

Township of

HAMILTON



Volume 13, Issue 2

SENIOR CENTER NEWSLETTER

SUMMER 2014

MESSAGE FROM THE MAYOR

Dear Neighbor:

There are many exciting events, activities and trips for you to enjoy this summer at both our nationally-renowned Senior Center and all across our wonderful community.

On Thursday, July 3rd, join us at 6 PM at Veterans Park for our annual Independence Day Fireworks and Concert. At 6:30 PM, attendees can enjoy the musical entertainment of the Fabulous Greaseband. After dark, watch our magnificent fireworks display with your family and friends.

Throughout the summer, be sure to either stop by our Senior Center to take a break from the summer heat or to take part in one of the many events or trips planned over the coming months.

Later this summer, you will hear more about a new program that I am leading to help save Hamiltonians on their electric costs. Energy aggregation is a way in which, by grouping together as a community, we can lower our energy costs. Hamilton Township will only enter into this program if we can achieve a savings below current PSE&G retail rates. There are also State of New Jersey regulations to protect us consumers, although any resident is able to opt-out of the plan. Already, your Municipal Government saves about \$180,000 annually on energy costs for its buildings. Now I want you to have the same chance to save as well!

Best wishes for a happy, healthy and safe summer!

Sincerely,

Kelly Yaede

Mayor



KELLY YAEDE

Mayor

DATES TO REMEMBER

July 3rd

Independence Day
Fireworks & Concert
Veterans Park, 6PM

July 4th

Center Closed -
Independence Day

July 8th

RWJ - Colorectal &
BP Screening

July 9th

Picnic Tickets Available

July 16th

Atlantic City Trip - Resorts

July 17th

Pool Tournament

August 15th

Atlantic City Trip - Caesars

August 21st

American Bandstand Party

September 1st

Center Closed - Labor Day

September 4th

RWJ - Vein Screening

September 8th

Atlantic City Trip

September 17th

13th Annual Senior Picnic
Rain Date: Sept. 18th

September 19th

Flu/Pneumonia Clinic



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.

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 - July 4th
 Independence Day

Monday - September 1st
 Labor Day

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.

HAMILTON TOWNSHIP COUNCIL

Edward Gore
 David Kenny
 Kevin Meara
 Dennis Pone
 Ileana Schirmer



DON'T MISS THESE EVENTS!

Pool Tournament

When: Thursday - July 17th

Start: 1:00 PM

Pre - Registration Required

Come sign up for our First 32 Player, Single Elimination Pool Tournament. We start the games at 1pm, there will be a short break and a hot dog dinner provided. Sign up today.

SPLASH VOLLEYBALL

WHEN: MONDAY & WEDNESDAY

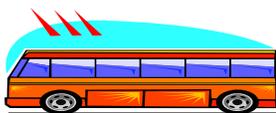
TIME: 1:00 - 2:30 PM

WHERE: SENIOR CENTER INDOOR POOL

COST: \$3.00 (REGISTER AT FRONT DESK)

Join the new volleyball program in our indoor swimming pool. This is a great way to get some exercise and meet new friends! Locker room accommodations are provided and located in our fitness room. Lifeguard on duty.

Atlantic City Bus Trips



Wednesday	July 16th	Resorts
Friday	Aug 15h	Caesars
Monday	Sept 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.

13th ANNUAL SENIOR PICNIC

WHEN: Wednesday - Sept. 17th
RainDate: Sept. 18th

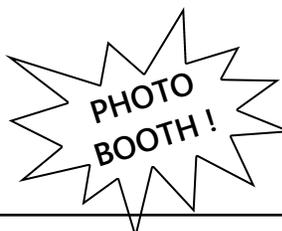
TIME: 10:00 AM - 2:00 PM

TICKETS: \$6.00

TICKETS AVAILABLE:

WEDNESDAY - JULY 9TH

MUST SHOW HAMILTON SENIOR ID!
OLD YELLOW CARD WILL NOT BE ACCEPTED
IF BUYING A TICKET FOR SOMEONE ELSE,
PLEASE HAVE THEIR ID CARD
**NO LIMIT ON NUMBER
OF TICKETS PURCHASED**



SUMMER SAFETY TIPS

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

- ◆ DRINK PLENTY OF WATER
- ◆ PROTECT YOUR SKIN: WEAR HATS & SPF
- ◆ LIMIT STRENUOUS ACTIVITY & EXERCISE
- ◆ TAKE FREQUENT BREAKS TO “COOL DOWN”



BALLROOM DANCING

WHEN: FRIDAYS:
JULY 11, 18 & 25TH

TIME: 10:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

COST: \$5.00 PER CLASS



BALLROOM DANCING IS OFFERED ON FRIDAY MORNINGS HERE AT THE SENIOR CENTER BY *MARK J. SCHAUB*. IF YOU ARE INTERESTED, CHECK OUT THE CLASS ON ANY OF THE DAYS LISTED.

