

The Township of Hamilton

Senior Center Newsletter

Hamilton Township, New Jersey

Summer 2022 Edition

Dear Neighbor,

Summer is here! I certainly hope you are enjoying the warm weather. With the warm weather comes the opportunity to do more activities outside. With that being said, we have many exciting events upcoming that I am hoping you will attend.

On Friday, July 1st, we will once again host our Annual Independence Day Fireworks and Concert on the Southside of Veterans Park. National Night Out will be held on the Southside of Veterans Park on August 2nd. This event is a great opportunity to meet our Township Police Division and learn more about services the Township has to offer.

The Senior Center itself also has a lot of summer happenings! Have your dancing shoes ready as the "Just Dance" event will be held in July and August. The very popular Atlantic City trips span over the summer months, so be sure to keep an eye on the newsletter and calendar for more information. Our educational programs and health screenings continue throughout the season. To close out the summer, the Annual Picnic is tentatively scheduled for September 21st. Additional details will be announced as soon as they are available.

I look forward to seeing you all and hope you have a safe, happy summer!

Sincerely,
Jeff Martin, Mayor



Important Dates

July

- July 1st - Independence Day Fireworks at Vets Park 6-10pm
(Rain Date: 7/2/22)
- July 4th - Center Closed, Independence Day
- July 7th - Memory Screening, 10am
- July 7th - Covid-19 Vaccine Clinic, 4-6pm
- July 12th - Balance & Coordination Program, 10am
- July 14th - Atlantic City Trip, Tropicana
- July 15th - Affordable Connectivity Program, 10am
- July 18th - Nurse Evaluation Clinic (NEC), 9:30-11:30am
- July 21st - Just Dance, 4-6:30pm
- July 26th - Grandparenting 101, 12:15pm
- July 28th - Hearing Program, 9am

August

- August 2nd - Fall Prevention & Body Mechanics, 12:15pm
- August 4th - Coffee & Canvas Program, 4pm
- August 9th - Colorectal Program
- August 15 - Nurse Evaluation Clinic (NEC), 9:30-11:30am
- August 16th - Bone & Health Program, 9-11am
- August 18th - Just Dance "Beach Party", 4-6:30pm
- August 23rd - Mercer Bucks Orthopedic Program, 9-11am
- August 25th - Atlantic City Trip, Resorts

September

- September 5th - Center Closed, Labor Day
- September 15 - Atlantic City Trip, Tropicana
- September 19th - Nurse Evaluation Clinic (NEC), 9:30-11:30am
- September 21st - Senior Center Picnic, 10am-2pm
(Rain Date: 9/22/22)
- September 29th - Flu Clinic, 3:30-6:30pm

Accredited by
National Institute of
Senior Centers



HAMILTON TOWNSHIP SENIOR CENTER
409 Cypress Lane, Hamilton NJ, 08619
Phone: 609-890-3686 Fax: 609-588-8074
Website: www.HamiltonNJ.com/Seniors

Hours of Operation:
Monday - Wednesday, Friday: 8:30am-4:00pm
Thursdays: 8:30am-7:00pm

Jeff Martin, Mayor
Kathleen M. Fitzgerald, R.N., BSN
Director of Health, Recreation and
Senior & Veteran Services



Hamilton Township Council
Nancy Phillips
Pasquale Papero
Anthony Carabelli
Richard Tighe
Charles Whalen

Become a Member

Thinking about becoming a member or know someone that wants to join? Hamilton Senior Photo Identification Cards can be issued at the office Monday - Friday between the hours of 9:00am and 3:00pm. You must be 60 years of age and make sure to bring two documents with your name and Hamilton address on it (i.e. utility bill, car registration, license). Call 609-890-3686 for more information.

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 - July 4, 2022

Independence Day

Monday - September 5, 2022

Labor Day



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. We would like to accommodate all residents with our events and activities. For further assistance please contact our office 609-890-3686 or email KFitzgerald@hamiltonnj.com

Balance & Coordination

Presented by: Hamilton Physical Therapy

When: Tuesday - July 12, 2022

Where: All Purpose Room

Time: 10:00am

Join this informative presentation by Hamilton Physical Therapy as they discuss how the human body controls balance and equilibrium through the somatosensory system, the visual system and the vestibular system. Look for the sign-up sheet in the main hallway.



Affordable Connectivity Program

Presented by: Federal Communications Commission

When: Friday - July 15, 2022

Where: All Purpose Room

Time: 10:00am

Join this informative ZOOM program presented by Diana Coho who is a Consumer Affairs and Outreach Specialist. Diana will be explaining how those that are participating in following programs: SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, Veterans Pension or Survivor Benefits or Lifeline automatically qualify for ACP. Look for the sign-up sheet in the main hallway.



Affordable Connectivity Program
Helping Households Connect

Grandparenting 101

Presented by: Penn Medicine

When: Tuesday - July 26, 2022

Where: All Purpose Room

Time: 12:15pm

Are you about to become a grandparent or are you a new grandparent? Join this lecture by Penn Medicine as they discuss topics ranging from changing birth environment to safety considerations. If you are interested in participating in this program, please look for the sign-up sheet in our main hallway.



