



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Fall 2018 Edition

Mayor Kelly Yaede

Message from the Mayor

Dear Neighbor,

Autumn always brings great events, programs and activities to our nationally-accredited Hamilton Township Senior Center and across our entire community.

Starting in October, be sure to join us for our annual **Oktoberfest** at Veterans Park and our **Fall Senior Dinner Dance**. Also throughout October are several free **Flu Clinics** for our residents. A full listing of the schedule is online at www.HamiltonNJ.com/FluShots

November will bring great events and programs, like our **AARP Safe Driving Classes**, **Health Screenings** and a **Cruise to the Bahamas!**

And before you know it, December will be here – along with our annual **Senior Center Tree Lighting**, our Senior Center **Holiday Social** and **Winter Wonderland** at Kuser Park!

Finally, as you may know, we have exciting additions in store for our Senior Center - some of which should occur this fall. We will be **repairing the center roof and installing additional sidewalks**, a new center sign and new **decorative banners**. In addition, we hope to **reduce the speed limit on Cypress Lane near the center** to help improve your safety. They are all part of our continuing **commitment to our Senior Center and you!**

I look forward to seeing you sometime soon!



Mayor Kelly Yaede enjoyed last year's Fall Senior Dinner Dance with our many attendees.

IMPORTANT DATES

- October 4
Delaware Park Trip
- October 8
Center Closed
Columbus Day
- October 11
Atlantic City Trip - Resorts
- October 14
Oktoberfest, Veterans Park
11 AM -5:30PM (Concert, 4 PM)
- October 18
Lawrence Community Band
- October 25
Fall Dinner Dance
Cedar Gardens, 11 AM -3PM
Advance Tickets Required
Call 890-3686
- November 1 & 2
AARP Safety Driving Course
- November 6
Center Closed -
Election Day
- November 12
Center Closed -
Veterans Day
- November 15
Just Dance
- November 22 & 23
Center Closed -
Thanksgiving Holiday
- December 13
Senior Center Tree Lighting
- December 19
Holiday Social

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 - October 8th
Columbus Day**

**Tuesday - November 6th
Election Day**

**Monday - November 12th
Veterans Day**

**Thursday & Friday November 22 & 23rd
Thanksgiving Holiday**

**Tuesday - December 25th
Christmas 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. For further assistance please contact our office **609-890-3686** or email **KFitzgerald@hamiltonnj.com**

HAMILTON TOWNSHIP COUNCIL

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



DON'T MISS THESE EVENTS!

Flu Shot Clinics

Monday - October 1
Nottingham Firehouse
200 Mercer Street

Thursday - October 4
Bromley Center
1801 E. State Street

Saturday - October 13
Hamilton Public Library
1 Justice Samuel Alito, Jr Way



Lawrence Community Concert Band

WHEN: THURSDAY - OCT. 18, 2018

TIME: 7:00 PM

WHERE: MAIN DINING ROOM

JOIN US THIS EVENING FOR DESSERT & COFFEE AND ENJOY THE SOUNDS OF THE LAWRENCE COMMUNITY CONCERT BAND. THE TICKETS ARE FREE AND ANYONE IS WELCOME TO COME FOR AN ENJOYABLE EVENING. SEE FRONT DESK FOR FREE TICKETS!

Atlantic City Bus Trips



Thursday	October 11th	Resorts
Tuesday	November 27th	Resorts

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.

SENIOR FALL DINNER DANCE

"Country Western Halloween"

WHEN: Thursday - October 25, 2018

WHERE: Cedar Gardens Banquet
 661 Route 33

TIME: 11:00 - 3:00PM

TICKETS: \$12.00 **Cash Only Accepted

TICKETS AVAILABLE AT FRONT DESK!

MUST SHOW HAMILTON SENIOR ID!
 IF BUYING A TICKET FOR SOMEONE ELSE,
 PLEASE HAVE THEIR ID CARD

IF YOU WANT TO SIT TOGETHER AT THE DANCE YOU MUST PURCHASE TICKETS TOGETHER!

