



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Spring 2017 Edition

Mayor Kelly Yaede

Message from the Mayor

Dear Neighbor,

As spring returns, with budding flowers and warming temperatures, there will be a lot taking place at our nationally accredited Senior Center and all across our community. Here are some upcoming events that you will not want to miss:



Mayor Kelly A. Yaede enjoying last year's Spring Senior Dinner Dance

- Our **Golf Center Community Day** on **May 6th** where residents can get 1 free round of mini golf or 1 large bucket of balls for the driving range
- Our **Spring Senior Dinner Dance** on **May 11th**; Please remember Advance Tickets are required (Call 609.890.3686)
- Our annual **Azalea Festival** on **May 14th (Mother's Day)** at Sayen Gardens (10 AM - 4 PM)
- Our **Armed Forces Day Ceremony** on **May 20th**
- The annual **Memorial Day Parades** on Nottingham Way in Hamilton Square and in Groveville on **May 29th**
- Our **Senior & Veterans Health and Fitness Day** on **May 24th** at the Senior Center
- Our **FREE Paper Shredding Day** for residents on **June 3rd** at the Police Division Headquarters Parking Lot from 8 AM - Noon or until the Truck is Full

I hope you and your loved ones will enjoy everything taking place this spring all across our wonderful township. I look forward to seeing you soon at our Senior Center or throughout our community during the coming weeks.

Sincerely,
Kelly Yaede,
Mayor

Hamilton Township Senior Center



IMPORTANT DATES

- April 5
Guest Speaker
"Creative Writing w/Nancy"
- April 6 & 7
AARP Driving Course
- April 12
Atlantic City Trip - Resorts
- April 14
Center Closed - Good Friday
- April 25
RWJ - Colorectal Screening
Hunterdon Hills Trip
- May 8th
TED Talks
- May 10th
Center Closing @ 1pm
- May 11
Center Closed
Spring Dinner Dance @
Cedar Gardens Banquet
- May 16
Atlantic City Trip - Tropicana
- May 17
Renault Winery & Casino Trip
- May 18
Ping Pong Tournament
- May 19
PHS - Mindfulness &
Reduce Stress
- May 24
Sr. & Vet Health & Fitness Day
RainDate: 5/25/17
- May 29
Center Closed - Memorial Day
- June 2
CHS - Ask the Sleep Doctor
- June 8
Atlantic City Trip - Resorts
- June 13
RWJ - Body Fat Analysis

**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

**Friday - April 14th
Good Friday**

**Wednesday - May 10th
Closing @ 1pm**

**Thursday - May 11th
Spring Dinner Dance**

**Monday - May 29th
Memorial Day**

HAMILTON TOWNSHIP COUNCIL



**Dina Thornton
David Kenny
Ralph Mastrangelo
Dennis Pone
Ileana Schirmer**

DON'T MISS THESE EVENTS!

AARP DRIVING COURSE

WHEN: THURS & FRIDAY
APRIL 6 & APRIL 7

TIME: 12:00 - 3:30 PM

WHERE: ALL PURPOSE ROOM

COST: \$15 AARP MEMBER
\$20 NON – MEMBER
CASH / CHECK ACCEPTED

Sign up today to take the AARP Safety Driving Course. This is a two day class. You will receive a Certificate of Completion at the end of class which you may submit to your insurance for a possible discount. Call 609-890-3686 or Sign up at the Front Desk.

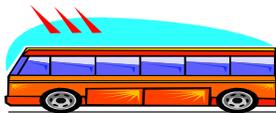
Make Checks Payable to: AARP

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



Wednesday	April 12th	Resorts
Tuesday	May 16th	Tropicana
Thursday	June 8th	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.

JUST DANCE

When: Thursday - April 13, 2017

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: COLORECTAL SCREENING

WHEN: Tuesday - April 25, 2017

TIME: 9:00 - 11:00 AM

WHERE: Computer Room

Receive a simple take home kit and instructions from a nurse educator. Discuss treatment options and survival statistics with those of an early diagnosis. Blood Pressure screenings also available this day. **See Sign up Sheet in Main Hallway!**

TED Talks

Why You Should Talk to Strangers

When: Monday - May 8, 2017

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

Renault Winery & Resorts Casino

DATE: Wednesday - May 17, 2017

TIME: Depart Senior Center : 8:45am
Depart Resorts Casino: 6:30pm

Members & Adult Guests: \$62.00 - Cash Only

THIS TRIP INCLUDES:

Comfortable Motor Coach Transportation

RENULT WINERY:

Wine Tasting, Family Style Luncheon & Guided Tour

*Please Note: Food served at winery made with wine

RESORTS CASINO:

\$10 Slot Play & 3:30pm Show Ticket to :

TONY PACE; VARIETY ENTERTAINER

Bus Driver & Meal Gratuity Included

TICKETS AVAILABLE:

MONDAY - APRIL 10 @ 9:30AM

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 Princeton HealthCare System Presents:

“SENIOR CRUISE”
When: Thursday - May 11, 2017
Time: 3:30 - 7:30 PM
Where: Cedar Gardens Banquet
 661 Route 33
Tickets: \$10.00 - 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**



MINDFULNESS & REDUCE STRESS

WHEN: Friday - May 19, 2017

TIME: 10 AM

WHERE: All Purpose Room

PRACTICING MINDFULNESS, EXPERIENCING THE PRESENT MOMENT WITHOUT JUDGEMENT CAN HELP YOU MANAGE STRESS AND IMPROVE YOUR QUALITY OF LIFE. JOIN JUDITH MARGOLIN, PSY.D TO LEARN HOW MINDFULNESS CAN REDUCE OR STOP BRAIN CHATTER AND HABITUAL REACTIONS, IMPROVE MOOD & ENERGY, INCREASE FOCUS AND MENTAL CLARITY, AND DEEPEN YOUR ENJOYMENT AND APPRECIATION OF LIFE!