SEE FLYER IN HALLWAY FOR FURTHER DATES!

HAWAIIAN DAY

WHEN: THURSDAY - AUG. 7TH

TIME: 10:30AM

WEAR YOUR HAWAIIAN ATTIRE AND ENJOY THE PERFORMANCE OF THE LAWRENCE SENIOR HULA DANCERS

THIS MORNING! SIGN UP FOR LUNCH THIS DAY TO RESERVE YOUR SEAT!



AMERICAN BANDSTAND PARTY

WHEN: THURSDAY - AUG. 21st

TIME: 4:30 - 7:30 PM

WHERE: Main Dining Room

TICKETS: Members: \$5
Adult Guest: \$6

GET YOUR TICKETS TO DANCE THE NIGHT AWAY AT OUR AMERICAN BANDSTAND PARTY! RICK & KENNY WILL PLAY ALL YOUR FAVORITE BANDSTAND HITS WHILE YOU ENJOY A MALT SHOP BASKET DINNER & REFRESHMENTS.

COME FEEL LIKE A KID AGAIN AND JOIN THE FUN!

TICKETS AVAILABLE:
TUESDAY - JULY 2ND



BEGINNER LINE DANCING

WHEN: MONDAYS & THURSDAYS

TIME: 9:00 - 10:00 AM

WHERE: ALL PURPOSE ROOM

COST: FREE

**DON'T BE SHY! JOIN OUR
BEGINNER CLASS TO LEARN
THE BASIC LINE DANCING
STEPS TO GAIN CONFIDENCE
AND HAVE FUN!**

NURSE EVALUATION CLINIC

2014

WHEN: July 28th
Aug 25th
Sept 22nd

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**



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 SWIMMING PROGRAM THIS SUMMER! ENJOY THE POOL WHILE EXERCISING TO MUSIC & MEET NEW FRIENDS!

FLU/PNEUMONIA CLINIC

WHEN: FRIDAY - SEPTEMBER 19TH

TIME: 9:00 - 11:00 AM

WHERE: ALL PURPOSE ROOM

THE HAMILTON TOWNSHIP PUBLIC HEALTH NURSES WILL BE AT THE SENIOR CENTER ON THIS DAY TO GIVE FREE FLU AND PNEUMONIA SHOTS TO HAMILTON SENIOR RESIDENTS ONLY. PLEASE BRING YOUR MEDICARE CARD WITH YOU ON THIS DAY. ANY QUESTIONS, PLEASE CALL: 890-3884.



**FRIST COME,
FIRST SERVE**

FREE

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

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 GEROFSKY PROVIDES LEGAL SERVICES THE THIRD TUESDAY OF EACH MONTH AT THE SENIOR CENTER.

CALL 609-989-6331 TO MAKE AN APPOINTMENT.

LEGAL AID

CALL MERCER COUNTY LEGAL SERVICES AT 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.

RWJ HOSPITAL @ HAMILTON PRESENTS

Tuesday - July 8th	9:00 - 11:00 AM	Colorectal & Blood Pressure
Tuesday - August 26th	9:00 - 10:00 AM	Glucose & Blood Pressure
Thursday - September 4th	2:00 - 4:00 PM	Vein Screening
Tuesday - September 9th	10:00 - 11:00 AM	What is Shingles?