ENTERTAINMENT BY: DENNIS, RICK & KENNY

MENU: SALAD, PENNE PASTA, ROASTED CHICKEN, POTATO, VEGETABLES & DESSERT, COFFEE, & TEA, ICED TEA, SODA & CASH BAR

AARP SAFETY DRIVING COURSE

WHEN: THURSDAY & FRIDAY
NOVEMBER 1st & 2nd

TIME: 12:00 PM - 3:30 PM

WHERE: ALL PURPOSE ROOM

COST: \$15.00 FOR AARP MEMBERS
\$20.00 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 CAR INSURANCE FOR A POSSIBLE DISCOUNT. CALL 890-3686 OR SEE FRONT DESK TO REGISTER

Just Dance

WHEN: THURSDAY - NOV. 15th

TIME: 4:00 - 6:30 PM

WHERE: MAIN DINING ROOM

TICKETS: \$ 1.00 Members
\$ 1.00 Adult Guest

Enjoy an evening 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)

SEE FRONT DESK FOR TICKETS!

RWJBarnabas @ Hamilton

CAROTID SCREENING

WHEN: Wednesday - Nov. 28, 2018

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

WHERE: Computer Room

A nurse from RWJB @ Hamilton will be at the senior center at the above date to do screenings. You must make an appointment for this.

See Sign up Sheet in Main Hallway!

Captial Health Presents:

BLOOD GLUCOSE SCREENINGS

WHEN: FRIDAY - NOV. 30, 2018

TIME: 8:30 - 10:00 AM
BY APPOINTMENT

WHERE: COMPUTER ROOM

SIGN UP TO HAVE A SCREENING OF YOUR GLUCOSE BY A NURSE FROM CAPTIAL HEALTH!

SEE SIGN UP SHEET
IN MAIN HALLWAY!

Winter Safety Tips

KEEP INDOOR TEMPERATURE AT 65 DEGREES OR WARMER.

ASK YOUR HEALTHCARE PROVIDER WHETHER SHOVELING OR OTHER WORK IN THE SNOW IS SAFE FOR YOU.

MAKE SURE STEPS & WALKWAYS ARE CLEAR BEFORE YOU WALK.

CALL AN INSPECTOR TO HAVE YOUR CHIMNEY & FLUES INSPECTED.

AVOID DRIVING ON ICY ROADS, ESPECIALLY DRIVING ON OVERPASSES & BRIDGES.

HAVE YOUR VEHICLE CHECKED: ANTI-FREEZE, TIRES & WINDSHIELD WIPERS.

RWJ @ HAMILTON

PRESENTS:

Body Fat Analysis

When: Tues. Dec. 4, 2018

Time: 9:00 - 11:00 AM

Where: Computer Room

If you are just beginning to exercise or if exercise has been a part of your daily routine, make an appointment to measure your progress with the Futrex Analyzer.

See Sign up Sheet

Tree Lighting

WHEN: Thursday - December 13, 2018

TIME: 6:00 PM

WHERE: Main Dining Room

TICKETS: FREE

Join us this evening with Samaritan Hospice for a heart warming program, as we pay tribute to those who are no longer with us. We will be lighting our tree for the holiday season in their remembrance. Light refreshments will be served.

See Front Desk for Tickets!

HOLIDAY SOCIAL

When: Wednesday - December 19, 2018

Time: 1:30 - 3:30 PM

Members & Adult Guests: \$ 2.00

Get your tickets to celebrate the holidays with friends at our Holiday Social. Dance the afternoon away with Vinnie D as he plays all your holiday favorites. He takes requests, so make sure he plays your favorite holiday song! Adult Guests are invited to this event!

Refreshments & Dessert will be served!

Tickets available – Monday - November 19th !!

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 - 11:00 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 -12:30PM	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	9:00AM	
SWIMMING	MON-FRI	9:00-11:30AM	\$3.00 Per Class
YOGA	TUESDAY	8:45 AM	\$5.00 Per Class
	THURSDAY	1:00 PM	

**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.



Members enjoying our "Margaritaville" Just Dance
Thursday - July 26, 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 at the center 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 be 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.