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

Senior & Veteran Health & Fitness Day

WHEN: THURSDAY - MAY 24, 2017
 Rain Date : 5/25/17
TIME: 9:30 AM - 1:00 PM
WHERE: SENIOR CENTER WALKING TRAILS
COST: FREE

PARTICIPATE IN NATIONAL SENIOR & VETERAN HEALTH & FITNESS DAY! LOCAL HOSPITALS WILL BE HERE TO OFFER FREE HEALTH SCREENINGS. MANY SENIOR ASSISTANCE ORGANIZATIONS AND BUSINESSES WILL BE HERE WITH THEIR INFORMATION, LITERATURE AND GIVEAWAYS! LIGHT REFRESHMENTS WILL BE SERVED TO THOSE THAT PARTICIPATE.

**SWIMMING WILL BE FREE
 OF CHARGE THIS DAY!**

Capital Health Presents:

Ask the Sleep Doctor

WHEN: Friday - June 2, 2017

TIME: 10:00 AM

WHERE: All Purpose Room

Join a discussion with Capital Health’s Nurse Practitioner, Kerri Penders for Tips for a Good Night’s Sleep. If you are struggling with sleeping be sure to sign up for this informational program!

**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	2:00 PM	
	FRIDAY	9:00 AM	
CHORAL GROUP	TUESDAY	1:00 PM	
COMPUTER ASSISTANCE			SEE FRONT DESK
CORNHOLE	WEDNESDAY	12:30 PM	
DAILY BREAD	WEDNESDAY	10:00 AM	
DOMINOES	WEDS&FRI	1:00 PM	
LINE DANCING	MON & THURS	10:00 AM	
		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	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.



Photos from our "Mardi Gras Bash"
February 28, 2017

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	3 Line Dancing Bingo Step It Up Canasta	4 Chair Exercise Choral Group Tap Dancing Taxes	5 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	6 Step It up Line Dancing Bingo Yoga Canasta AARP Driving	7 Chair Exercise Dominoes Ballroom AARP Driving CHS Speaker	8
9	10 Line Dancing Bingo Step It Up Canasta	11 Chair Exercise Choral Group Tap Dancing Taxes	12 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg AC Trip	13 Step It up Line Dancing Bingo Chair Exercise Yoga Canasta Just Dance	14 Center Closed Good Friday	15
16	17 Line Dancing Bingo Step It Up Canasta	18 Yoga Chair Exercise Choral Group Tap Dancing Surrogate	19 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	20 Step It up Line Dancing Bingo Chair Exercise Yoga Canasta	21 Chair Exercise Dominoes Ballroom	22
23 <hr/> 30	24 Line Dancing Bingo Step It Up Canasta NEC	25 Yoga Chair Exercise Choral Group Tap Dancing RWJ Hunterdon Trip	26 Chair Exercise CornHole Daily Bread Dominoes Mah Jongg	27 Step It up Line Dancing Bingo Chair Exercise Yoga Canasta	28 Chair Exercise Dominoes Ballroom	29

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Line Dancing Bingo Step It Up Canasta	2 Yoga Chair Exercise Choral Group Tap Dancing	3 Chair Exercise CornHole Daily Bread Dominoes Mah Jongg	4 Step It Up Line Dancing Bingo Chair Exercise Canasta	5 Chair Exercise Dominoes Ballroom	6
7	8 Line Dancing Bingo Step It Up Canasta TED Talks	9 Yoga Chair Exercise Choral Group Tap Dancing	10 Chair Exercise Daily Bread Center Closing 1 PM	11 Center Closed Spring Dinner Dance @ Cedar Gardens	12 Chair Exercise Dominoes Ballroom	13
14	15 Line Dancing Bingo Step It Up Canasta	16 Yoga Chair Exercise Choral Group Tap Dancing Surrogate AC Trip	17 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Winery & Casino Trip	18 Step It Up Line Dancing Bingo Canasta Ping Pong Tournament	19 Chair Exercise Dominoes PHS	20
21	22 Line Dancing Bingo Step It Up	23 Yoga Chair Exercise Choral Group Tap Dancing	24 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Sr & Vet Health & Fitness Day	25 Step It Up Line Dancing Bingo Chair Exercise Canasta Event Rain Date	26 Chair Exercise Dominoes Ballroom	27
28	29 Center Closed Memorial Day	30 Yoga Chair Exercise Choral Group Tap Dancing	31 Chair Exercise CornHole Daily Bread Dominoes Mah Jongg			

JUNE

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

Quarterly Quote:

“Always find time for the things that make you feel happy to be alive.”

-Anonymous