



Hamilton Township's

Senior Center Newsletter



Hamilton Township

Winter 2016 Edition

Mayor Kelly Yaede

MESSAGE FROM THE MAYOR

Dear Neighbor,

I hope the holiday season was a joyous time for your families and loved ones and that you are starting a happy and healthy 2016.

As the New Year begins, I wanted to share with you just how excited I am for the various upcoming events to be held this year at our nationally accredited Senior Center.



Mayor Kelly Yaede stands with Councilman Ralph Mastrangelo, Councilman Dennis Pone and Councilman Ed Gore in front of the Kuser Mansion Christmas Tree at Winter Wonderland.

I am especially excited for the Masquerade Ball which will be held in mid-February. In keeping with the theme, everything will be decorated in black, gold and glitter. A buffet dinner will be served and Rick and Kenny will provide the live musical entertainment for the evenings dancing. Rumor has it masks will be presented to each attendee too. So, be sure to get your tickets early for what is set to be an enchanted evening. I cannot wait to see you there!

I look forward to seeing you soon at the Senior Center.

Sincerely,
Kelly Yaede, Mayor

Hamilton Township Senior Center

Accredited by
National Institute of Senior Centers



IMPORTANT DATES

- January 1
Center Closed
Happy New Year!
- January 5
RWJ - Carotid Screening
- January 12
Unclaimed Property
Wal-Mart Optical
- January 14
Masquerade Ball
Ticket Sale
- January 15
Center Closing 1pm
- January 18
Center Closed
Martin Luther King Jr. Day
- January 20
Drumming Event
- January 22
Center Closing 1pm
- January 26
RWJ - Pain Management
- January 29
Center Closing 1pm
- February 5
Wear Red Day
Ping Pong Tournament
- February 8
Superbowl Wrap Up
- February 12 & 15
Center Closed
Presidents Day Holiday
- February 17
Center Closing 1pm
- February 18
Masquerade Ball
SnowDate:2/19/15
- March 4
CHS - Fall Prevention Program
- March 9
Atlantic City Trip - Resorts
- March 25
Center Closed
Good Friday

**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

**Martin Flynn
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

**Friday - January 1st
Happy New Year!**

**Monday - January 18th
Martin Luther King Jr. Day**

**Friday - February 12th
Lincoln's Birthday**

**Monday - February 15th
Presidents' Day Holiday**

**Friday - March 25th
Good Friday**

HAMSTAT HAMILTON'S ONE CALL CENTER

CALL 586-0311 FOR:

- ◆ **Garbage Collection**
- ◆ **Potholes**
- ◆ **Building Permits**
- ◆ **Parks & Recreation Programs**
- ◆ **Township Events**
- ◆ **Dog License**
- ◆ **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**

HAMILTON TOWNSHIP COUNCIL

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



RWJ @Hamilton

BOARD GAME

Presents:

CAROTID SCREENING

WHEN: Tuesday - January 5th

TIME: 9:00 - 11:00 AM
By Appointment

WHERE: Computer Room

PAIN MANAGEMENT

WHEN: Tuesday - January 26th

TIME: 10:00 - 11:00 AM

WHERE: All Purpose Room

SEE SIGN UP SHEET IN HALLWAY TO MAKE AN APPOINTMENT OR CALL 890-3686 TO REGISTER.

FRIDAYS!

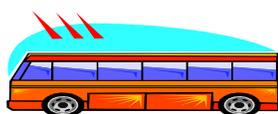
When: EVERY FRIDAY
Starts: Jan. 8th

TIME: 9:00 AM

WHERE: MAIN DINING ROOM
Dance Floor

Gather your friends on Fridays for some Fun at the Senior Center. With the winter weather upon us, spend some time indoors playing a game to exercise your mind! Take your pick of some classic games such as: UNO, SORRY, YAHTZEE, BATTLESHIP & MORE!

Atlantic City Bus Trips



| | | |
|-----------|---------|------------------------|
| Wednesday | March 8 | Resorts (2 Buses) |
|-----------|---------|------------------------|

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.

WEAR RED DAY

WHEN: FEBRUARY 5TH

FEBRUARY 5TH MARKS THE NATIONAL WEAR RED DAY FOR WOMEN. THE AMERICAN HEART ASSOCIATION ENCOURAGES PEOPLE TO WEAR RED CLOTHING AND RAISE AWARENESS IN SUPPORT OF ALL WOMEN WHO HAVE BEEN DIAGNOSED WITH CARDIOVASCULAR DISEASE.

