



Hamilton Township's Senior Center Newsletter



Hamilton Township

Spring 2016 Edition

Mayor Kelly Yaede

Dear Neighbor,

With warmer temperatures, the blossoming of flowers and beauty of nature re-awakening from the winter, spring is a great time to enjoy the many exciting programs and events that will be taking place at our nationally-accredited Hamilton Township Senior Center.



Mayor Kelly Yaede passes out crime prevention tips at last spring's Senior Safety Program at the Senior Center.

Over the next few months, some special events will be taking place, which include:

- **Hamilton Day at the Trenton Thunder**
April 10 at 1 PM at Arm & Hammer Park
Reduced \$ 8 Ticket Price for residents (Code: **HamiltonDay2016**)
- **Hamilton Golf Center Community Day**
May 7 from 10 AM to 9 PM at Golf Center.
Residents get 1 free round of mini golf or 1 large bucket at driving range
- **Azalea Festival on Mother's Day**
May 8 from 10 AM to 4 PM at Sayen Gardens
- **Senior Dinner Dance**
May 19 at 3:30 PM to 7:30 PM at Cedar Gardens
Advanced Tickets Required, Call 609.890.3686
- **Senior and Veterans Health and Wellness Fair**
May 26 from 10 AM to 2 PM at the Senior Center

Additionally, there are many other events, classes and activities to enjoy this spring at our Senior Center. I look forward to seeing you there!

Sincerely,

Kelly Yaede, Mayor

Hamilton Township Senior Center



IMPORTANT DATES

- April 7th: Just Dance
- April 7th & 8th:
AARP Driving Course
- April 19th: RWJ
Body Fat Analysis
- April 21st: Nottingham H.S.
"Night Under the Stars"
- April 22nd: Intergenerational
St. Greg's Dance Party
- April 28th: Art Night
- May 5th: Just Dance
- May 10th: RWJ
Heart Disease & Stroke
- May 10th: Atlantic City Trip
Harrah's
- May 12th: Ping Pong Tournament
- May 18th: Center closes at 1:00 p.m.
- May 19th: Center Closed
Senior Spring Dinner Dance
- May 26th: Art Night
- June 2nd: Just Dance
- June 4th: Shredding Event
Hamilton Police Station 8:00-12:00 pm
- June 7th: RWJ-Joint Replacement
- June 8th: Atlantic City Trip-Trop.
- June 16th: Lawrence Band Concert
- June 21st: RWJ-Colorectal Screening
- June 23rd:
Grandparent's Pizza Party
- June 30th: Art Night

**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**



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

**Wednesday—May 18th
Closing at 1:00 PM**

**Thursday - May 19th
Spring Dinner Dance**



**Monday - May 30th
Memorial Day**



HAMILTON TOWNSHIP COUNCIL



**Ileana Schirmer
Dennis Pone
Edward Gore
David Kenny
Ralph Mastrangelo**

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.

DON'T MISS THESE EVENTS!

JUST DANCE!

Dates: April 7th, May 5th, June 2nd

Time: 4:00-6:30 PM



Tickets: Free!

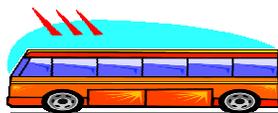
Enjoy an evening out with friends and dance the night away! Enjoy music provided by "The Singing DJ" on the above dates at the Senior Center. Bring your own dinner and/or snacks. Beverages will be provided. (Alcohol not permitted).
See Front Desk For Free Ticket!!

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 13th	Golden Nugget
Tuesday	May 10th	Harrah's
Wednesday	June 8th	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.

Morning Yoga

WHEN: Tuesdays (Beginning April 26th)

Time: 8:45 AM -9:45 AM

Where: All Purpose Room

Cost: \$5.00 Per Class

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

No yoga classes on June 21st.



Ballroom Dancing

PLEASE JOIN MARK SCHAUB FOR AN ENJOYING MORNING OF BALLROOM DANCING ON THE FOLLOWING FRIDAY MORNINGS. ALL CLASSES WILL TAKE PLACE IN THE ALL PURPOSE ROOM FROM 10:00-11:00 A.M.

APRIL: 1st, 8th, 15th, 22nd & 29th

MAY: 6th, 13th, 20th, & 27th

JUNE: 3rd, 10th, 17th, 24th

Cost: \$5.00 per class



Mother's Day Azalea Festival

WHEN: Sunday, May 8th, 2016

TIME: 10:00 A.M.—4:00 P.M.

WHERE: Sayen House & Gardens
155 Hughes Drive,
Hamilton, NJ 08690



May in Hamilton Township brings a beloved Mother's Day tradition – Hamilton's annual Azalea Festival.

The festival's location, Sayen Botanical Gardens, features a magnificent display of over 250,000 flowering bulbs, dogwoods, azaleas and rhododendron, along with the township park's collection of beautifully landscaped walking paths, fountains, bridges, lakes, gazebos and breathtaking scenery.

Visit the Sayen House for a free Mother's Day photo!

