

Township of

HAMILTON



Volume 13, Issue 1

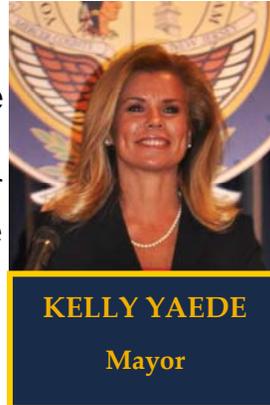
SENIOR CENTER NEWSLETTER

WINTER 2014

MESSAGE FROM THE MAYOR

Dear Neighbor:

It is an honor and a privilege for me to have the opportunity to continue serving you as Mayor. I am humbled by and grateful for our community's overwhelming vote of confidence in moving forward as Hamilton Township's first elected female Mayor.



KELLY YAEDE

Mayor

Since the time of our last Senior Center Newsletter, our center was officially recognized for being among the nation's best senior centers.

Thanks to the unanimous approval by the National Institute of Senior Center's Accreditation Board, our Senior Center has been officially recognized as one of the country's best. This is a tremendous honor for our Senior Center; and as your Mayor, I look forward to helping continue to improve our facilities and its offerings as we move forward together.

As we begin the New Year, I hope it brings you and your loved ones health and great happiness. And as we continue to enjoy another year in this great community of ours, I look forward to working with you to improve our hometown, maintain the high quality of life we enjoy and to continue to ensure that Hamilton Township remains a special place for our families, neighbors and future generations.

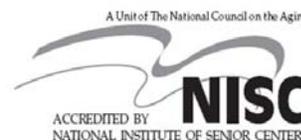
Sincerely,

Kelly Yaede

Mayor

DATES TO REMEMBER

- January 20th**
Center Closed -
Martin Luther King Jr. Day
- January 21st**
RWJ - Hip & Knee Treatment
- January 23rd**
Winter Gala 4:30-7:30pm
- January 28th**
RWJ - Spinal Screening
- February 3rd**
Superbowl Wrap-Up
- February 7th**
Wear Red Day
- February 13th**
Valentines with " Vinnie D"
- February 14th & 17th**
Center Closed
Presidents Day Holiday
- February 28th**
Dr. Suess Celebration
- March 10th**
Atlantic City Trip - Showboat
- March 12th**
RWJ - Colon Cancer Talk
- March 20th**
"Cruise with Us" 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.

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 - January 20th
 Martin Luther King Jr. Day

Friday - February 14th
 Presidents Day Holiday

Monday - February 17th
 Presidents Day Holiday

HAMSTAT HAMILTON'S ONE CALL CENTER

CALL 586-0311 FOR:

- ◆ Garbage Collection
- ◆ Potholes
- ◆ Building Permits
- ◆ Parks & Recreation Programs
- ◆ Township Events
- ◆ Dog Licensing
- ◆ Tax Information



HAMILTON TOWNSHIP COUNCIL

Ileana Schirmer
 Dennis Pone
 Edward Gore
 David Kenny
 Kevin Meara



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!

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 winter. Meet 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.

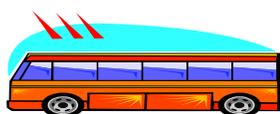
LIFEGUARD ON DUTY/NO DIVING

WINTER CLOSINGS

IN CASE OF SOME SNOW AND WINTER WEATHER, TUNE INTO 101.5 FM RADIO STATION AND LOCAL NEWS TV CHANNELS TO BE NOTIFIED IF THE SENIOR CENTER AND OTHER MUNICIPAL BUILDINGS WILL BE CLOSED OR HAVE A DELAYED OPENING. THE STATION WILL INDICATE THE SENIOR CENTER AS BEING "HAMILTON TOWNSHIP MUNICIPAL OFFICES." YOU CAN VISIT OUR WEBSITE www.hamiltonnj.com FOR INFORMATION.



Atlantic City Bus Trips



Monday	March 10th	Showboat
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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.

WINTER GALA

WHEN: Thursday - January 23rd

TIME: 4:30 - 7:30 PM

WHERE: Main Dining Room

TICKETS: \$ 8.00 Members
\$ 8.00 Adult Guest



Join us this evening for our ***First Semi-Formal Winter Gala Event***. Enjoy a delicious ***Buffet Dinner*** and great entertainment by the infamous ***Rick & Kenny***. Come dressed in your best formal attire and enjoy the transformation of our Main Dining Room into an Enchanted Winter Ballroom. Jacket & Tie Required.

