



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Winter 2018 Edition

Mayor Kelly Yaede

MESSAGE FROM THE MAYOR

Dear Neighbor,

Happy New Year! I hope you had a blessed holiday and that your new year is off to a wonderful beginning.

Just recently I had the honor of being named the 2018 Saint Patrick's Day Parade Grand Marshal. I cannot wait to serve as part of this great Hamilton tradition and hope to see you at the parade.

But while March is still weeks away, I hope you will be sure to enjoy the many offerings and programs at our Senior Center.

One event is our **Valentine's Day Social** that will take place on Valentine's day itself - Wednesday, February 14, 2018, from 1:30 pm to 4 pm at the Senior Center.

On Thursday, March 15, 2018, please join us at the Senior Center for our **St. Patrick's Day Dinner** from 3 pm to 6:30 pm.

Please also make sure that you have a copy of our **2018 Township Calendar**, which you should have received in the mail from your postal carrier in December. If not, you can pick up an extra copy either at the Senior Center or one of our other Municipal Government buildings. Besides the information on Township services and reminders about important dates, this year's calendar features over 100 of our fellow neighbors' pets. It is something you will enjoy looking at all year long.

My best wishes for a happy and healthy 2018 to you and your loved ones.

Sincerely,
Kelly Yaede
Mayor



Mayor Kelly Yaede was recently named the 2018 St. Patrick's Day Parade Grand Marshal. Here she stands with Parade Treasurer Pat Ryan (left) and Parade Committee President Vince McKelvey at the announcement ceremony.

IMPORTANT DATES

January 1
Center Closed - Happy New Year!

January 9
RWJ - Carotid Screening

January 15
Center Closed
Martin Luther King Day

January 17
SNAP Speaker 10:15am

January 26
PHS - Quitting Smoking

January 30
RWJ - Osteoporosis Screening

February 2
Wear Red Day

February 5
SuperBowl Wrap Up

February 14
Valentine's Day Social

February 16
Center Closed - Lincoln's Birthday

February 19
Center Closed - Presidents Day

February 27
Brain Health
Sponsored by Right at Home

March 13
Atlantic City Trip - Golden Nugget

March 15
St. Patrick's Day Dinner

March 30
Center Closed - Good Friday

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

**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

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

**Monday - January 15th
Martin Luther King Jr. Day**

**Friday - February 16th
Lincoln's Birthday**

**Monday - February 19th
Presidents' Day Holiday**

**Friday - March 30th
Good Friday**

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

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



RWJ @Hamilton
Presents:

CAROTID SCREENING

WHEN: Tuesday - January 9th

TIME: 9:00 - 11:00 AM
By Appointment

WHERE: Computer Room

OSTEOPOROSIS SCREENING

WHEN: Tuesday - January 30th

TIME: 9:00 - 11:00 AM

WHERE: Computer Room

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

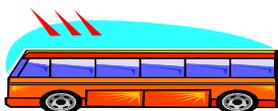
**CRUISE TO:
BAHAMAS & FLORIDA**

DATES: Depart: Sunday - Nov. 4, 2018
Return: Sunday - Nov. 11, 2018
SHIP: Norwegian Cruise Line
Norwegian Escape

If interested, and/or have questions regarding this trip please contact Antonia at the Hamilton Senior Center's office at 609-890-3686.



**Atlantic City
Bus Trips**



Thursday March 13 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 2, 2018

FEBRUARY 3rd 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 5, 2018

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. 5,12,19 & 26
Feb. 2,9 & 23
March 2,9,16 & 23

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

VALENTINE'S DAY SOCIAL

When: Weds. - February 14, 2018

SnowDate: 2/15/18

Time: 1:30 - 4:00 PM

Where: Main Dining Room

Members: \$3.00 Adult Guest: \$4.00

TICKET SALE DATE:

Thursday - January 11 2018

9:30AM

Join us for Valentine's Day! This event will include light refreshments give you an opportunity to mingle & meet new friends. Dance the afternoon away with the Meg Hanson Group! Make sure to tell all your friends and get your tickets!!

AARP INCOME

TAX ASSISTANCE

WHEN: EVERY THURSDAY

Starting: February 1st

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.

