



Senior Center Newsletter



Hamilton Township

Fall 2017 Edition

Mayor Kelly Yaede

MESSAGE FROM THE MAYOR

Dear Neighbor,

As your Mayor, each day I work continuously, along with our Township Council, to make sure that our nationally renowned Senior Center has the needed resources to continue the excellent services and programs we offer to you. This fall, some of these events and activities will include:



Mayor Yaede spent time with many of us at the annual Senior & Veterans Health & Wellness Day.

- **Oktoberfest - Sunday, October 15**

Join us in Veterans Park from 11 AM to 7 PM for crafters, great fall activities for entire family, a free concert at 4 PM and a fireworks finale!

- **Halloween Party - Thursday, October 26**

Our annual Halloween Party is from 3:30 PM to 6 PM at our Center!

- **Fall Dinner Dance - Thursday, November 9**

Our Fall Dinner Dance will take place at Cedar Gardens. **Remember to call 890-3686 for advance tickets (which are required)!**

- **Tree of Life Lighting Ceremony - Thursday, November 30**

This a beautiful ceremony held each year to begin the holiday season where we will remember the loved ones we lost during the past year with an uplifting program that includes music, refreshments and more.

- **Holiday Social Dance - Thursday, December 14**

We will celebrate the holidays with our final social event of the year, which takes place between 2 PM and 5 PM at our Center.

I look forward to seeing you at these and other great events during the coming weeks!

Hamilton Township Senior Center



IMPORTANT DATES

- October 2
Fall Dinner Dance Ticket Sales
- October 5
Memory Loss, Dementia & Alzheimer's Info Seminar
- October 9
Center Closed - Columbus Day
- October 10
Atlantic City Trip - Golden Nugget
- October 19
Lawrence Community Concert Band
- October 24
RWJ - How to Keep Your Brain Young
- October 26
Halloween Hoedown Party
- October 27
PHS - Seasonal Affective Disorder
- November 2 & 3
AARP Safety Driving Course
- November 7
Center Closed - Election Day
- November 9
Center Closed - Fall Dinner Dance @ Cedar Gardens
- November 10
Center Closed - Veterans Day
- November 14
Atlantic City Trip - Resorts
- November 21
RWJ - Knee & Shoulder Pain
- November 23 & 24
Center Closed - Happy Thanksgiving!!
- November 26
Smoky Mts & Pigeon Forge Trip
- November 30
Tree Lighting Event
- December 12
RWJ - Glucose & BP Screenings
- December 14
Holiday Social
- December 25
Center Closed - Christmas Day

**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. 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

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 9th
Columbus Day**

**Tuesday - November 7th
Election Day**

**Thursday - November 9th
Fall Dinner Dance**

**Friday - November 10th
Veterans Day**

**Thursday & Friday November 23 & 24th
Thanksgiving Holiday**

**Monday - December 25
Christmas Day**

HAMILTON TOWNSHIP COUNCIL

**President: Dennis Pone
Vice President: Ralph Mastrangelo
David Kenny
Ileana Shirmer
Dina Thornton**



DON'T MISS THESE EVENTS!

Memory Loss, Dementia & Alzheimer's

Sponsored By: Alzheimer's Association

When: Thursday - October 5, 2017

Time: 2:00 - 3:30PM

Where : All Purpose Room

Attend this **FREE** informational workshop to learn about facts and myths about Alzheimer's & dementia. Learn about current treatments.

**REGISTER BY CALLING:
1-800-272-3900**

Lawrence Community Concert Band

WHEN: THURSDAY - OCT. 19, 2017

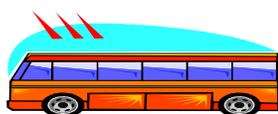
TIME: 7:00 PM

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 TICKETS!