Bereavement Group

Sponsored By:

Care Alternatives

DATES: MONDAYS:
 January 6th
 February 3rd
 March 3rd

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:

PARKINSON'S TALK

WHEN: Monday - January 27th

TIME: 10:30 AM

WHERE: MAIN DINING ROOM



DR JILL FARMER, DO, MPH, MOVEMENT DISORDER SPECIALIST FROM CAPITAL HEALTH WILL BE AT THE SENIOR CENTER THIS DAY TO DISCUSS THE DIAGNOSIS OF PARKINSON'S DISEASE AND THE MOST UP TO DATE TREATMENT OPTIONS AVAILABLE.

SUPERBOWL WRAP UP

WHEN: MONDAY - FEBRUARY 3rd

WHERE: MAIN DINING ROOM

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



NATIONAL WEAR RED FOR WOMEN

WHEN: FRIDAY - FEBRUARY 7th

FEBRUARY 7th 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 DIAGANOSSED WITH CARDIOVASCULAR DISEASE.

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



Valentines With "Vinnie D" *NURSE EVALUATION CLINIC* 2014

When: Thursday - February 13th

Time: 2:00 - 5:00 PM

Where: Main Dining Room

Tickets: \$3.00
See Front Desk



Be sure to get your tickets for our Valentines gathering and join us this afternoon to have a good 'ol time. "Vinnie D" will be sure to play your dancing favorites so make sure to give him your requests! Light refreshments will be served.

Tickets Available: Monday - January 13th

WHEN: January 27th
February 24th
March 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.

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



AARP INCOME TAX ASSISTANCE

WHEN: EVERY TUESDAY
STARTING : FEBRUARY 4th

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

WHERE: ALL PURPOSE ROOM

CALL: 890-3686 TO MAKE AN APPOINTMENT
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.

"HAVE WE HEARD?" Suggestion Program

WHEN: THURSDAYS

TIME: 8:30AM-11:00AM

WHERE: "SERENITY AREA"
(Sitting Area at end of Hall)

PROVIDE US WITH YOUR COMMENTS AND SUGGESTIONS TO HELP US CONTINUE TO SERVE YOU AT THE HAMILTON SENIOR CENTER. SPEAK TO OUR VOLUNTEER LIAISON WHO WILL TAKE YOUR COMMENTS TO THE TOP!

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



Thursday
5:00 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 : 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 LEGAL SERVICES THE THIRD TUESDAY OF EACH MONTH AT THE SENIOR CENTER.

CALL 989-6331 TO MAKE AN APPOINTMENT.

LEGAL AID

LEGAL ASSISTANCE IS AT THE SENIOR CENTER. CALL MERCER COUNTY LEGAL SERVICES 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 - January 21st	10:00 - 11:00 AM	Hip & Knee Treatment Options
Tuesday - January 28th	9:00 - 11:00 AM	Spinal Screening
Wednesday - March 12th	10:00 - 11:00 AM	Colon Cancer Talk

**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.

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 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 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 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! We

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!