ST. PATRICK'S DAY DINNER

WHEN: Thursday - March 15, 2018

TIME: 3:00 - 6:30PM

WHERE: Main Dining Room

Members: \$10.00

Come be Irish for the day at our St. Patrick's Day Dinner! Dance to the sounds of Rick & Kenny Band and enjoy a delicious corned beef & cabbage dinner with dessert. Come out to celebrate this evening with friends!

Tickets Available:
Weds. February 7 @ 9:30am

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.

Princeton HealthCare System Presents

QUIT SMOKING

WHEN: Friday - January 26, 2018

TIME: 12:30 PM

WHERE: All Purpose Room

Quitting smoking is a process. Join Carolyn Schhindewolf, Health Educator with Princeton HealthCare Systems to learn more about kicking the habit.

Pre - Registration is Required
See Sign Up Sheet in Main Hallway or
Call 609-890-3686

YOGA

When: Tuesdays
January: 2, 9, 16, 23 & 30

Time: 8:45 AM

Where: All Purpose Room

Cost: \$5.00

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
BOARD GAMES	FRIDAY	9:00 AM	
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 & FRI	12:00 PM	
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	CHECK CALENDAR
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	
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

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 Yoga Chair Exercise Choral Group Tap Dancing	3 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole	4 Step It Up Line Dancing Bingo Chair Exercise	5 Chair Exercise Dominoes Ballroom Canasta	6	
7	8 Step It Up Line Dancing Canasta Bingo	9 Yoga Chair Exercise Choral Group Tap Dancing RWJ	10 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole	11 Step It Up Line Dancing Bingo Chair Exercise Valentine's Ticket Sales	12 Chair Exercise Dominoes Ballroom Canasta	13	
14	15 Center Closed Martin Luther King Jr Day	16 Yoga Chair Exercise Choral Group Tap Dancing Surrogate	17 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole	18 Step It Up Line Dancing Bingo Chair Exercise	19 Chair Exercise Dominoes Ballroom Canasta	20	
21	22 Step It Up Line Dancing Canasta Bingo NEC	23 Yoga Chair Exercise Choral Group Tap Dancing	24 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole	25 Step It Up Line Dancing Bingo Chair Exercise	26 Chair Exercise Dominoes Canasta Board Games PHS	27	
28	29 Step It Up Line Dancing Canasta Bingo	30 Yoga Chair Exercise Choral Group Tap Dancing RWJ	31 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole				

QUARTERLY QUOTE:
 You are never too old to set another goal or dream a new dream.
 - C.S. Lewis

FEBRUARY

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

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 Tax Assistance Line Dancing Bingo Chair Exercise	² Dominoes Ballroom Canasta Chair Exercise	³
⁴	⁵ Step It UP Line Dancing Canasta Bingo	⁶ Chair Exercise Choral Group Tap Dancing	⁷ Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	⁸ Tax Assistance Line Dancing Bingo Chair Exercise AC Trip	⁹ Chair Exercise Dominoes Ballroom Canasta	¹⁰
¹¹ Daylight Savings Begins	¹² Step it Up Line Dancing Canasta Bingo	¹³ Chair Exercise Choral Group Tap Dancing AC Trip	¹⁴ Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	¹⁵ Tax Assistance Line Dancing Bingo Chair Exercise St Patrick's Day Dinner	¹⁶ Chair Exercise Dominoes Ballroom Canasta	¹⁷ 
¹⁸	¹⁹ Step It Up Line Dancing Canasta Bingo	²⁰ Chair Exercise Choral Group Tap Dancing Surrogate	²¹ Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	²² Tax Assistance Line Dancing Bingo Chair Exercise	²³ Chair Exercise Dominoes Ballroom Canasta	²⁴
²⁵	²⁶ Step It Up Line Dancing Canasta Bingo NEC	²⁷ Chair Exercise Choral Group Tap Dancing	²⁸ Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	²⁹ Tax Assistance Line Dancing Bingo Chair Exercise	³⁰ Center Closed Good Friday	³¹

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.**

5 TIPS FOR WINTER WELLNESS

1. Take the time for extra sleep.
2. Get outside and exercise.
3. Stay social.
4. Eat Protein.
5. Eat Fruits & Veggies.

Thank You

Thank you to all who donated items for our Holiday Baskets. Because of your generosity, we collected enough for 12 baskets. The baskets were delivered to our most grateful senior members.

Thank you and wishing you a Healthy, Happy & Prosperous New Year!