



MESSAGE FROM THE MAYOR

DATES TO REMEMBER

Dear Neighbor:

As autumn sets in and we enjoy the beautiful scenes of nature all across our community, I look forward to seeing you at one of our many community events and celebrations.

On **October 19th**, don't miss our annual **Fall Harvest Festival** at Kuser Farm Park. In addition to the crafters, food, entertainment and fun activities for the entire family, Kuser Farm Park is such a beautiful sight to see when the leaves and foliage begin to change colors for the autumn season.

I know that I will see many of you on **October 23rd** when we enjoy the annual **Fall Senior Center Dinner Dance** at Princeton Manor Banquet by Cedar Gardens. Remember that advance tickets are required for this wonderful event.

Throughout the autumn and early winter, there will also be a number of seasonal, holiday parties, a special **Senior Craft show** on **November 14th** and our annual **Senior Center Christmas Tree Lighting** on **December 4th**.

And in addition to these special events, please be sure to take full advantage of the many programs, classes and activities that are continuously taking place at our nationally-renowned and accredited Hamilton Township Senior Center.

Best wishes for a happy, healthy and safe autumn.

Sincerely,

Kelly Yaede
Mayor



Kelly Yaede
MAYOR

- October 13**
Center Closed - Columbus Day
- October 15**
Atlantic City Trip
- October 16 & 17**
AARP Safety Driver Program
- October 21**
Fire Safety Program
- October 22**
PHS - CarFit
- October 23**
Senior Fall Dinner Dance
Center Closed
- October 28**
RWJ - NJ Lottery
- October 31**
CHS - Blood Pressure Talk
- November 4**
Center Closed - Election Day
- November 7**
Atlantic City Trip
- November 11**
Center Closed - Veterans Day
- November 14**
Holiday Craft Fair
- November 20**
Sands, PA Trip
- November 25**
RWJ - Medicare Benefits
- November 27 & 28**
Thanksgiving Holiday
Center Closed
- December 4**
Tree Lighting
- December 9**
RWJ - BP & Glucose Check
- December 11**
Lawrence Band
- December 18**
Holiday Social
- December 25**
Center Closed - Christmas Day

**Hamilton Township
Senior Center
409 Cypress Lane
Hamilton, NJ 08619
(609) 890-3686
(609) 588-8074 Fax**

**Hours:
Monday, Tuesday, Wednesday, Friday
8:00 a.m. - 4:00 p.m.
Thursday
8:00 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.

**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

**Monday - October 13th
Columbus Day Holiday**

**Tuesday - November 4th
Election Day**

**Tuesday - November 11th
Veterans Day Holiday**

**Thursday & Friday - November 27th & 28th
Thanksgiving Holiday**

**Thursday - December 25th
Christmas**

HAMILTON TOWNSHIP COUNCIL

**Ileana Schirmer
Dennis Pone
Edward Gore
David Kenny
Kevin Meara**



DON'T MISS THESE EVENTS!

Swimming Programs

When: MONDAY THRU FRIDAY

Time: 8:30 - 9:00 AM OPEN SWIM
 9:00 - 10:00 AM FITNESS/VOLLEYBALL
 10:00 - 11:00 AM OPEN SWIM/LAP SWIM

Where: Senior Center Indoor Swimming Pool

Cost: \$3.00 (Register @ Front Desk)

Join the swimming programs at the senior center. Enjoy our indoor swimming pool while exercising w/music and meeting new friends. Locker room accommodations are located in our Fitness Room.

LIFEGUARD ON DUTY/NO DIVING

Bocce Tournament

**KINGS & QUEENS
 VS
 Y.E.S.**

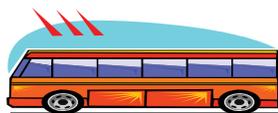
WHEN: FRIDAY - OCTOBER 10TH

TIME: 9:00 AM

WHERE: BOCCE COURT

COME BE A SUPPORTER FOR THESE SENIOR CENTER BOCCE TEAMS! CHEER ON THESE TEAMS THIS MORNING AS THEY COMPETE . GATHER YOUR FRIENDS AND MAKE IT A FUN TIME!

Atlantic City Bus Trips



Wednesday	October 15th	Resorts
Friday	November 7th	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.

Capital Health Systems

Presents:

**BLOOD PRESSURE TALK &
 HOME MACHINE CHECK**

WHEN: Friday - Oct. 31st

TIME: 10:00AM

WHERE: All Purpose Room

Sign up to attend this informative program to ask questions about Blood Pressure concerns you may have. Also, feel free to bring in your home blood pressure machine to have it checked by a Capital Health Nurse to make sure you are getting correct readings!