Examples: Utility Bill, Tax Bill or Bank Statement are accepted.

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, 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. 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

OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Line Dancing Bingo Step It up Rummikub Canasta Delaware Park Trip	5 Chair Exercise Dominoes Ballroom	6
7	8 Center Closed Columbus Day	9 Yoga Chair Exercise Choral Group Rummikub	10 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	11 Line Dancing Bingo Rummikub Canasta Step It up AC Trip	12 Chair Exercise Dominoes Ballroom	13
14	15 Line Dancing Canasta Bingo Step It Up	16 Yoga Chair Exercise Choral Group Rummikub	17 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub	18 Line Dancing Bingo Step It up Canasta Rummikub Lawrence Band	19 Chair Exercise Dominoes Ballroom	20
21	22 Line Dancing Canasta Bingo Step It Up NEC	23 Yoga Chair Exercise Choral Group Rummikub Surrogate	24 Chair Exercise Spiritual Wellness Brown Bag Center Closing 1pm	25 Center Closed Fall Dinner Dance @ Cedar Gardens	26 Chair Exercise Dominoes NO Ballroom	27
28	29 Line Dancing Canasta Bingo Step It Up	30 Yoga Chair Exercise Choral Group Rummikub	31 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Cornhole Rummikub			

QUARTERLY QUOTE:
 "We make a living by what we get, but we make a life by what we give."
 - Anonymous

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Line Dancing Bingo Step It up Canasta Rummikub AARP Driving	2 Chair Exercise Dominoes Ballroom AARP Driving	3
4 Cruise Trip Departs	5 Line Dancing Canasta Bingo Step It Up	6 Center Closed Election Day	7 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	8 Line Dancing Bingo Step It Up Canasta Rummikub	9 Chair Exercise Dominoes Ballroom	10
11 Cruise Trip Returns	12 Center Closed Veterans Day	13 Yoga Chair Exercise Choral Group Rummikub AC Trip	14 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	15 Line Dancing Bingo Step It Up Canasta Rummikub Just Dance	16 Chair Exercise Dominoes Ballroom	17
18	19 Line Dancing Canasta Bingo Step It UP	20 Yoga Chair Exercise Choral Group Rummikub RWJ Surrogate	21 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	22 Center Closed Thanksgiving Holiday	23 Center Closed Thanksgiving Holiday	24
25	26 Line Dancing Canasta Bingo Step It up NEC	27 Yoga Chair Exercise Choral Group Rummikub	28 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub RWJ	29 Line Dancing Bingo Step It up Canasta	30 Chair Exercise Dominoes Ballroom CHS	

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Hanukkah Begins	3 Line Dancing Canasta Bingo Step It Up	4 Yoga Chair Exercise Choral Group Rummikub RWJ	5 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Rummikub	6 Line Dancing Bingo Chair Exercise Step It Up Canasta Rummikub	7 Chair Exercise Dominoes Ballroom	8
9	10 Line Dancing Canasta Bingo Step It Up	11 Yoga Chair Exercise Choral Group Rummikub Coffee w/ Cops	12 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub	13 Line Dancing Bingo Chair Exercise Step It Up Canasta Rummikub Tree Lighting	14 Chair Exercise Dominoes Ballroom	15
16	17 Line Dancing Canasta Bingo Step It UP	18 Yoga Chair Exercise Choral Group Rummikub Surrogate	19 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub Holiday Social	20 Line Dancing Bingo Chair Exercise Step It Up Canasta Rummikub	21 Chair Exercise Dominoes NO Ballroom	22
23 <hr/> 30	24 Line Dancing Canasta Bingo Step It UP <hr/> 31 New Years Eve	25 Center Closed Christmas Day	26 Chair Exercise Spiritual Wellness Dominoes Mah Jongg Scrabble Rummikub Kwanzaa Begins	27 Line Dancing Bingo Chair Exercise Step It Up Canasta Rummikub	28 Chair Exercise Dominoes 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 TV, OR JUST SOCIALIZE.**