



Hamilton Township's

# Senior Center Newsletter



Hamilton Township

Spring 2015 Edition

Mayor Kelly Yaede

Dear Neighbor,

As we head towards the spring, eagerly awaiting its warmer temperatures, blossoming flowers and the awakening of our beautiful natural scenery in Hamilton, I hope to see you at our nationally accredited Hamilton Senior Center.



Mayor Kelly Yaede stands with a crowd of attendees at the Senior Center's American Bandstand Dance this past August.

If you have not already viewed our newly designed website - and specifically our seniors section - please be sure to do so. It is a great way to keep up to date on what is happening at our Senior Center. Plus, the website address is easy to remember: [www.HamiltonNJ.com/Seniors](http://www.HamiltonNJ.com/Seniors)

Be sure not to miss any of the great upcoming events this spring, including:

- **Hamilton's Golf Center Community Day**
- **Hamilton Night at the Trenton Thunder**
- **Azalea Festival**
- **Senior Spring Dinner Dance (Senior Prom Theme!)**
- **and the many other exciting activities, classes and events taking place at our Senior Center**

I look forward to seeing you at our Senior Center during the coming weeks.

Sincerely,

Kelly Yaede, Mayor

Hamilton Township Senior Center

Accredited by  
National Institute of  
Senior Centers



## IMPORTANT DATES

April 3

Center Closed

Good Friday

Passover begins at sundown

April 15th

Atlantic City Trip - Harrah's

April 21

RWJ - BP, Glucose & Cholesterol

April 23 & 24

AARP Safety Driving Course

April 28

CHS - CPR for Family & Friends

May 1

Mt. Airy Casino Trip

May 10

Azalea Festival - Sayen Gardens

May 12

RWJ - Ready for a Hurricane?

May 14

Center Closed

Senior Spring Dinner Dance

@ Princeton Manor Cedar

Gardens

May 18

Atlantic City Trip - Resorts

May 26

PHS - Grandparenting 101

May 28

Senior & Veteran

Health & Fitness Day

RainDate: 5/29/15

June 6

Free Paper Shredding Day

Hamilton Police Station

June 10

Ascend Hospice

Medicare Benefits

June 16

Atlantic City Trip - Tropicana

**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](http://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 3rd  
Good Friday**

**Thursday - May 14th  
Spring Dinner Dance**

**Monday - May 25th  
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.

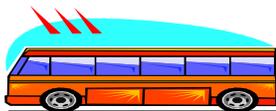
**LIFEGUARD ON DUTY/NO DIVING**

Looking for

## 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. We 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.

## Atlantic City Bus Trips



Wednesday	April 15th	Harrah 's
Monday	May 18th	Resorts
Tuesday	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

**Time:** 2:00 PM

**WHERE:** All Purpose Room

**Cost:** Free

Attend these classes on Thursday afternoons to improve your movement, stretching and balance. Chair Exercise is lead by Volunteer Instructor, Sandy Simpson.

**Bereavement Group**

**Sponsored By:  
Ascend Hospice**

**DATES:** MONDAYS:  
April 6th  
May 4th  
June 1st

**TIME:** 12:15 PM



**WHERE:** ALL PURPOSE ROOM

IF YOU HAVE SUFFERED A LOSS OF A LOVED ONE, THIS SUPPORT GROUP IS OFFERED BY ASCEND 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 28th

**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 23rd & 24th 2015

**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

“SENIOR PROM”

**When:** Thursday - May 14, 2015  
**Time:** 3:30 - 7:30 PM  
**Where:** Princeton Manor @Cedar Gardens  
 661 Route 33  
**Tickets:** \$10.00

## TICKETS AVAILABLE BEGINNING:

Wednesday - April 1, 2015 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

# Canvas Painting Class

**WHEN:** Thursday - May 21st  
**TIME:** 4:30 PM  
**WHERE:** All Purpose Room  
**Cost:** \$20.00 Per Class  
 (All Supplies Provided)



Enjoy an afternoon with Ellen from the Green Lace Lion (Olde Mill, Allentown NJ) for a session of canvas painting at the senior center and bring home your masterpiece!!

Feel free to bring a dish of snacks or refreshments to share (alcohol not permitted)

**REGISTER AT FRONT DESK!**

\*Open to Members & Guests

# Senior & Veteran Health & Fitness Day

**WHEN:** THURSDAY - MAY 28, 2015  
 Rain Date : 5/29/15  
**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!**

# Princeton HealthCare System Presents:

## GRANDPARENTING 101

**WHEN:** Tuesday - May 26th  
**TIME:** 10:00 AM  
**WHERE:** All Purpose Room

Grandparenting can be a great joy but can also bring some challenges. Join us for a discussion on the role of the grandparent, learn what is new in infant care and how the grandparenting role evolves as grandchildren age.