**SEE SIGN UP SHEET IN
 MAIN HALLWAY!**

Bereavement Group

**Sponsored By:
Ascend Hospice**

DATES: MONDAYS:
October 6th
November 3rd
December 1st

TIME: 12:15PM

WHERE: ALL PURPOSE ROOM

IF YOU HAVE SUFFERED A LOSS OF A LOVED ONE, THIS SUPPORT GROUP IS OFFERED BY CARE ALTERNATIVES HOSPICE CARE AT THE HAMILTON SENIOR CENTER.

ANY QUESTIONS , PLEASE CALL SLYVIA MASI:
908-403-7527

AARP SAFETY DRIVING COURSE

WHEN: THURSDAY & FRIDAY
OCTOBER 16 & 17TH

TIME: 12:00 - 3:30 PM

WHERE: ALL PURPOSE ROOM

COST: \$15.00 FOR AARP MEMBERS
\$20.00 NON MEMBERS
CASH OR CHECK ACCEPTED

SIGN UP TO ATTEND THE AARP SAFETY DRIVING COURSE. THIS IS A TWO DAY COURSE. YOU WILL RECEIVE A CERTIFICATE OF COMPLETION WHICH YOU MAY SUBMIT TO YOUR CAR INSURANCE FOR A POSSIBLE DISCOUNT.

CALL 890-3686 OR SEE FRONT DESK TO REGISTER

Fire Safety Program

When: Tuesday - October 21st

Time: 10:00 AM

Where: Main Dining Room

Colonial Volunteer Fire Company will be at the senior center this morning to discuss Fire Safety. Please bring your questions or concerns with you as this local fire company will help answer any questions you may have and offer free giveaways! Don't miss it!



HOLIDAY CRAFT FAIR

DATE: FRIDAY - NOVEMBER 14TH

TIME: 9:00 AM - 12:00 PM

WHERE: MAIN DINING ROOM
DANCE FLOOR

COME OUT TO SEE WHAT OUR SENIOR CRAFTERS HAVE MADE FOR THE HOLIDAYS. YOU WILL HAVE AN OPPORTUNITY TO MEET THE CRAFTERS AND PURCHASE THEIR HAND CRAFTED ITEMS SUCH AS: SCARVES, HATS, APRONS, PURSES, BABY ITEMS, JEWELRY AND MUCH, MUCH MORE!



LAWRENCE COMMUNITY CONCERT BAND

DATE: THURSDAY - DECEMBER 11th
TIME: 6:30PM
WHERE: MAIN DINING ROOM
TICKETS: FREE

JOIN US THIS EVENING TO ENJOY THE SOUNDS OF HOLIDAY MUSIC BY THE LAWRENCE COMMUNITY CONCERT BAND. **THE TICKETS ARE FREE** AND ANYONE IS WELCOME TO COME FOR LIGHT REFRESHMENTS AND AN ENJOYABLE EVENING.

TICKETS AVAILABLE MONDAY NOV. 3RD

NURSE EVALUATION CLINIC

2014

WHEN: October 27th
November 24th

TIME: 9:30 - 11:30 AM

The Hamilton Township Public Health Nurses will be here on the above dates to offer **FREE** blood pressure, glucose, and cholesterol screenings. You **must** have an appointment for these screenings. You **do not** need to fast for these screenings.

**APPOINTMENTS CAN BE MADE
AT THE FRONT DESK OR BY
CALLING 890-3686**



HOLIDAY SOCIAL

WHEN: THURS. - DECEMBER 18th
TIME: 2:00 - 5:00 PM
WHERE: MAIN DINING ROOM
TICKETS: \$3.00 Members
 \$4.00 Adult Guest



LOOK FOR THE FLYER OF WHEN WE WILL HAVE TICKETS AVAILABLE FOR OUR **ANNUAL HOLIDAY SOCIAL**. COME AND CELEBRATE THE HOLIDAYS WITH FRIENDS THIS AFTERNOON WITH GREAT ENTERTAINMENT AND REFRESHMENTS. DON'T MISS IT!

TREE LIGHTING WITH SAMARITAN HOSPICE

When: THURSDAY - DECEMBER 4TH
Where: MAIN DINING ROOM
Time: 6:00 PM
Tickets: FREE

GET YOUR TICKETS TO JOIN US ON THIS EVENING FOR A HEARTFELT PROGRAM TO HONOR LOVED ONES THAT HAVE DEPARTED AND OUR TREE LIGHTING CEREMONY TO BEGIN OUR 2014 HOLIDAY SEASON. FEEL FREE TO BRING YOUR FAMILY MEMBERS AND FRIENDS TO THIS EVENT. LIGHT REFRESHMENTS WILL BE PROVIDED.

