



Hamilton Township's Senior Center Newsletter



Hamilton Township

Summer 2016 Edition

Mayor Kelly Yaede

Dear Neighbor,

This summer, don't miss the many exciting trips, classes and activities that will take place at our Senior Center, even if it is just to 'beat the heat' by cooling off in our **air-conditioned facility**.

During the summer, you can enjoy some of the following:

- **Bus Trips to Atlantic City and Delaware Park Casino**
- **Screenings by RWJ Barnabas Hamilton** (formerly Robert Wood Johnson - Hamilton)
- **The Chant Tones choral group concert in July**
- **Our Senior Center Swimming Pool and Exercise Classes**
- **Lounging on our center's outside deck or enjoying our walking trails**
- **All of the classes and activities that will take place at the center throughout the summer**



Mayor Kelly Yaede dances with Lou Mazzilli at the Spring Senior Dinner Dance.

Also, be sure to mark your calendars for this year's **Senior Center Picnic on September 14th**. Remember, **advance tickets are required**.

Visit our **Senior Center website** for more information at: **HamiltonNJ.com/Seniors**

Sincerely,
Kelly Yaede, Mayor



IMPORTANT DATES

- July 1**
Independence Fireworks & Concert
Veterans Park, Kuser Rd.
Entrance
Event Begins at 6 pm
Rain Date 7/2/16
- July 4**
Independence Day
Township Offices **CLOSED**
Garbage **NOT** Collected
- July 12**
Atlantic City Trip (Taj Mahal)
Memory Screening by RWJ
Barnabas Hamilton
- July 21**
Chant Tones Choral Concert
- July 25**
Delaware Park Trip
- August 2**
National Night Out
- August 17**
Atlantic City Trip (Resorts)
***AC Air Show Taking Place
- August 31**
Pain Management Screening by
RWJ Barnabas Hamilton
- September 5**
Labor Day
Township Offices **CLOSED**
Garbage **NOT** Collected
- September 11**
God Bless America
- September 14**
Senior Center Picnic
Call 609.890.3686 for Tickets
- September 20**
Atlantic City trip (Resorts)
Medical Review Screening by
RWJ Barnabas Hamilton
- September 24**
Paper Shredding for Residents
Police Headquarters Parking Lot
8 am - Noon (or Truck is Full)
- September 30**
** TENTATIVE DATE for
Senior Center Flu Shots

**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

**Monday—July 4th
Independence Day Holiday**

**Monday - September 5th
Labor 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!

Canvas Painting Class

WHEN: THURSDAY, August 25th

TIME: 2:30-5:30 PM

WHERE: All Purpose Room

COST: \$5.00



Join us for an afternoon of canvas painting and unleash your inner artist! Feel free to bring your own snacks and drinks.

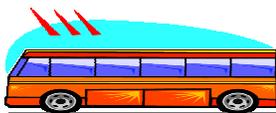
****See Front Desk to Register****

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. Our Volunteer computer instructor can offer assistance in 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



Tuesday	July 12th	Taj Mahal
Wednesday	August 17th	Resorts
Wednesday	September 20th	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.

Morning Yoga

When: Tuesdays

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. Beginners Welcome!**

No Classes on August 23rd, 30th, & September 6th

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.

JULY: 1,15,22,29

AUGUST: 5,26

SEPTEMBER: TBA

Cost: \$5.00 per class



SUMMER SAFETY TIPS

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

- ◆ DRINK PLENTY OF WATER
- ◆ PROTECT YOUR SKIN: WEAR HATS AND SUNSCREEN
- ◆ LIMIT STRENUOUS ACTIVITY & EXERCISE
- ◆ TAKE FREQUENT BREAKS TO "COOL DOWN"



RWJBH @ HAMILTON PRESENTS: MEMORY SCREENING



WHEN: Tuesday July 12th
TIME: 9:00-11:00 AM
WHERE: ALL PURPOSE ROOM

Occasional memory loss is not necessarily a signal there is a problem. Health educators will administer the physician reliable Mini-Mental State Exam.

****SEE SIGN UP SHEET IN HALLWAY****

RWJBH @ HAMILTON PRESENTS: ADVANCES IN PAIN MANAGEMENT



WHEN: Wednesday August 31st
TIME: 10:00-11:00 AM
WHERE: ALL PURPOSE ROOM

Join Dr. Prajakta Avhad and learn the latest treatments to minimize and/or eliminate pain, and the role nutrition, exercise and stress management may play in controlling symptoms.

**RWJBH @ HAMILTON
PRESENTS:
MEDICATION REVIEW**



WHEN: TUESDAY, September 20th
TIME: 9:00-11:00 AM
WHERE: ALL PURPOSE ROOM

Bring all prescriptions and over the counter medications including supplements for review by a Pharmacist from RWJBH. Your medications will be recorded for you in a wallet size journal to take home with you.

**Concert by
THE CHANT TONES**

WHEN: THURSDAY, July 21st
TIME: 4:30-6:30 PM
WHERE: Main Dining Room

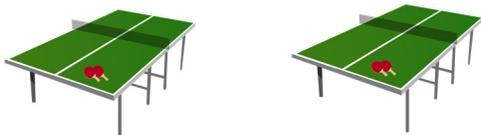
Enjoy the evening out with friends and listen to the popular songs performed by the Chant Tones. Bring your own dinner and/or snacks. Beverages will be provided. (Alcohol not permitted).



****See front desk for a free ticket!!****

***HAMILTON SENIOR CENTER'S
PING PONG TOURNAMENT III***

When: THURSDAY, September 29th
Time: 1:30-3:30 PM
Where: All Purpose Room



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

Warm ups begin at 1:00 p.m. **SHARP!** Registration closes on September 23, 2016.