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

# PROGRAMS & ACTIVITIES

## AVAILABLE AT THE SENIOR CENTER

BALLROOM DANCING	FRIDAY	10:00AM	\$5.00 Per Class
BILLIARDS	MON-FRI	ALL DAY	
BINGO	MON-FRI	9:00 - 11:00 AM	
	MON & THURS	1:00 PM	
BOCCE	MON-FRI	ALL DAY	
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	9:00 AM	Beginner Class
		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	8:30 AM	\$5.00 Per Class
	THURSDAY	3:00 PM	\$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** for Hamilton senior residents. Service runs Monday - Friday.

**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.**



Photos from our "Fire & Ice Party"  
February 19, 2015

# 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:**

**"If you change the way you look at things, the things you look at change"**  
**-Wayne Dyer**

## WEBSITE INFORMATION AND LINKS

Visit the Hamilton Township Senior Center website at [www.hamiltonnj.com](http://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.**

# APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	<b>2</b> Splash Fitness Line Dancing Bingo Chair Exercise Yoga	<b>3</b> <b>Center Closed</b> Good Friday	<b>4</b>
<b>5</b>	<b>6</b> Line Dancing Bingo <b>Bereavement</b>	<b>7</b> Splash Fitness Chair Exercise Choral Group Tap Dancing <b>Taxes</b>	<b>8</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	<b>9</b> Splash Fitness Line Dancing Bingo Chair Exercise Yoga	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Line Dancing Bingo	<b>14</b> Splash Fitness Chair Exercise Choral Group Tap Dancing <b>Taxes</b> <b>RWJ</b>	<b>15</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg <b>AC Trip</b>	<b>16</b> Splash Fitness Line Dancing Bingo Chair Exercise Yoga	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Line Dancing Bingo	<b>21</b> Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing <b>RWJ</b> <b>Surrogate</b>	<b>22</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	<b>23</b> Splash Fitness Line Dancing Bingo Chair Exercise Yoga <b>AARP DRiving</b>	<b>24</b> Chair Exercise Dominoes Ballroom <b>AARP Driving</b>	<b>25</b>
<b>26</b>	<b>27</b> Line Dancing Bingo <b>NEC</b>	<b>28</b> Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing <b>CHS</b>	<b>29</b> Chair Exercise CornHole Daily Bread Dominoes Mah Jongg			

# MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Chair Exercise Dominoes Ballroom <b>Mt. Airy Trip</b>	<b>2</b>
<b>3</b>	<b>4</b> Line Dancing Bingo <b>Bereavement</b>	<b>5</b> Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing	<b>6</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	<b>7</b> Splash Fitness Line Dancing Bingo Chair Exercise Yoga	<b>8</b> Chair Exercise Dominoes Ballroom	<b>9</b>
<b>10</b>	<b>11</b> Line Dancing Bingo	<b>12</b> Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing <b>RWJ</b>	<b>13</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	<b>14</b> <b>Center Closed Senior Spring Dance@ Princeton Manor Cedar Gardens</b>	<b>15</b> Chair Exercise Dominoes Ballroom	<b>16</b>
<b>17</b>	<b>18</b> Line Dancing Bingo <b>AC Trip NEC</b>	<b>19</b> Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing <b>Surrogate</b>	<b>20</b> Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg	<b>21</b> Splash Fitness Line Dancing Bingo Chair Exercise Yoga	<b>22</b> Chair Exercise Dominoes Ballroom	<b>23</b>
<b>24</b>  <hr/> <b>31</b>	<b>25</b> <b>Center Closed Memorial Day</b>	<b>26</b> Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing <b>PHS</b>	27 Chair Exercise CornHole Daily Bread Dominoes Mah Jongg	28 <b>Sr &amp; Vet Health Event 10am-2pm</b>	29 <b>Event RainDate</b>	<b>30</b>

# JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>Line Dancing Bingo <b>Bereavement</b></p>	<p>2</p> <p>Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing</p>	<p>3</p> <p>Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg</p>	<p>4</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise Yoga</p>	<p>5</p> <p>Chair Exercise Dominoes Ballroom</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Line Dancing Bingo</p>	<p>9</p> <p>Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing</p>	<p>10</p> <p>Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg <b>AC Trip</b></p>	<p>11</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise Yoga</p>	<p>12</p> <p>Chair Exercise Dominoes Ballroom</p>	<p>13</p>
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<p>21</p>	<p>22</p> <p>Line Dancing Bingo <b>NEC</b></p>	<p>23</p> <p>Splash Fitness Yoga Chair Exercise Choral Group Tap Dancing</p>	<p>24</p> <p>Chair Exercise Cornhole Daily Bread Dominoes Mah Jongg</p>	<p>25</p> <p>Splash Fitness Line Dancing Bingo Chair Exercise Yoga</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 Yoga Chair Exercise Choral Group Tap Dancing</p>				