



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Summer 2017 Edition

Mayor Kelly Yaede

MESSAGE FROM THE MAYOR

Dear Neighbor,

Summer might bring us rising temperatures, but our Senior Center is the perfect place to cool off and enjoy activities like our swimming pool or other exciting Indoor activities.

Our center offers billiards, ball-room dancing, bingo, chair exercise classes, a choral group, computer assistance, a bible study & prayer class, Mah Jongg, a TV/Media Room, Scrabble, Crafts, Tap Dancing, a Walking Club, Wii games, Yoga, an indoor Bocce Court, Fitness Room, walking trails and a new outdoor exercise area.

Another great program is our Police Division's "Operation Reassurance" effort. It is tailored for seniors or individuals with special needs who may be living alone. Participating residents call to 'check in' each day; and if we do not hear from you, our Police Division will attempt to check to see if you are OK. Contact the Police Division by calling 609-581-4033 to learn more.

Another program taking place this summer are our annual Kuser Gazebo Concerts with Tom Glover and Tom Pyrah. The free concerts take place every Sunday (weather permitting) through August from 6 PM to 7:30 PM in Kuser Park. Feel free to bring a lawn chair or blanket and enjoy!

Finally, don't miss our annual Senior Center Picnic on September 13th. Call 609-890-3686 for tickets.

Thanks for being a special part of our Senior Center community here in Hamilton Township!



Mayor Kelly Yaede spent time with many of the guests that attended our recent Spring Senior Dinner Dance in May.

Hamilton Township Senior Center

Accredited by
National Institute of
Senior Centers



IMPORTANT DATES

- July 4
Center Closed - Independence Day
- July 11
Atlantic City Trip - Golden Nugget
- July 20
Just Dance
- July 25
RWJ - Cholesterol Treatment
- July 31
Sudoku
- August 3
Delaware Park Trip
- August 8
RWJ - Glucose & BP Screenings
- August 10
Hunterdon Hills Trip
- August 17
Chant Tones
- August 23
Atlantic City Trip - Resorts
- September 4
Center Closed - Labor Day
- September 13
16th Annual Senior Center Picnic
- September 19
Atlantic City Trip - Tropicana
- September 29
Flu Shot Clinic

**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

**Jeffery 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

**Tuesday - July 4th
Independence Day**

**Monday - September 4th
Labor 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.

HAMILTON TOWNSHIP COUNCIL

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



DON'T MISS THESE EVENTS!

YOGA

WHEN: TUESDAYS

TIME: 8:45AM

WHERE: ALL PURPOSE ROOM

COST: \$5.00 Per Class



Join our Certified Yoga Instructor, for a session of Yoga in the All Purpose Room on Tuesdays. **Please bring your own yoga mat or non-skid towel & wear comfortable, stretch clothing.

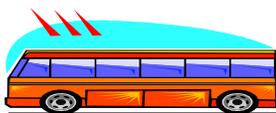
Blood Pressure, Glucose & Cholesterol Screenings

The Hamilton Township Public Health Nurses will be here on the following dates to do screenings for members in the Computer Room.

Monday: June 26th
July 24th
Aug. 28th
Sept. 25th

Please see the front desk to make an appointment or register by calling: 609-890-3686. This is just a screening, fasting is not required.

Atlantic City Bus Trips



Tuesday	July 11th	Golden Nugget
Wednesday	Aug 23th	Resorts
Wednesday	Sept 19th	Tropicana

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.

Hunterdon Hills Playhouse

WHEN: Thursday - August 10, 2017

TIME: Depart Senior Center: 10:15 AM
Depart Hunterdon Hills 4:30 PM

Members &
Adult Guests: \$90.00 Per Person -
Cash Only

This Trip Includes:

- Comfortable MotorCoach Transportation
- Plated Luncheon @ Playhouse
- Dessert Buffet, Coffee & Tea
- Bus Driver & Meal Gratuity
- Must Pay in FULL when signing up!

Tickets Available at Front Desk!

SUMMER SAFETY TIPS

BE SURE TO FOLLOW THESE TIPS DURING THE HOT DAYS OF SUMMER.:

- ◆ DRINK PLENTY OF WATER
- ◆ PROTECT YOUR SKIN: WEAR HATS & SPF
- ◆ LIMIT STRENUOUS ACTIVITY & EXERCISE
- ◆ TAKE FREQUENT BREAKS TO "COOL DOWN"
- ◆ CHECK ON FRIENDS & FAMILY



RWJ @ HAMILTON

PRESENTS:

CHOLESTEROL TREATMENT

WHEN: Tuesday - July 25, 2017

TIME: 10:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

Join the discussion group with Harsha Oza, MD of RWJ to learn about the most up-to-date cholesterol treatments. This includes changes you can make to your exercise & diet.