AARP DRIVING COURSE

WHEN: THURSDAY & FRIDAY
APRIL 7th & 8th, 2016

TIME: 12:00-3:30 PM

WHERE: ALL PURPOSE ROOM

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

Sign up today to take the AARP Safety Driving Course. This is a TWO DAY CLASS and you MUST attend BOTH classes. You will receive a certificate of completion at the end of class which you may submit to your insurance for a possible discount. Call 890-3686 or Sign up at Front Desk.

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

When: "TRIBUTE TO AMERICA"
Thursday - May 19th, 2016

Time: 3:30 - 7:30 PM

Where: Cedar Gardens
661 Route 33

Tickets: \$12.00

TICKETS AVAILABLE BEGINNING:

THURSDAY—March 31st, 2016 9:30AM
ALL PURPOSE ROOM
MUST SHOW HAMILTON SENIOR ID!!

IF YOU WOULD LIKE TO SIT TOGETHER AT THE
DANCE YOU MUST HAVE EVERYONE'S I.D.

ART NIGHT

WHEN: *Thursdays: 4/28, 5/26, 6/30*

TIME: *5:00-6:30 PM*

WHERE: *All Purpose Room*

Cost: *\$5.00 Per Class*
(All Supplies Provided)

Come to the Senior Center for a night of art fun! Please see flyer for project of the month. Payment at time of sign up is required to reserve your space.

REGISTER AT FRONT DESK!

Open to Members Only



Upcoming Township Events

Hamilton Day at the Trenton Thunder:

April 10th at 1:00 P.M. at Arm & Hammer Park
Reduced \$8 Ticket Price for residents
(Code: HamiltonDay2016)

Hamilton Golf Center Community Day:

May 7th from 10:00 AM - 9:00 PM at the Golf Center. Residents get 1 free round of mini golf or 1 large bucket at driving range.

Memorial Day Parade:

May 30th at 8:30 AM, Groveville
May 30th at 10:30 AM, Nottingham Way

Shredding Event:

June 4th 8:00 AM - 12:00 PM at the
Hamilton Police Station.

Nottingham High School Presents: "Night Under the Stars"

WHEN: Thursday—April 21st, 2016

TIME: 4:00-7:00 PM

WHERE: Main Dining Room

TICKETS: FREE
For the first 100 members only

Join students from Nottingham High School for a "Night Under the Stars". This intergenerational event will be a fun night for all ages. A buffet pasta dinner will be served and entertainment provided by Nottingham's Jazz Band and a DJ.

**Tickets Available: March 28th starting at 9:30 a.m. at the end of main hallway.

Nurse Evaluation Clinic

The Nurses from the Hamilton Township Health Department will be here from 9:00-11:00 a.m. on the following dates to take your Blood Pressure, Cholesterol and Glucose:

Please see front desk to register.

April 25th, 2016

June 27th, 2016



Project Medicine Drop Box

Hamilton's new "Project Medicine Drop" Box will be located inside the main lobby of the Hamilton's Police Division Headquarters, located at 1270 Whitehorse-Mercerville Road in Hamilton. Residents can access the drop box 24 hours a day, seven days a week, 365 days a year to properly dispose of unused or excess medications. Residents are able to dispose of unwanted prescription drugs anonymously and without questions in a safe and secure manner.



Eye Glasses Repair By Walmart

WHEN: Thursday, April 28th, 2016

TIME: 9:30-11:30 AM

WHERE: Computer Room

Walmart Vision will be at your service to fix, repair or make adjustments to your glasses. No appointment is necessary. First come-first serve during the times above.



Intergenerational Dance Party with St. Gregory The Great Students

WHEN: Friday, April 22, 2016

TIME: 2:30-4:30 P.M.

WHERE: Main Dining Room

TICKETS: FREE for the first 100 members only

Enjoy a delightful afternoon with students from the St. Gregory's School for an afternoon of dancing. This intergenerational event will be fun for all ages. Come out and help us show this new generation how to "really" dance.

Entertainment will be the fabulous
Rick & Kenny Duo

TICKETS AVAILABLE: March 30th, 2016
at 9:30 AM

Hamilton Senior Center's Ping Pong Tournament II

WHEN: Thursday—May 12th, 2016

TIME: 1:30-3:30 PM

WHERE: All Purpose Room

COST: Free

Please join us for our SECOND Ping Pong Tournament. If interested, please see the front desk to register.

Warm ups begin at 1:00 p.m. SHARP! Registration closes on May 6, 2016.

Open to Hamilton Seniors Only.

"Walk A Mile With A Smile"

Walking Club

Spring 2016 Session

DATES: Monday & Thursdays
Group Walking

TIME: 9:00 AM

WHERE: Senior Center Walking Trails

The Hamilton Township Senior Center Walking Club is a success! It's been proven that walking lowers blood pressure, helps maintain a healthy weight and reduces stress. Join the Club to improve your health and meet new friends!!

Get your blood pressure taken on June 1st at 8:45 AM in the computer room before you begin walking.

Lawrence Community Concert Band

WHEN: THURSDAY - June 16th, 2016

TIME: 6:30 - 8:30 PM

WHERE: Main Dining Room

TICKETS: FREE!