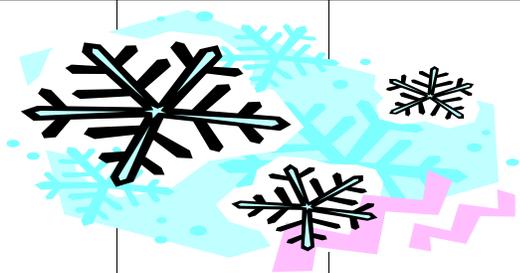
VETERANS INFORMATION

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



JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Center Closed Happy New Year!	2 Bingo Bocce Line Dancing Swimming Wii Cards Billiards	3 Ballroom Dance Bocce Swimming Cards Billiards	4
5	6 Bingo Bocce Line Dancing Swimming Cards Billiards Bereavement Group	7 Bocce Choral Group Rummikub Swimming Chair Exercise Cards Billiards	8 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Cards Billiards	9 Bingo Bocce Line Dancing Swimming Wii Cards Billiards	10 Ballroom Dance Bocce Swimming Cards Billiards	11
12	13 Bingo Bocce Line Dancing Swimming Cards Billiards	14 Bocce Choral Group Rummikub Swimming Chair Exercise Cards Billiards	15 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Cards Billiards	16 Bingo Bocce Line Dancing Swimming Wii Cards Billiards	17 Ballroom Dance Bocce Swimming Cards Billiards	18
19	20 Bingo Bocce Line Dancing Swimming Cards Billiards	21 Bocce Choral Group Rummikub Swimming Chair Exercise Cards Billiards RWJ Surrogate	22 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Billiards	23 Bingo Bocce Line Dancing Swimming Wii Cards Billiards Winter Gala	24 Ballroom Dance Bocce Swimming Cards Billiards	25
26	27 Bingo Bocce Line Dancing Swimming Cards Billiards NEC	28 Bocce Choral Group Rummikub Swimming Chair Exercise RWJ	29 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Billiards	30 Bingo Bocce Line Dancing Swimming Wii Cards Billiards	31 Ballroom Dance Bocce Swimming Cards Billiards	

Quarterly Quote:

**"Aging is not lost youth but a new stage of opportunity & strength"
-Betty Friedan**

FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 	3 Bingo Bocce Line Dancing Swimming Billiards Bereavement SuperBowl Contest	4 Bocce Choral Group Chair Exercise Rummikub Swimming Cards Billiards	5 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Scrabble Billiards	6 Bingo Bocce Line Dancing Swimming Wii Billiards	7 BallroomDance Swimming Bocce Cards Billiards Wear Red Day	8
9	10 Bingo Bocce Line Dancing Swimming Billiards	11 Bocce Choral Group Chair Exercise Rummikub Swimming Cards Billiards	12 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Scrabble Billiards	13 Bingo Bocce Line Dancing Swimming Wii Billiards Valentines w/Vinnie D	14 Center Closed Presidents Holiday Valentines Day	15
16	17 Center Closed Presidents Holiday	18 Bocce Choral Group Chair Exercise Rummikub Swimming Cards Billiards Surrogate	19 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Scrabble Billiards	20 Bingo Bocce Line Dancing Swimming Wii Billiards	21 BallroomDance Swimming Bocce Cards Billiards	22
23	24 Bingo Bocce Line Dancing Swimming Billiards NEC	25 Bocce Choral Group Chair Exercise Rummikub Swimming Cards Billiards	26 Bocce Daily Bread Chair Exercise Mah Jongg Dominoes Swimming Scrabble Billiards	27 Bingo Bocce Line Dancing Swimming Wii Billiards	28 BallroomDance Swimming Bocce Cards Billiards	

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
2	3 Bingo Bocce Line Dancing Swimming Cards Billiards	4 Bocce Choral Group Rummikub Swimming Chair Exercise Cards Billiards	5 Bocce Daily Bread Swimming Chair Exercise Mah Jongg Dominoes Scrabble Cards Billiards Ash Wednesday Program	6 Bingo Bocce Line Dancing Swimming Wii Cards Billiards	7 Ballroom Dance Swimming Bocce Cards Billiards	8
9	10 Bingo Bocce Line Dancing Swimming Cards Billiards AC Trip	11 Bocce Rummikub Swimming Chair Exercise Cards Billiards	12 Bocce Daily Bread Chair Exercise Swimming Mah Jongg Dominoes Scrabble Cards Billiards RWJ	13 Bingo Bocce Line Dancing Swimming Card Making Wii Cards Billiards	14 Ballroom Dance Swimming Bocce Cards Billiards	15
16	17 Bingo Bocce Line Dancing Swimming Cards Billiards	18 Bocce Choral Group Rummikub Swimming Chair Exercise Billiards Surrogate	19 Bocce Daily Bread Chair Exercise Swimming Mah Jongg Dominoes Scrabble Cards Billiards	20 Bingo Bocce Line Dancing Swimming Wii Cards Billiards "Cruise w Us" Party	21 Ballroom Dance Swimming Bocce Cards Billiards	22
23 <hr/> 30	24 NEC <hr/> 31	25 Bocce Choral Group Rummikub Swimming Chair Exercise Billiards	26 Bocce Daily Bread Chair Exercise Swimming Mah Jongg Dominoes Scrabble Cards Billiards	27 Bingo Bocce Line Dancing Swimming Card Making Wii Cards Billiards	28 Ballroom Dance Swimming Bocce Cards Billiards	29

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.**