A REPRESENTATIVE FROM THE AMERICAN HEART ASSOCIATION WILL BE ACCEPTING DONATIONS THIS MORNING IN THE MAIN DINING ROOM.



SUPERBOWL WRAP UP

WHEN: MONDAY - FEBRUARY 8TH

WHERE: MAIN DINING ROOM

MAKE SURE TO ENTER "GUESS THE SUPERBOWL SCORE CONTEST" ENTRY FORMS WILL BE AT THE LUNCH DESK. WINNER WILL RECEIVE A SMALL PRIZE THIS DAY. DON'T FORGET TO WEAR YOUR TEAM COLORS OR JERSEY THIS DAY!! WINNER WILL BE ANNOUNCED THIS MORNING IN THE MAIN DINING ROOM.



Afternoon Yoga

WHEN: Thursdays
Beginning Feb. 4th

TIME: 4:00 PM

WHERE: ALL PURPOSE ROOM

COST: \$5.00 Per Class

For the months of February & March, the YOGA class will take place on Thursdays @ 4pm. Bring a friend!

The Tuesday morning class will resume in the Spring.

MASQUERADE BALL

When: Thursday - February 18th
SnowDate: 2/19/2015

Time: 5:00 - 8:00 PM

Where: Main Dining Room

Members: \$10.00

TICKET SALE DATE:

Thursday - January 14, 2016
9:30AM

Don't miss another exciting,
mysterious evening at the center!
Buffet Dinner & Rick & Kenny Band!

AARP INCOME TAX ASSISTANCE

WHEN: EVERY TUESDAY
Starting: February 2nd

TIME: BY APPOINTMENT ONLY
8:30AM - 2:30PM

WHERE: ALL PURPOSE ROOM

CALL: 890-3686 OR
SEE FRONT DESK

AARP TRAINED REPRESENTATIVES WILL BE AT THE SENIOR CENTER TO ASSIST SENIORS WITH FREE INCOME TAX PREPERATIONS.

YOU MUST SET UP AN APPOINTMENT FOR THIS SERVICE. PLEASE BRING ALL INCOME DOCUMENTS WITH YOU TO YOUR APPOINTMENT.

REFLEXOLOGY

WHEN: WEDNESDAYS
TIME: By Appointment - 1 hour
WHERE: Serenity Area (End of Hall)
COST: FREE

Sign up for an appointment with Alexandra Monteleone, a licensed massage therapist for a session of Reflexology. Reflexology: a science that deals with the principle that are reflex areas in the feet and hands which correspond to all of the glands, organs, and parts of the body.

SEE SIGN UP SHEET IN MAIN HALLWAY!

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.

Capital Health Systems

Presents:

FALL PREVENTION PROGRAM

WHEN: Friday - March 4th
TIME: 10:30 AM
WHERE: MAIN DINING ROOM

JOIN NANCY DISTELCAMP INJURY PREVENTION COORDINATOR, FOR CAPITAL HEALTH SYSTEMS THIS MORNING. SHE WILL HAVE AN INFORMATIVE PROGRAM TO SHARE & DISCUSS SAFETY TIPS FOR IN AND AROUND YOUR HOME TO PREVENT FALLING. FEEL FREE TO ASK HER ANY SAFETY QUESTIONS YOU MAY HAVE.

Just Dance

DATES: Jan 14th , Feb 11th & March 10th

TIME: 4-7 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!

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 | |
| 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 | 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 | |
| SPIN BIKE | TUESDAY | 1:30 PM | \$5.00 Per Class |
| SWIMMING | MON-FRI | 8:30-11AM | \$3.00 Per Class |
| TAP DANCING | TUESDAY | 2:30PM | |
| Wii | THURSDAY | 5:00 PM | |
| 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**. Service is for Hamilton senior residents. Not available on weekends.

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.

CALL: 609-890-3686.



Pictures above are of some holiday fun at the center with **“The Singing DJ”**, senior member, Ray Andrejciak. He graciously donated his time and played holiday music for the lunch crowd. Thanks Ray!

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.

