our annual **Hamilton Day at the Trenton Thunder** on **Sunday, April 22nd**, will allow residents to enjoy discounted tickets to watch the future stars of the New York Yankees as they play the Boston Red Sox minor league team. It is a great day of fun for the entire family at an affordable price. This year, the Thunder will hold its first ever Touch-A-Truck event before the game, which promises to be a hit with the grandchildren.

I look forward to seeing you sometime soon at our center.

Sincerely,
Kelly Yaede, Mayor



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

Hamilton Township Senior Center



IMPORTANT DATES

- April 2
Seated Hula Hoop Begins
- April 3
Bocce Tournament
Beginner Line Dancing Begins
- April 10
Atlantic City Trip - Resorts
- April 19
PHS - CPR Training
- April 20
Volunteer Appreciation Day
- April 24
RWJ - Personal Safety
- April 26
Just Dance
- May 3 & 4
AARP Driving Course
- May 9
Center Closing 1 pm
- May 10
Center Closed -
Spring Senior Dinner Dance
Cedar Gardens
Advance Tickets Required
Call 609.890.3686
- May 15
RWJ - Hearing Problems
- May 17
Atlantic City Trip - Harrah's
- May 28
Center Closed - Memorial Day
- May 30
CHS - Aging & Fitness
- June 13
PHS - Better Night's Sleep
- June 14
Atlantic City Trip - Golden Nugget
- June 21
"Sounds of Sinatra" w/Bob Orlovski
- June 29
Free Vision Screenings By:
Commission for the Blind

**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 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. As our number of members continue to grow we would like to accommodate everyone with our events and activities. Thank you.

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 - May 9th
Closing @ 1pm**

**Thursday - May 10th
Spring Dinner Dance**

**Monday - May 28th
Memorial Day**

HAMILTON TOWNSHIP COUNCIL



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

DON'T MISS THESE EVENTS!

Seated Hula Hoop with Angela

WHEN: MONDAYS
Starting : April 2, 2018

TIME: 1:00 PM

WHERE: ALL PURPOSE ROOM

COST: \$3.00 Members

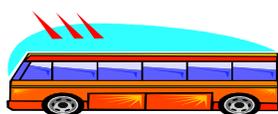
Join in on the new fitness community craze. Hula Hooping! Come for the afternoon and join in on the class of Seated Hula Hoop with Angela Reitter. Don't Miss It! First Class: April 2, 2018 is Free!

Looking for

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.

Atlantic City Bus Trips



Tuesday	April 10th	Resorts
Thursday	May 17th	Harrah 's
Thursday	June 14th	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.

JUST DANCE

When: Thursday - April 26, 2018

Time: 4:00 - 6:30 PM

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) Adult Guests are invited to this event.

SEE FRONT DESK FOR YOUR TICKETS!

RWJ PRESENTS: *TED Talks*

Personal Safety

WHEN: Tuesday - April 24, 2018

TIME: 10:00AM

WHERE: All Purpose Room

Join a representative from the Mercer County Sheriff's Office and learn basic tips that can keep you from becoming a victim. Participants will receive a personal alarm.

See Sign up Sheet in Main Hallway!

What You Can Do to Prevent Alzheimer's

When: Friday - May 11, 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 CALL 890-3686

AARP SAFETY DRIVING COURSE

WHEN: THURSDAY & FRIDAY
May 3rd & May 4th

TIME: 12:00 PM - 3:30 PM

WHERE: ALL PURPOSE ROOM

COST: \$15 FOR AARP MEMBERS

\$20 NON MEMBERS

CASH OR CHECK ACCEPTED

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 890-3686 OR
SEE FRONT DESK TO REGISTER.

Thank You to All 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.

Senior Spring Dinner Dance

“LUAU”

When: Thursday - May 10, 2018

Time: 11:00 - 3:00 PM

Where: Cedar Gardens Banquet
661 Route 33

Tickets: \$12.00 - Members Only



**TICKETS AVAILABLE
AT FRONT DESK**



**MUST SHOW
HAMILTON SENIOR ID!!**

IF YOU WOULD LIKE TO SIT TOGETHER AT THE DANCE
YOU MUST HAVE
EVERYONE'S I.D.
8 PEOPLE TO A TABLE

Penn Medicine Princeton Health

How Did You Sleep Last Night?

WHEN: Wednesday - June 13, 2018

TIME: 10:00 AM

WHERE: All Purpose Room

According to the American Academy of Sleep Medicine, More than 100 million Americans have difficult falling or staying asleep which can negatively affect health & mood. Join Tara Scoles, a registered polysomographic tech w/Penn Medicine for a discussion on sleep disorders.

REGISTRATION REQUIRED:
SEE SIGN UP SHEET IN HALLWAY OR
CALL 890-3686

Sounds of Sinatra

WHEN: THURSDAY - June 21, 2018

TIME: 4:00 - 6:30PM

WHERE: Main Dining Room

MEMBERS: \$3.00 Adult Guest: \$4.00

Be sure to get tickets for our Summer Night of Sinatra! Bob Orlowski & Kim Montalvo will entertain you with some familiar tunes that you can listen and dance to! Bring your own dinner and dinnerware. Dessert & Beverages will be provided.

Tickets Available: Monday - May 21st

Capital Health Presents:

Aging & Fitness

WHEN: Wednesday - May 30, 2018

TIME: 9:00 - 10:30AM

WHERE: All Purpose Room

Join Dr. Arjun Saxena, Board Certified orthopedic surgeon from TOG@Rothman. He will discuss how an established fitness routine can have lasting positive effects to your health.

SEE SIGN UP SHEET IN MAIN HALLWAY
Or Call 890-3686 to Register!