Atlantic City Bus Trips



| | | |
|-----------|---------------|---------------|
| Tuesday | October 10th | Golden Nugget |
| Wednesday | November 14th | 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

"GIVE THANKS"

WHEN: Thursday - November 9 2017

**WHERE: Cedar Gardens Banquet
661 Route 33**

TIME: 12:30 - 4:30PM

TICKETS: \$12.00 **Cash Only Accepted

TICKETS AVAILABLE: MON. OCT. 2ND

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, ROAST TURKEY, MASHED POTATOES, STUFFING, VEGETABLES & DESSERT, COFFEE, & TEA, ICED TEA, SODA & CASH BAR

RWJ @ Hamilton**Presents:*****How to Keep Your Brain Young*****WHEN:** Tuesday - Oct. 24, 2017**TIME:** 10:00 - 11:00 AM**WHERE:** ALL PURPOSE ROOM

Join the discussion group with Lorraine Sgarlato Au.D. CCCA of RWJ to learn about ways you can exercise your brain. Learning new information can turn back the hands of time & fight off the effects of aging.

**SEE SIGN UP SHEET
IN MAIN HALLWAY!**

**HALLOWEEN
HOEDOWN****WHEN:** THURSDAY - October 26th**TIME:** 3:30 - 6:00 PM**WHERE:** MAIN DINING ROOM

TICKETS: \$ 8.00 Members
\$10.00 Adult Guest

Grab your cowboy boots & hat! Join in on the fun at our Halloween Hoedown this year! Come for the evening for a hot dog dinner served by D & D Catering. Dance to the sounds of DJ Ed. Make it a "kickin' good night!

SEE FRONT DESK FOR TICKETS!

Princeton Healthcare**System Presents:****Seasonal Affective Disorder
(The Winter Blues)****WHEN:** Friday - October 27, 2017**TIME:** 10:00 AM**WHERE:** Main Dining Room

As the days get shorter and it gets darker earlier, it can become common for people to experience symptoms of depression. Learn about Seasonal Affective Disorder and what you can do to feel better during the winter months.

AARP SAFETY**DRIVING COURSE****WHEN:** THURSDAY & FRIDAY
NOVEMBER 2nd & 3rd**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**

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:

Knee & Shoulder Pain

When: Tues. Nov. 21, 2017

Time: 10:00 AM

Where: All Purpose Room

Learn about advanced treatments in non operative care of knee and shoulder pain from Adam Redlich M.D. - Sports Medicine.

See Sign up Sheet in Main Hallway!

Tree Lighting

WHEN: Thursday - November 30, 2017

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: Thursday - December 14, 2017

Time: 2:00 - 5:00 PM

Members: \$5.00 Adult Guests: \$6.00

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!

Tea sandwiches & desert will be served!

Tickets available— Monday - November 13th !!

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 & FRI | 1:00 PM | |
| CARDS | MON-FRI | ALL DAY | |
| CHAIR EXERCISE | TUESDAY | 10:00 AM | |
| | WEDNESDAY | 9:00 & 10:00 AM | |
| | THURSDAY | 1:00PM & 2:00 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 | |
| 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 | 9:00AM | |
| SWIMMING | MON-FRI | 8:30-11AM | \$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**.



Members enjoying our 16th Annual Senior Center Picnic
Wednesday - September 13, 2017

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 - 3:30 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.

Examples: Utility Bill, Tax Bill or Bank Statement 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, 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 Line Dancing Canasta Bingo Step It Up | 3 Yoga Chair Exercise Choral Group Tap Dancing Rummikub | 4 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole | 5 Line Dancing Bingo Chair Exercise Canasta Step It up Alzheimer's Workshop | 6 Chair Exercise Dominoes Canasta Ballroom | 7 |
| 8 | 9 Center Closed Columbus Day | 10 Yoga Chair Exercise Choral Group Tap Dancing Rummikub | 11 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole | 12 Line Dancing Bingo Chair Exercise Step It up Canasta | 13 Chair Exercise Dominoes Canasta Ballroom | 14 |
| 15 | 16 Line Dancing Canasta Bingo Step It Up | 17 Yoga Chair Exercise Choral Group Tap Dancing Rummikub Surrogate | 18 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole | 19 Line Dancing Bingo Chair Exercise Step It Up Canasta Lawrence Band | 20 Chair Exercise Dominoes Canasta Ballroom | 21 |
| 22 <hr/> 29 | 23 Line Dancing Canasta Bingo NEC <hr/> 30 | 24 Yoga Chair Exercise Choral Group Tap Dancing RWJ Rummikub <hr/> 31 | 25 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole | 26 Line Dancing NO Bingo Chair Exercise Step It up Canasta Halloween Party | 27 Chair Exercise Dominoes Ballroom Canasta PHS | 28 |