SEE SIGN UP SHEET IN MAIN HALLWAY!

JUST DANCE

WHEN: THURSDAY - JULY 20, 2017

TIME: 4:00 - 6:00 PM

WHERE: MAIN DINING ROOM

MEMBERS &

ADULT GUESTS: \$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 TICKETS!

SUDOKU

Keep your mind sharp with Sudoku!

When: Monday - July 31, 2017

Time: 12:30pm

Where: All Purpose Room

Learn how to master the puzzles of Sudoku! Volunteer William Traubel will assist with helping with the puzzles in which you insert numbers one to nine into a grid consisting of nine squares in such a way that every number appears once in each horizontal line, vertical line, and square. Class is limited, See Sign up Sheet in Main Hallway or call 609-890-3686 to register.

CHANT TONES

WHEN: THURSDAY - SEPT. 21st

TIME: 4:30 PM

WHERE: MAIN DINING ROOM

Members &
Adult Guests: \$1.00

Enjoy an evening out with friends and listen to the popular songs performed by the CHANT TONES. Bring your own dinner and/or snacks. Beverages & dessert will be provided! (Alcohol not permitted)
SEE FRONT DESK FOR TICKETS!

16th ANNUAL SENIOR PICNIC

WHEN: **Wednesday - Sept. 13th**
RainDate: Sept. 14th

TIME: 10:00 AM - 2:00 PM

TICKETS: \$10.00 - **Cash Only

TICKETS AVAILABLE:

WEDNESDAY - JULY 12TH @ 9:30AM

MUST SHOW HAMILTON SENIOR ID!

IF BUYING A TICKET FOR SOMEONE ELSE, PLEASE HAVE THEIR ID CARD

NO LIMIT ON NUMBER OF TICKETS PURCHASED



Flu Shots

WHEN: FRIDAY - SEPT. 29, 2017

TIME: 9:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

The Hamilton Township Public Health Nurses will be at the Senior Center to give FREE Flu/Pneumonia shots to Hamilton Senior Residents Only. Please bring your Medicare card with you on this day.

Any questions, please call: 609-890-3884.

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.

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 - 3:00PM	
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	
	THURSDAY	1:00 PM	
	FRIDAY	9:00 AM	
CHORAL GROUP	TUESDAY	1:00 PM	
COMPUTER ASSISTANCE			SEE FRONT DESK
CORNHOLE	WEDNESDAY	1:00 PM	
DAILY BREAD	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	9:00-11:30 AM	\$3.00 Per Class
TAP DANCING	TUESDAY	2:30PM	
YOGA	TUESDAY	8:45 AM	\$5.00 Per Class

**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:

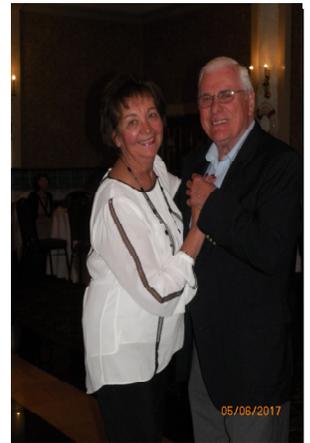
Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis.

Applications for Hamilton Senior Residents ONLY.



Photos from:

"Senior Cruise"
Dinner Dance
May 11, 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 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 - 3:30 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.

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.

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, 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

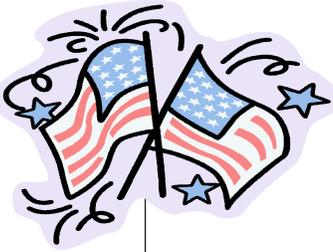
State Veterans Service Office
28 West State Street
Trenton NJ 08625
609-292-5580