Pre -Registration is required
Please call the Senior Center at (609)-890-3686

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 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. (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 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 the hallway 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

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



JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Splash Fitness Chair Exercise Choral Group Tap Dancing	2 Chair Exercise Daily Bread Dominoes Mah Jongg	3 Splash Fitness Line Dancing Bingo Chair Exercise Wii	4 Center Closed Independence Day	5
	6	7 Line Dancing Bingo	8 Splash Fitness Chair Exercise Choral Group Tap Dancing RWJ	9 Chair Exercise Daily Bread Dominoes Mah Jongg	10 Splash Fitness Line Dancing Bingo Chair Exercise Wii	11 Chair Exercise Dominoes Ballroom
13	14 Line Dancing Bingo	15 Splash Fitness Chair Exercise Choral Group Tap Dancing Surrogate	16 Chair Exercise Daily Bread Dominoes Mah Jongg AC Trip	17 Splash Fitness Line Dancing Bingo Chair Exercise Walking Club Certs Pool Tournament	18 Chair Exercise Dominoes Ballroom	19
20	21 Line Dancing Bingo	22 Splash Fitness Chair Exercise Choral Group Tap Dancing	23 Chair Exercise Daily Bread Dominoes Mah Jongg	24 Splash Fitness Line Dancing Bingo Chair Exercise Wii	25 Chair Exercise Dominoes Ballroom	26
27	28 Line Dancing Bingo NEC	29 Splash Fitness Chair Exercise Choral Group Tap Dancing	30 Chair Exercise Daily Bread Dominoes Mah Jongg	31 Splash Fitness Line Dancing Bingo Chair Exercise Wii		

Quarterly Quote:
 "The best thing about the future is it comes only one day at a time."
 - Abraham Lincoln

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Chair Exercise Dominoes Ballroom	2
3	4 Line Dancing Bingo	5 Splash Fitness Chair Exercise Choral Group Tap Dancing	6 Chair Exercise Daily Bread Dominoes Mah Jongg	7 Splash Fitness Line Dancing Bingo Chair Exercise Hawaiian Day	8 Chair Exercise Dominoes Ballroom	9
10	11 Line Dancing Bingo	12 Splash Fitness Chair Exercise Choral Group Tap Dancing	13 Chair Exercise Daily Bread Dominoes Mah Jongg	14 Splash Fitness Line Dancing Bingo Chair Exercise	15 Chair Exercise Dominoes AC Trip	16
17	18 Line Dancing Bingo	19 Splash Fitness Chair Exercise Choral Group Tap Dancing Surrogate	20 Chair Exercise Daily Bread Dominoes Mah Jongg	21 Splash Fitness Line Dancing Bingo Chair Exercise American Bandstand Party	22 Chair Exercise Dominoes Ballroom	23
24 <hr style="width: 100px; margin: 0 auto;"/> 31	25 Line Dancing Bingo NEC	26 Splash Fitness Chair Exercise Choral Group Tap Dancing RWJ	27 Chair Exercise Daily Bread Dominoes Mah Jongg	28 Splash Fitness Line Dancing Bingo Chair Exercise	29 Chair Exercise Dominoes Ballroom	30

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.

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>Center Closed</p> <p>Labor Day</p>	<p>2</p> <p>Splash Fitness Chair Exercise Choral Group Tap Dancing</p>	<p>3</p> <p>Chair Exercise Daily Bread Dominoes Mah Jongg</p>	<p>4</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise RWJ</p>	<p>5</p> <p>Chair Exercise Dominoes Ballroom</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Line Dancing Bingo AC Trip</p>	<p>9</p> <p>Splash Fitness Chair Exercise Choral Group Tap Dancing</p>	<p>10</p> <p>Chair Exercise Daily Bread Dominoes Mah Jongg</p>	<p>11</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise</p>	<p>12</p> <p>Chair Exercise Dominoes Ballroom</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Line Dancing Bingo</p>	<p>16</p> <p>Splash Fitness Chair Exercise Choral Group Tap Dancing Surrogate</p>	<p>17</p> <p>Chair Exercise Daily Bread Dominoes Mah Jongg Annual Picnic 10am-2pm</p>	<p>18</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise Picnic RainDate</p>	<p>19</p> <p>Chair Exercise Dominoes Ballroom</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Line Dancing Bingo NEC</p>	<p>23</p> <p>Splash Fitness Chair Exercise Choral Group Tap Dancing</p>	<p>24</p> <p>Chair Exercise Daily Bread Dominoes Mah Jongg</p>	<p>25</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise</p>	<p>26</p> <p>Chair Exercise Dominoes Ballroom</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Line Dancing Bingo</p>	<p>30</p> <p>Splash Fitness Chair Exercise Choral Group Tap Dancing</p>				

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.**

