

Township of

HAMILTON



Volume 13, Issue 2

SENIOR CENTER NEWSLETTER

SPRING 2014

MESSAGE FROM THE MAYOR

Dear Neighbor,

I am sure I speak for all Hamiltonians in being thankful that springtime is finally arriving! There are two, very important issues I wanted to bring to your attention.

First, our efforts to allow certain basic inspection fees to be waived for our residents demonstrating financial need – including seniors, individuals with special needs and veterans with 100% permanent wartime service-connected disability status — continues. The preserved fee waivers would include repairs to a home's roof, siding, water heater or furnace and certain electrical services – which are basic home safety needs. **Doing so illustrates my desire to help our seniors who are enduring financial difficulties.**

Additionally, as you may know, I am continuing to fight to return your money to directly offset property taxes. State Government' continues to skim **your money**, through Energy Receipts and CMPTRA revenue, away from **your municipal budget**, which could directly offset **your taxes**. If State Government returned that amount of revenue it did in 2010, which does not represent all of your owed dollars, I could **decrease your taxes this year**.

That is why I am continuing to fight to restore your money to reduce your property taxes.

I look forward to seeing you at our Senior Center in the coming weeks!

Sincerely,

Kelly A. Yaede

Mayor

DATES TO REMEMBER

April 4th

Spring Dinner Dance
Ticket Sales

April 18th

Center Closed - Good Friday

April 22nd

RWJ - Glucose & BP Checks

April 24th & 25th

AARP Driving Course

April 29th

CHS - CPR Family & Friends

May 6th

PHS - Dizziness

May 13th

PHS - "Oh My Aching Back"

May 15th

Center Closed
Spring Dance @
Cedar Gardens

May 20th

RWJ - NJ Lottery Info

May 26th

Center Closed -
Memorial Day

May 28th

National Senior & Veterans
Health & Fitness Day

June 24

RWJ - Tinnitus

June 25th

Grandparents Pizza Party

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

Friday - April 18th
 Good Friday

Thursday - May 15th
 Senior Spring Dinner Dance

Monday - May 26th
 Memorial Day

HAMILTON TOWNSHIP COUNCIL



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

DON'T MISS THESE EVENTS!

SPLASH INTO FITNESS FUN

When: TUESDAY & THURSDAY MORNINGS

Time: 9:00 - 10:00 AM

Where: Senior Center Indoor Swimming Pool

Cost: \$3.00 (Register @ Front Desk)

Join our "SPLASH" Swimming program this spring meet our Volunteer Instructor, Trudi & enjoy our warm, indoor swimming pool while exercising & meeting new friends. Locker Room accommodations are provided and are located in our Fitness Room.

LIFEGUARD ON DUTY/NO DIVING

Spring

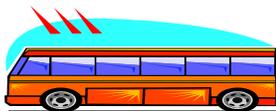
Computer Classes

April-May-June

Sign up to take a Spring computer class at the senior center. Our very knowledgeable instructor can show you the basics or help advance your skills! Registration is Required. All classes are \$15.00 (Cash Only Accepted.) Stop by or Call 890-3686 for a class listing & schedule.

See Front Desk to Register

Atlantic City Bus Trips



Wednesday	April 16th	Taj Mahal
Friday	May 16th	Ballys
Monday	June 16th	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.

Thursday Afternoon Chair Exercise Class

TIME: 2:00 - 3:00 PM

WHERE: All Purpose Room

COST: **Free**

Join Volunteer Instructor, Sandy for an afternoon Chair Exercise Class. This class incorporates yoga and stretching all with the comfort of using a chair. Improve your balance by participating in this class. Chair Exercise is also offered on Tuesday, Wednesday & Friday Mornings.

Bereavement Group

Sponsored By:

Care Alternatives

DATES: **MONDAYS:**
 April 7th
 May 5th
 June 2nd

TIME: 1:00 PM

WHERE: ALL PURPOSE ROOM

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

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

Capital Health

Presents:

CPR - FOR FAMILY & FRIENDS

WHEN: TUESDAY - April 29th

TIME: 9:00 - 11:00 AM

WHERE: MAIN DINING ROOM

COST: FREE

ENCOURAGE FAMILY & FRIENDS TO ATTEND THIS INFORMATIONAL CPR SESSION PRESENTED BY CAPITAL HEALTH SYSTEM SERVICES. BASIC STEPS WILL BE DEMONSTRATED TO HELP YOU ACT QUICKLY & EFFICIENTLY FOR WHEN AN EMERGENCY ARISES.