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
1-800-661-8177

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Line Dancing Canasta Bingo	4 Center Closed Independence Day	5 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	6 Step It Up Line Dancing Bingo Chair Exercise Canasta	7 Chair Exercise Dominoes Ballroom	8
9	10 Line Dancing Canasta Bingo	11 Yoga Chair Exercise Choral Group Tap Dancing AC Trip	12 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole Picnic Tickets Available	13 Step It Up Line Dancing Bingo Chair Exercise Canasta	14 Chair Exercise Dominoes Ballroom	15
16	17 Line Dancing Canasta Bingo	18 Yoga Chair Exercise Choral Group Tap Dancing Surrogate	19 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	20 Step It Up Line Dancing Bingo Chair Exercise Canasta Just Dance	21 Chair Exercise No Ballroom Dominoes	22
23 <hr/> 30	24 Line Dancing Canasta Bingo NEC <hr/> 31 Sudoku	25 Yoga Chair Exercise Choral Group Tap Dancing RWJ	26 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	27 Step It Up Line Dancing Bingo Chair Exercise Canasta	28 Chair Exercise No Ballroom Dominoes	29

QUARTERLY QUOTE:

"Fall in love with taking care of yourself. Mind. Body. Spirit.

- Anonymous

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Yoga Chair Exercise Choral Group Tap Dancing	2 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	3 Step It UP Line Dancing Bingo Chair Exercise Canasta Delaware Park	4 Chair Exercise Dominoes Ballroom	5
6	7 Step It Up Line Dancing Canasta Bingo	8 Yoga Chair Exercise Choral Group Tap Dancing RWJ	9 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	10 Step It Up Line Dancing Bingo Chair Exercise Canasta Hunterdon Hills	11 Chair Exercise Dominoes Ballroom	12
13	14 Step It Up Line Dancing Canasta Bingo	15 Yoga Chair Exercise Choral Group Tap Dancing Surrogate	16 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	17 Line Dancing Bingo Chair Exercise Canasta	18 Chair Exercise Dominoes Ballroom	19
20	21 Step It Up Line Dancing Canasta Bingo	22 Yoga Chair Exercise Choral Group Tap Dancing	23 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole AC Trip	24 Line Dancing Bingo Chair Exercise Canasta	25 Chair Exercise Dominoes Ballroom	26
27	28 Step It Up Line Dancing Canasta Bingo NEC	29 Yoga Chair Exercise Choral Group Tap Dancing	30 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble CornHole	31 Line Dancing Bingo Chair Exercise Canasta		

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.

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chair Exercise Dominoes Ballroom Canasta	2
3	4 Center Closed Labor Day	5 Yoga Chair Exercise Choral Group Tap Dancing	6 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	7 Step It up Line Dancing Bingo Chair Exercise Canasta	8 Chair Exercise Dominoes Ballroom Canasta	9
10	11 Step It Up Line Dancing Canasta Bingo	12 Yoga Chair Exercise Choral Group Tap Dancing	13 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Annual Picnic 10am-2pm	14 Step It Up Line Dancing Bingo Chair Exercise Picnic Rain Date Closing @ 4pm	15 Chair Exercise Dominoes Ballroom Canasta	16
17	18 Step It Up Line Dancing Canasta Bingo	19 Yoga Chair Exercise Choral Group Tap Dancing Surrogate AC Trip	20 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	21 Step It Up Line Dancing Bingo Chair Exercise Chant Tones	22 Chair Exercise Dominoes Ballroom Canasta	23
24	25 Step It Up Line Dancing Canasta Bingo NEC	26 Yoga Chair Exercise Choral Group Tap Dancing	27 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble	28 Step It Up Line Dancing Bingo Chair Exercise	29 Flu Shots Dominoes Canasta No Chair Exercise 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.**

TED Talks

Jane Fonda: Life's Third Act

WHEN: MONDAY - AUGUST 14, 2017

TIME: 12:30 PM

WHERE: ALL PURPOSE ROOM

TED Talks are informative videos about a topic that mostly all 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 -
SEE SIGN UP SHEET OR CALL: 609-890-3686**

DELAWARE PARK RACETRACK & CASINO

WHEN: THURSDAY - AUGUST 3, 2017

TIME: Depart Senior Center: 9:30AM
Depart Delaware Park 5:30PM

COST: \$25.00 - Cash Only Accepted

PACKAGE: \$30.00 - Slot Play *with completion of release form
and you **MUST** bring your Delaware Park Casino Card if available.

SEE FLYER ON TABLE IN HALLWAY OF SENIOR CENTER FOR MORE INFO!!

TICKETS AVAILABLE : THURSDAY - JULY 6th @ 9:30AM