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



JANUARY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------|---|--|---|--|--|-----|
| | | | | | 1 Center Closed Happy New Year! | 2 |
| 3 | 4 Line Dancing Canasta Bingo | 5 Yoga Splash Fitness Chair Exercise Choral Group Tap Dancing RWJ | 6 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole Reflexology | 7 Splash Fitness Line Dancing Bingo Chair Exercise | 8 Chair Exercise Dominoes Ballroom Canasta Board Games | 9 |
| 10 | 11 Line Dancing Canasta Bingo | 12 Yoga Splash Fitness Chair Exercise Choral Group Tap Dancing Unclaimed Property WalMart Vision | 13 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole Reflexology | 14 Splash Fitness Line Dancing Bingo Chair Exercise Masquerade Tix Sale Let's Dance | 15 Chair Exercise Dominoes Ballroom Canasta Board Games Center Closing 1pm | 16 |
| 17 | 18 Center Closed Martin Luther King Jr. Day | 19 Yoga Splash Fitness Chair Exercise Choral Group Tap Dancing Surrogate | 20 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole Reflexology | 21 Splash Fitness Line Dancing Bingo Chair Exercise Art Night | 22 Chair Exercise Dominoes Canasta Board Games | 23 |
| 24 <hr/> 31 | 25 Line Dancing Canasta Bingo NEC | 26 Yoga Splash Fitness Chair Exercise Choral Group Tap Dancing RWJ | 27 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble Cornhole Reflexology | 28 Splash Fitness Line Dancing Bingo Chair Exercise | 29 Chair Exercise Dominoes Ballroom Canasta Board Games Center Closing 1 pm | 30 |

QUARTERLY QUOTE:
 Resolve to be tender with young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and wrong. Sometime in life you will have been all of these. - Lloyd Shearer

FEBRUARY

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|--|--|--|--|---|-----------|
| | 1 Line Dancing Canasta Bingo | 2 Splash Fitness Tax Assistance Choral Group Tap Dancing | 3 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 4 Splash Fitness Line Dancing Bingo Chair Exercise Yoga | 5 Chair Exercise Dominoes Ballroom Canasta Wear Red Day Ping Pong Tournament | 6 |
| 7 | 8 Line Dancing Canasta Bingo SuperBowl Wrap-up | 9 Splash Fitness Tax Assistance Choral Group Tap Dancing | 10 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 11 Splash Fitness Line Dancing Bingo Chair Exercise Yoga | 12 Center Closed Lincoln's Birthday | 13 |
| 14 | 15 Center Closed Presidents Day | 16 Splash Fitness Tax Assistance Choral Group Tap Dancing Surrogate | 17 Chair Exercise Daily Bread Center Closing 1 pm | 18 Splash Fitness Line Dancing No Bingo Chair Exercise Yoga Masquerade Ball | 19 Chair Exercise Dominoes Canasta Event SnowDate | 20 |
| 21 | 22 Line Dancing Canasta Bingo NEC | 23 Splash Fitness Tax Assistance Choral Group Tap Dancing | 24 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 25 Splash Fitness Line Dancing Bingo Chair Exercise Yoga Art Night | 26 Chair Exercise Dominoes Ballroom Canasta | 27 |
| 28 | 29 Line Dancing Canasta Bingo | | | | | |

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.

MARCH

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|--|--|---|-----------|
| | | 1 Splash Fitness Tax Assistance Choral Group Tap Dancing | 2 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 3 Splash Fitness Line Dancing Bingo Chair Exercise Yoga | 4 Chair Exercise Dominoes Ballroom Canasta CHS | 5 |
| 6 | 7 Line Dancing Canasta Bingo | 8 Splash Fitness Tax Assistance Choral Group Tap Dancing | 9 Chair Exercise Daily Bread Dominoes Mah Jongg AC Trip | 10 Splash Fitness Line Dancing Bingo Chair Exercise Yoga | 11 Chair Exercise Dominoes Ballroom Canasta | 12 |
| 13 Daylight Savings Begins | 14 Line Dancing Canasta Bingo | 15 Splash Fitness Tax Assistance Choral Group Tap Dancing Surrogate | 16 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 17 Splash Fitness Line Dancing Bingo Chair Exercise Yoga | 18 Chair Exercise Dominoes Ballroom Canasta | 19 |
| 20 Spring Begins | 21 Line Dancing Canasta Bingo | 22 Splash Fitness Tax Assistance Choral Group Tap Dancing | 23 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 24 Splash Fitness Line Dancing Bingo Chair Exercise Yoga | 25 Center Closed Good Friday | 26 |
| 27 Easter | 28 Line Dancing Canasta Bingo NEC | 29 Splash Fitness Tax Assistance Choral Group Tap Dancing | 30 Chair Exercise Daily Bread Dominoes Mah Jongg Scrabble | 31 Splash Fitness Line Dancing Bingo Chair Exercise Yoga Art Night | | |

REMINDER:

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