QUARTERLY QUOTE:
 "There are no strangers here, just people I haven't met yet".
 - Hazel Kramer (Senior Member)

NOVEMBER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|--|-----------|
| | | | 1 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 2 Line Dancing Bingo Chair Exercise Step It up Canasta AARP Driving | 3 Chair Exercise Dominoes Ballroom AARP Driving | 4 |
| 5 | 6 Line Dancing Canasta Bingo Step It Up | 7 Center Closed Election Day | 8 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 9 Center Closed Fall Dinner Dance @ Cedar Gardens | 10 Center Closed Veterans Day | 11 |
| 12 | 13 Line Dancing Canasta Bingo Step It Up | 14 Yoga Chair Exercise Choral Group Tap Dancing Rummikub AC Trip | 15 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 16 Line Dancing Bingo Chair Exercise Step It Up Canasta | 17 Chair Exercise Dominoes Ballroom Canasta | 18 |
| 19 | 20 Line Dancing Canasta Bingo Step It UP | 21 Yoga Chair Exercise Choral Group Tap Dancing Rummikub RWJ Surrogate | 22 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 23 Center Closed Thanksgiving Holiday | 24 Center Closed Thanksgiving Holiday | 25 |
| 26 Smoky Mts Trip Departs | 27 Line Dancing Canasta Bingo Step It up NEC | 28 Yoga Chair Exercise Choral Group Tap Dancing Rummikub | 29 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 30 Line Dancing Bingo Chair Exercise Step It up Canasta Tree Lighting | | |

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 Chair Exercise Dominoes Ballroom | 2 Smoky Mts. Trip Returns |
| 3 | 4 Line Dancing Canasta Bingo Step It Up | 5 Yoga Chair Exercise Choral Group Tap Dancing Rummikub RWJ | 6 Chair Exercise Daily Bread Dominoes Mah Jongg | 7 Line Dancing Bingo Chair Exercise Step It Up Canasta | 8 Chair Exercise Dominoes Ballroom | 9 |
| 10 | 11 Line Dancing Canasta Bingo Step It Up | 12 Yoga Chair Exercise Choral Group Tap Dancing Hanukkah Begins | 13 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 14 Line Dancing Bingo Chair Exercise Step It Up Canasta Holiday Social | 15 Chair Exercise Dominoes No Ballroom | 16 |
| 17 | 18 Line Dancing Canasta Bingo Step It UP | 19 Yoga Chair Exercise Choral Group Tap Dancing Rummikub Surrogate | 20 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 21 Line Dancing Bingo Chair Exercise Step It Up Canasta | 22 Chair Exercise Dominoes NO Ballroom | 23 |
| 24 <hr/> 31 New Years Eve | 25 Center Closed Christmas Day | 26 Yoga Chair Exercise Choral Group Tap Dancing Rummikub Kwanzaa Begins | 27 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 28 Line Dancing Bingo Chair Exercise Step It Up Canasta | 29 Chair Exercise Dominoes No Ballroom | 30 |

REMINDER:

**THE SENIOR CENTER IS OPEN THURSDAY EVENINGS UNTIL 7:00 PM!
ENJOY A CUP OF COFFEE, PLAY BOCCE, POOL, CARDS, PING PONG, Wii
RUMMIKUB, WATCH A MOVIE OR JUST SOCIALIZE.**