TICKETS AVAILABLE: MONDAY NOV. 3RD

PROGRAMS & ACTIVITIES

AVAILABLE AT THE SENIOR CENTER

NUTRITION PROGRAM

Monday thru Friday
Lunch Served 11:30 AM
Call Nutrition Desk at 586-7272 or
Main Office at 989-6650
To make a Reservation

CHORAL GROUP

Tuesday
1:00 - 2:30 PM

BILLIARDS

Monday thru Friday
Available All Day

SWIMMING

Monday thru Friday
8:30 - 9:30 AM & 10:00 - 11:00 AM
\$3.00 Per Hour
Lifeguard on Duty

DAILY BREAD

Wednesday
10:00 - 11:00 AM

CHAIR EXERCISE

Wednesday & Friday - 9AM
Tuesday & Wednesday
10:00 - 11:00 AM

DOMINOES / SCRABBLE

Wednesday & Friday
1:00 - 3:00 PM

YOGA

Tuesday 8:30 AM
\$5.00 Per Class

CORNHOLE

Wednesday
1:00 PM

LINE DANCING

Beginner Class - 9AM
Monday & Thursday
10:00 AM - 11:00 AM

BINGO

Monday thru Friday
(Before Lunch is Served)
Monday & Thursday
1:00 - 3:00 PM

BOCCE

Monday thru Friday
Available All Day

CARDS

Monday thru Friday
Available All Day

MAH JONGG

Wednesday
1:00 - 3:00 PM

CARD MAKING

1st & 3rd Thursday of Month
1:00 PM
\$5.00 Per Class

BALLROOM DANCING

Friday
10:00 - 11:00 AM
\$5.00 Per Class

INFORMATION & ASSISTANCE PROGRAMS

TRANSPORTATION SERVICES

THE SENIOR CENTER PROVIDES TRANSPORTATION TO MEDICAL APPOINTMENTS & FOOD SHOPPING ONLY. MONDAY THRU FRIDAY.

CALL : 890-3686 TO RESERVE TRANSPORTATION.

MERCER COUNTY T.R.A.D.E. PROVIDES TRANSPORTATION TO THE SENIOR CENTER, MEDICAL APPTS, FOOD SHOPPING, BEAUTY APPTS & LOCAL MALLS.

CALL 530-1971 TO RESERVE TRANSPORTATION.

SURROGATE OFFICE

MERCER COUNTY SURROGATE, DIANE GEROFKY PROVIDES PROBATE COURT LEGAL SERVICES THE THIRD TUESDAY OF EACH MONTH AT THE SENIOR CENTER. **CALL 989-6331** TO MAKE AN APPOINTMENT.

LEGAL AID

CALL MERCER COUNTY LEGAL SERVICES AT 695-6249 TO MAKE AN APPOINTMENT.

SHIP/PAAD

SENIOR HEALTH INSURANCE PROGRAM COUNSELS & ASSISTS SENIORS WITH MEDICARE & INSURANCE FORMS. CALL 890-3686 FOR AN APPOINTMENT.

RE-ASSURANCE PROGRAM

REGISTER FREE WITH THE HAMILTON POLICE DEPARTMENT TO CALL IN AND BE CHECKED ON YOUR WELL BEING EVERYDAY.

CALL 581-4033 TO REGISTER.

NJ SHARES

ASSISTANCE FOR NJ RESIDENTS WHO HAVE FALLEN BEHIND ON UTILITY BILLS DUE TO A TEMPORARY FINANCIAL CRISIS.

APPLICATIONS FOR HAMILTON SENIORS ONLY CALL 890-3686.

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL ~ HAMILTON PRESENTS:

Tuesday - October 28th	10:00 - 11:00 AM	NJ Lottery
Tuesday - November 25th	9:00 - 10:30 AM	Medicare Benefits
Tuesday - December 9th	9:00 - 11:00 AM	Glucose & BP Screening

**Registration is required for all programs.
Please call the Senior Center at (609)-890-3686**

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 to help with Event Set Up & Clean Up, 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 a ***Volunteer Application***.

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 STORE

Visit our Senior Craft Store! It is located in the main hallway near the restrooms. We have showcases 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!