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	
BOCCE	MON-FRI	ALL DAY	
CARDS	MON-FRI	ALL DAY	
CHAIR EXERCISE	TUESDAY	10:00 AM	
	WEDNESDAY	9:00 & 10:00 AM	
	THURSDAY	1:00 PM	
	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	
BEGINNER LINE DANCE	TUESDAY	12:00 PM	
MAH JONGG	WEDNESDAY	1:00 PM	
NUTRITION PROGRAM	MON - FRI	8:30 AM -12PM	609-586-7272
PING PONG	MON-FRI	ALL DAY	
SCRABBLE	WEDNESDAY	1:00 PM	
SEATED HULA HOOP	MONDAY	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

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** 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 our "Valentines Day Social"
February 14, 2018

SENIOR CLUB NEWS

Hamilton Township has many opportunities to join Senior Citizens 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 890-4028.

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 everyday between the hours of 9 - 11 AM & 1:30 - 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. (Tax bill, utility bill, bank statements are accepted.)

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 as Choral Group Leaders, Piano Players, Office Helpers, Line Dance Leaders, Panera Bread Helpers, Trip Chaperones, Theatre Group Members and Exercise Instructors. If you have an interest to volunteer at the Senior Center, please see the office staff for an 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. We have a case 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 Rd Suite 30
1-800-661-8177

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Hula Hoop Line Dancing Bingo Step It Up Canasta	3 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing	4 Chair Exercise Cornhole Spiritual Wellness Scrabble Dominoes Mah Jongg	5 Bingo Canasta Tax Assistance	6 Chair Exercise Dominoes Ballroom	7
8	9 Hula Hoop Line Dancing Bingo Step It Up Canasta	10 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing AC Trip	11 Chair Exercise Cornhole Spiritual Wellness Dominoes Scrabble Mah Jongg	12 Bingo Canasta Tax Assistance (Last Day)	13 Chair Exercise Dominoes Ballroom	14
15	16 Hula Hoop Line Dancing Bingo Step It Up Canasta	17 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing Surrogate	18 Chair Exercise Cornhole Spiritual Wellness Scrabble Dominoes Mah Jongg	19 Step It up Line Dancing Bingo Chair Exercise Canasta	20 Chair Exercise Dominoes Ballroom	21
22	23 Hula Hoop Line Dancing Bingo Step It Up Canasta	24 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing RWJ	25 Chair Exercise Cornhole Spiritual Wellness Scrabble Dominoes Mah Jongg	26 Step It up Line Dancing Bingo Chair Exercise Canasta Just Dance	27 Chair Exercise Dominoes Ballroom	28
29	30 Hula Hoop Line Dancing Bingo Step It Up Canasta NEC					

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing	2 Chair Exercise CornHole Spiritual Wellness Scrabble Dominoes Mah Jongg	3 Step It Up Line Dancing Bingo Canasta AARP Driving	4 Chair Exercise Dominoes Ballroom AARP Driving NEC	5
6	7 Hula Hoop Line Dancing Bingo Step It Up Canasta	8 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing	9 Chair Exercise Spiritual Wellness Center Closing 1 PM	10 Center Closed Spring Dinner Dance @ Cedar Gardens	11 Chair Exercise Dominoes Ballroom	12
13	14 Hula Hoop Line Dancing Bingo Step It Up Canasta	15 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing Surrogate RWJ	16 Chair Exercise Spiritual Wellness Daily Bread Scrabble Dominoes Scrabble Mah Jongg	17 Step It Up Line Dancing Bingo Canasta AC Trip	18 Chair Exercise Dominoes Ballroom	19
20	21 Hula Hoop Line Dancing Bingo Step It Up Canasta	22 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing	23 Chair Exercise Cornhole Spirituality Wellness Dominoes Scrabble Mah Jongg	24 Step It Up Line Dancing Bingo Chair Exercise Canasta	25 Chair Exercise Dominoes Ballroom	26
27	28 Center Closed Memorial Day	29 Beginner Line Yoga Chair Exercise Choral Group Tap Dancing	30 CornHole Spiritual Wellness Dominoes Scrabble Mah Jongg CHS	31 Step It Up Line Dancing Bingo Chair Exercise Canasta		

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chair Exercise Dominoes Ballroom CHS	2
3	4 Hula Hoop Step It Up Line Dancing Bingo Canasta	5 Yoga Chair Exercise Choral Group Tap Dancing	6 Chair Exercise Cornhole Spiritual Wellness Dominoes Mah Jongg	7 Step It UP Line Dancing Bingo Chair Exercise Canasta	8 Chair Exercise Dominoes Ballroom	9
10	11 Hula Hoop Step It Up Line Dancing Bingo Canasta	12 Yoga Chair Exercise Choral Group Tap Dancing	13 Chair Exercise Cornhole Spiritual Wellness Dominoes Mah Jongg PHS	14 Step It Up Line Dancing Bingo Chair Exercise Canasta AC Trip	15 Chair Exercise Dominoes Ballroom	16
17	18 Hula Hoop Step It up Line Dancing Bingo Canasta	19 Yoga Chair Exercise Choral Group Tap Dancing Surrogate	20 Chair Exercise Cornhole Spiritual Wellness Dominoes Mah Jongg	21 Step It Up Line Dancing Bingo Chair Exercise Canasta Sounds of Sinatra	22 Chair Exercise Dominoes Ballroom	23
24	25 Hula Hoop Step It Up Line Dancing Bingo Canasta NEC	26 Yoga Chair Exercise Choral Group Tap Dancing	27 Chair Exercise Cornhole Spiritual Wellness Dominoes Mah Jongg	28 Step It Up Line Dancing Bingo Chair Exercise Canasta	29 Chair Exercise Dominoes Ballroom Vision Screenings	30

Quarterly Quote:

“One small positive thought in the morning can change your entire day”

-Positivelifetips.com