REGISTRATION REQUIRED CALL 890-3686
 OR SEE SIGN UP SHEET IN HALLWAY!

AARP DRIVING COURSE

WHEN: THURSDAY & FRIDAY
 APRIL 24TH & 25TH 2014

TIME: 12-3:30 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. 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: Thursday - May 15TH
 Time: 12:00 - 4:00 PM
 Where: Princeton Manor @Cedar Gardens
 661 Route 33
 Tickets: \$8.00

TICKET SALE DATE:

FRIDAY - APRIL 4, 2014 - 8:30AM
 ALL PURPOSE ROOM
 MUST SHOW HAMILTON SENIOR ID!!

OLD YELLOW CARDS WILL NOT BE ACCEPTED
 IF YOU WOULD LIKE TO SIT TOGETHER AT THE
 DANCE YOU MUST PURCHASE TICKETS TOGETHER.
 8 PEOPLE TO A TABLE

NURSE EVALUATION CLINIC 2014

WHEN: April 28th
 June 23rd

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.

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



Senior & Veteran Health & Fitness Day

WHEN: WEDNESDAY - MAY 28TH
 TIME: 10:00 AM - 2:00 PM
 WHERE: SENIOR CENTER WALKING TRAILS
 COST: FREE

PARTICIPATE IN NATIONAL SENIOR & VETERAN HEALTH & FITNESS DAY! LOCAL HOSPITALS WILL BE HERE TO OFFER FREE HEALTH SCREENINGS. MANY SENIOR ASSISTANCE ORGANIZATIONS AND BUSINESSES WILL BE HERE WITH THEIR INFORMATION, LITERATURE AND GIVEAWAYS! LIGHT REFRESHMENTS WILL BE SERVED TO THOSE THAT PARTICIPATE.

*SWIMMING WILL BE FREE
 OF CHARGE THIS DAY!*

Grandparents Pizza Day

WHEN: Wednesday - June 25th
 TIME: 1:30 - 3:30 PM
 WHERE: Main Dining Room
 TICKETS: \$2.00 EACH



Join us for some fun at the Grandparents Pizza Party! Invite your grandchildren to the Senior Center for an afternoon of some pizza, refreshments, prizes & great entertainment by the Meg Hanson Duo. You don't have to bring a grandchild to join the fun!

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 - 11:00 AM
\$3.00 Register at Front Desk
Lifeguard on Duty

DAILY BREAD

Wednesday
10:00 - 11:00 AM

CHAIR EXERCISE

Tuesday 10AM
Wednesday 9 & 10 AM
Thursday 2PM
Friday 9AM

DOMINOES / SCRABBLE

Wednesday & Friday
1:00 - 3:00 PM

Tap Dancing

Tuesday
2:30 PM

PING PONG

Monday thru Friday
Available All Day

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 : 609-890-3686 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: 609-530-1971 TO RESERVE TRANSPORTATION.

SURROGATE OFFICE

MERCER COUNTY SURROGATE, DIANE GEROFKY PROVIDES LEGAL SERVICES THE THIRD TUESDAY OF EACH MONTH AT THE SENIOR CENTER.

CALL: 609 989-6331 TO MAKE AN APPOINTMENT.

LEGAL AID

LEGAL ASSISTANCE IS AT THE SENIOR CENTER. CALL MERCER COUNTY LEGAL SERVICES CALL: 609-695-6249 TO MAKE AN APPOINTMENT.

SHIP/PAAD

SENIOR HEALTH INSURANCE PROGRAM COUNSELS & ASSISTS SENIORS WITH MEDICARE & INSURANCE FORMS. CALL :609-890-3686 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 : 609-581-4033 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: 609-890-3686.

ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL ~ HAMILTON PRESENTS:

- Tuesday - April 22nd 9:00 - 11:00 AM Glucose & Blood Pressures Screen**
- Tuesday - May 20th 10:00 - 11:00 AM The Lottery: Where Does the \$ Go?**
- Tuesday - June 24th 10:00 - 11:00 AM Tinnitus**

**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.

 * **Quarterly Quote:** *
 * "Beautiful young people are accidents of nature. But beautiful old people are *
 * works of art." * Eleanor Roosevelt *
 * *

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

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



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.**