****Open to Hamilton Seniors Only****

***15th ANNUAL
SENIOR PICNIC***

WHEN: WEDNESDAY SEPTEMBER 14TH
RAINDATE: SEPTEMBER 15th
TIME: 10:00 AM—2:00 PM
WHERE: SENIOR CENTER GROUNDS
TICKETS: \$8.00



TICKETS AVAILABLE: TUESDAY, JULY 19TH @ 9:30
MUST SHOW HAMILTON SENIOR ID!

****CASH ONLY****

IF BUYING A TICKET FOR ANOTHER SENIOR MEMBER
PLEASE HAVE THEIR ID CARD. NO LIMIT ON NUMBER
OF TICKETS PURCHASED.

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.

July 25, 2016

August 22, 2016

September 26, 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.



FLU AND PNEUMONIA VACCINES

WHEN: September 30, 2016

TIME: 9:30-11:30 AM

WHERE: Computer Room

The Hamilton Township Health Department Public Health Nurse will be here to administer Flu and Pneumonia vaccines.



WALK A MILE WITH A SMILE WALKING CLUB SUMMER 2016 SESSION

DATES: Monday - Friday
Group Walking

TIME: 8:30 AM & 9:30 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 reduce stress. Join the club to improve your health and meet new friends!



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	1:00 PM & 2:00 PM	
	FRIDAY	9:00 AM	
CHORAL GROUP	TUESDAY	1:00 PM	
COMPUTER ASSISTANCE	SEE FRONT DESK		
CORNHOLE	WEDNESDAY	12:30 PM	or when room is available
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
PANERA BREAD	MON-WED; ALTERNATING THURS &FRIDAYS (AM)		
PING PONG	MON-FRI	ALL DAY	
SCRABBLE	WEDNESDAY	1:00 PM	
SPLASH FITNESS	TUES & THURS	9:00-10:00 AM	\$3.00 Per Class
SWIMMING	MON-FRI	9:00-11:30AM	\$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 shredders available for your use to shred important papers 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**.



**Spring Senior Dinner Dance
Tap Dance Club Member**



**Spring Senior Dinner Dance
Line Dancing Members**

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:

“ Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment”.

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

Veterans' Integrated Service Network
Hamilton Outpatient Clinic
3635 Quakerbridge Road Suite 30
Hamilton, NJ 08619
1-800-661-8177

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chair Exercise Ballroom Canasta Dominoes	2
3	4 Center Closed Independence Day	5 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga	6 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	7 Line Dancing Splash Fitness Bingo Chair Exercise	8 Chair Exercise NO Ballroom Canasta Dominoes	9
10	11 Line Dancing Bingo Canasta	12 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga RWJBH AC Trip	13 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	14 Line Dancing Splash Fitness Bingo Chair Exercise	15 Chair Exercise Ballroom Canasta Dominoes	16
17	18 Line Dancing Bingo Canasta	19 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga Surrogate	20 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	21 Line Dancing Splash Fitness Bingo Chair Exercise Chant Tones Concert	22 Chair Exercise Ballroom Canasta Dominoes	23
24	25 Line Dancing Bingo Canasta Delaware park casino NEC	26 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga	27 Chair Exercise CornHole Daily Bread Dominoes Mah Jongg Scrabble	28 Line Dancing Splash Fitness Bingo Chair Exercise	29 Chair Exercise Ballroom Canasta Dominoes	30
31						

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Line Dancing Bingo Canasta	2 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga	3 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	4 Line Dancing Splash Fitness Bingo Chair Exercise	5 Chair Exercise Ballroom Canasta Dominoes	6
7	8 Line Dancing Bingo Canasta	9 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga	10 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	11 Line Dancing Splash Fitness Bingo Chair Exercise	12 Chair Exercise NO Ballroom Canasta Dominoes	13
14	15 Line Dancing Bingo Canasta	16 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga RWJBH	17 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble AC TRIP	18 Line Dancing Splash Fitness Bingo Chair Exercise	19 Chair Exercise NO Ballroom Canasta Dominoes	20
21	22 Line Dancing Bingo Canasta NEC	23 Chair Exercise Choral Group Splash Fitness Tap Dancing NO Yoga SURROGATE	24 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	25 Line Dancing Splash Fitness Bingo Chair Exercise	26 Chair Exercise Ballroom Canasta Dominoes	27
28	29 Line Dancing Bingo Canasta	30 Chair Exercise Choral Group Splash Fitness Tap Dancing NO Yoga	31 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble RWJBH			

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Line Dancing Splash Fitness Bingo Chair Exercise	2 Ballroom Canasta Chair Exercise Dominoes	3
4	5 CENTER CLOSED LABOR DAY	6 Chair Exercise Choral Group Splash Fitness Tap Dancing NO Yoga	7 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	8 Line Dancing Splash Fitness Bingo Chair Exercise	9 Ballroom Canasta Chair Exercise Dominoes	10
11	12 Line Dancing Bingo Canasta	13 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga SURROGATE	14 Dominoes Mah Jongg Scrabble ANNUAL PICNIC 10 AM-2 PM	15 Line Dancing Splash Fitness Bingo Chair Exercise PICNIC RAINDATE CLOSING @ 4pPM	16 Ballroom Canasta Chair Exercise Dominoes	17
18	19 Line Dancing Bingo Canasta	20 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga RWJ AC TRIP	21 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	22 Line Dancing Splash Fitness Bingo Chair Exercise	23 Ballroom Canasta Chair Exercise Dominoes	24
25	26 Line Dancing Bingo Canasta NEC	27 Chair Exercise Choral Group Splash Fitness Tap Dancing Yoga	28 Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg Scrabble	29 Line Dancing Splash Fitness Bingo Chair Exercise	30 NO Ballroom NO Chair Exercise Canasta Dominoes FLU SHOTS	