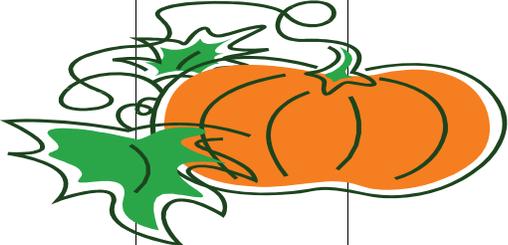
VETERANS INFORMATION

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

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



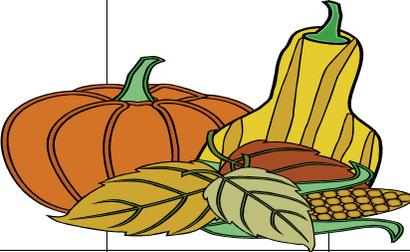
OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	2 Splash Fitness Line Dancing Bingo Chair Exercise Wii	3 Splash Fitness Chair Exercise Dominoes Ballroom	4
		5	6 Splash Fitness Line Dancing Bingo	7 Splash Fitness Chair Exercise Choral Group Tap Dancing Yoga	8 Splash Fitness Chair Exercises Daily Bread Dominoes Mah Jongg	9 Splash Fitness Line Dancing Bingo Chair Exercise Wii
12	13 Center Closed Columbus Day	14 Splash Fitness Chair Exercise Choral Group Tap Dancing Yoga	15 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg AC Trip	16 Splash Fitness Line Dancing Bingo Chair Exercise Wii	17 Splash Fitness Chair Exercise Dominoes Ballroom	18
19	20 Splash Fitness Line Dancing Bingo	21 Splash Fitness Chair Exercise Choral Group Tap Dancing Yoga Surrogate Fire Safety	22 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	23 Senior Fall Dance @ Princeton Manor Cedar Gardens	24 Splash Fitness Chair Exercise Dominoes Ballroom	25
26	27 Splash Fitness Line Dancing Bingo NEC	28 Splash Fitness Chair Exercise Choral Group Tap Dancing Yoga RWJ	29 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	30 Splash Fitness Line Dancing Bingo Chair Exercise Wii	31 Splash Fitness Chair Exercise Dominoes CHS	

 * **Quarterly Quote:** "The secret to getting ahead is getting started."
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-Mark Twain

NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Splash Fitness Line Dancing Bingo Bereavement Group	4 Center Closed Election Day	5 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	6 Splash Fitness Line Dancing Bingo Chair Exercise Wii	7 Splash Fitness Chair Exercise Dominoes Ballroom AC Trip	8
9	10 Splash Fitness Line Dancing Bingo	11 Center Closed Veterans Day	12 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	13 Splash Fitness Line Dancing Bingo Wii	14 Splash Fitness Chair Exercise Dominoes Ballroom Craft Fair	15
16	17 Splash Fitness Line Dancing Bingo	18 Splash Fitness Chair Exercise Choral Group Tap Dancing Surrogate	19 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	20 Splash Fitness Line Dancing Bingo Wii	21 Splash Fitness Chair Exercise Dominoes Ballroom	22
23 <hr style="width: 100px; margin: 0 auto;"/> 30	24 Splash Fitness Line Dancing Bingo NEC	25 Splash Fitness Chair Exercise Choral Group Tap Dancing RWJ	26 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	27 Center Closed Thanksgiving	28 Center Closed Holiday	29

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.

DECEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Splash Fitness Line Dancing Bingo	2 Splash Fitness Chair Exercise Choral Group Tap Dancing	3 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	4 Splash Fitness Line Dancing Bingo Chair Exercise Tree Lighting	5 Splash Fitness Chair Exercise Dominoes Ballroom	6
7	8 Splash Fitness Line Dancing Bingo	9 Splash Fitness Chair Exercise Choral Group Tap Dancing	10 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	11 Splash Fintess Line Dancing Bingo Chair Exercise Lawrence Band	12 Splash Fitness Chair Exercise Dominoes Ballroom	13
14	15 Splash Fitness Line Dancing Bingo	16 Splash Fitness Chair Exercise Choral Group Tap Dancing Surrogate	17 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg	18 Splash Fitness Line Dancing Bingo Chair Exercise Holiday Social	19 Splash Fitness Chair Exercise Dominoes Ballroom	20
21	22 Splash Fitness Line Dancing Bingo	23 Splash Fitness Chair Exercise Choral Group Tap Dancing	24 Splash Fintess Chair Exercise Daily Bread Dominoes Mah Jongg	25 Center Closed Christmas	26 Splash Fitness Chair Exercise Dominoes Ballroom	27
28	29 Splash Fitness Line Dancing Bingo	30 Splash Fitness Chair Exercise Choral Group Tap Dancing	31 Splash Fitness Chair Exercise Daily Bread Dominoes Mah Jongg			

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, USE THE FITNESS ROOM, WATCH A MOVIE OR JUST SOCIALIZE.**