The astonishing Lawrence Community Concert Band will perform songs from popular dance music through the years.

Tickets are available starting:
Monday, May 9th, 2016 at 9:30 AM



Grandparents Pizza Party Day!!

WHEN: Wednesday - June 23, 2016

TIME: 3:30-6:00 PM

WHERE: Main Dining Room

TICKETS: \$4.00 Members
\$2.00 Children (Under 2 yrs: Free)

Join us for some fun at the annual Grandparents Pizza Party! Invite your grandchildren to the Senior Center for an afternoon pizza, refreshments, prizes & great entertainment by the Meg Hanson Duo.

****Tickets Available Starting: May 23, 2016
Please see front desk.**

Note: Children are to stay in the Dining Room for the duration of the event..

Thank you!

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 - 3:00 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	2:00 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	WED & 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	
SWIMMING	MON-FRI	8:30-11AM	\$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**.



**ART NIGHT
FEBRUARY 2016**



**PING PONG TOURNAMENT
MARCH 2016**

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.

** **Quarterly Quote:**

"Courage is found in unlikely places"

-JRR Tolkien

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 Avenue
Ewing, NJ 08618
609-882-5744

Mercer County Veterans Services
2280 Hamilton Avenue
Hamilton NJ 08619
609-989-6120



APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chair Exercise Ballroom Canasta Dominoes	2
3	4 Line Dancing Bingo Canasta	5 Chair Exercise Choral Group Tap Dancing Taxes	6 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	7 Line Dancing Bingo Chair Exercise AARP Just Dance	8 Chair Exercise Ballroom Canasta Dominoes AARP	9
10	11 Line Dancing Bingo Canasta	12 Chair Exercise Choral Group Tap Dancing Taxes	13 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg AC Trip	14 Line Dancing Bingo Chair Exercise	15 Chair Exercise Ballroom Canasta Dominoes	16
17	18 Line Dancing Bingo Canasta	19 Chair Exercise Choral Group Tap Dancing RWJ Surrogate	20 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	21 Line Dancing Bingo Chair Exercise Nottingham Under the Stars	22 Chair Exercise Ballroom Canasta Dominoes Intergenerational Dance Party	23
24	25 Line Dancing Bingo Canasta NEC	26 Yoga Chair Exercise Choral Group Tap Dancing	27 Chair Exercise CornHole Daily Bread Dominoes Mah Jongg	28 Line Dancing Bingo Chair Exercise Glasses Repair Art Night	29 Chair Exercise Ballroom Canasta Dominoes	30

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Line Dancing Bingo Canasta	3 Yoga Chair Exercise Choral Group Tap Dancing	4 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	5 Bingo Chair Exercise Line Dancing Just Dance	6 Chair Exercise Ballroom Canasta Dominoes	7
8 Mother's Day Azaleafest Sayen Gardens	9 Line Dancing Bingo Canasta	10 Yoga Chair Exercise Choral Group Tap Dancing RWJ AC Trip	11 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	12 Bingo Chair Exercise Line Dancing Ping Pong Tournament	13 Chair Exercise Ballroom Canasta Dominoes	14
15	16 Line Dancing Bingo Canasta	17 Yoga Chair Exercise Choral Group Tap Dancing Surrogate	18 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble Center closes at 1:00 PM	19 Senior Center Closed Spring Dance@ Cedar Gardens	20 Chair Exercise Ballroom Canasta Dominoes	21
22	23 Line Dancing Bingo Canasta	24 Yoga Chair Exercise Choral Group Tap Dancing	25 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	26 Line Dancing Bingo Chair Exercise Scrabble Art Night	27 Chair Exercise Ballroom Canasta Dominoes	28
29	30 Center Closed Memorial Day	31 Yoga Chair Exercise Choral Group Tap Dancing				

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	2 Line Dancing Bingo Chair Exercise Just Dance	3 Ballroom Canasta Chair Exercise Dominoes	4 SHREDDER EVENT HAMILTON POLICE STATION 8:00-12:00
5	6 Line Dancing Bingo Canasta	7 Yoga Chair Exercise Choral Group Tap Dancing	8 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble AC Trip	9 Line Dancing Bingo Chair Exercise	10 Ballroom Canasta Chair Exercise Dominoes	11
12	13 Line Dancing Bingo Canasta	14 Yoga Chair Exercise Choral Group Tap Dancing	15 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	16 Line Dancing Bingo Chair Exercise LAWRENCE BAND CONCERT	17 Ballroom Canasta Chair Exercise Dominoes	18
19	20 Line Dancing Bingo Canasta	21 Chair Exercise Choral Group Tap Dancing RWJ	22 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	23 Line Dancing Bingo Chair Exercise Grand- parent's Pizza Party	24 Ballroom Canasta Chair Exercise Dominoes	25
26	27 Line Dancing Bingo Canasta NEC	28 Yoga Chair Exercise Choral Group Tap Dancing	29 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	30 Line Dancing Bingo Chair Exercise Art Night		