Hearing Loss & Hearing Aids

Presented by: Capital Health

When: Thursday - July 28, 2022

Where: All Purpose Room

Time: 9:00am



Please join this informative lecture where different topics of hearing loss will be discussed - hearing in the aging population, treatments, tinnitus, and hearing aids. Hearing aids and assistive devices will be there for you to see and be discussed. If you are interested in this program, please see the sign-up sheet in the main hallway.

Coffee & Canvas

Presented by: Brookdale of Hamilton

When: Thursday - August 4, 2022

Where: All Purpose Room

Time: 4:00pm



Grab a cup of coffee and get your creative juices flowing! Brookdale of Hamilton will be here to demonstrate - paint, brushes and canvas are provided. Limited spots available, if you are interested in participating in this program, look for the sign-up sheet in our main hallway.



COLORECTAL SCREENING PRESENTED BY: RWJBH

When: Tuesday- August 9, 2022

Where: All Purpose Room

Time: 10:00am



RWJ will be here to discuss the signs and symptoms of colorectal cancer and preventative measures. They will have hand outs and a home screening kit with instructions. If you are interested in this discussion, please see the sign-up sheet in the main hallway.

A Walk With The Mayor

Presented by: The Hamilton Senior Center

When: Thursday - August 11, 2022
Where: Senior Center Walking Trails
Time: 9:00am - 10:00am

Join Mayor Martin on his quest to bring wellness programs to our Senior Community. Mayor Martin will be joining the walking club on this date in August! It's been proven that walking lowers blood pressure, helps maintain a healthy weight and reduces stress. Mark your calendars and enjoy our walking trails as you make new friends and exercise.



Hamilton Township
Mayor's Wellness Campaign
Keeping Hamilton in Motion



Bone Health and Osteoporosis & Exercise for Patients with Osteoporosis

Presented by: Mercer Bucks Orthopedics

When: Thursday - August 23, 2022
Where: All Purpose Room
Time: 9:00-11:00am

This two part program by Mercer Bucks Orthopedics will discuss the importance of bone health and ways to maintain it as well as introduce exercises for different phases of bone fragility along with common sense Do's and Don'ts to protect you. If you are interested in participating in this program, please look out for the sign-up sheet in our main hallway.



The Hamilton Senior Center Annual Picnic

When: Wednesday - September 21, 2022 (Raindate: 9/22/22)
Where: Senior Center Back Grounds - 409 Cypress Lane
Time: 10:00am - 2:00pm (NO ENTRY AFTER 12:15pm)
Picnic Lunch Served: 11:30am
Dessert Served: 12:45p

Tickets on sale beginning: Monday - August 1, 2022
Tickets: Members Only \$12.00 - CASH ONLY ACCEPTED

The Hamilton Senior Center invites you to join us for our Annual Picnic! Enjoy dancing with new and old friends on our backgrounds with live music by: Dennis, Rick & Kenny. Caterer & menu TBD. Mark your calendars!



Staying Safe In The Summer: 7 Tips For Seniors



Keep Cool - Seniors are vulnerable to dangerous illnesses like heat exhaustion and heat stroke brought on by scorching summer heat. Don't stay in the sun for more than 1-2 hours at a time, and run the AC when in the home.

Take breaks during physical activity - Everybody loves to have fun in the sun, but seniors must be aware that summer's high temps and humidity wear your body out a lot quicker than cooler weather.

Stay Hydrated - Older adults naturally feel less thirsty than younger people, making it more important to consciously drink more water than usual out in the sun to avoid dehydration.

Apply plenty of bug spray - Mosquitos can be carriers of diseases like West Nile Virus that pose a heightened risk to seniors. Coat your skin with bug spray to avoid bites.

Maintain Communication - In case of emergency, make sure you'll be able to dial your loved ones or caregivers easily. Before outdoor activities like gardening, or exercise, let them know where you'll be and for how long.

Wear Sunglasses - The elderly are more susceptible to vision loss, so wear protective eyewear to protect from dangerous UV rays.

Avoid the Outdoors entirely on very hot days - Review the weather forecast to see what the day's high will be. On scorches, it's best to stay indoors entirely to avoid the risk.

Atlantic City Bus Trip

Thursday: July 14th to Tropicana
Thursday: August 25th to Resorts
Thursday: September 15th to Tropicana



Bus Departs Senior Center: 9:00am
Bus Departs Casino: 4:45pm



Tickets will be on sale approximately one month before the scheduled trip. Look for the flyer on the hallway table and bulletin board. If you have any questions please call 609-890-3686. Tickets are non-refundable/non-transferable - CASH ONLY - Gratuity is included.



JUST DANCE



Dance the night away at our Just Dance while spending time with old and new friends! Enjoy a night of dancing to music by Tymes2. Don't forget to bring your own dinner!

When: Thursday - July 21, 2022
Thursday - August 18, 2022
Time: 4:00pm - 6:30pm
Where: Main Dining Room
Price: \$1 Member
\$1 Adult Guest

Ticket sales:
Tickets will be on sale approximately one month before.
6 people per table
Tickets are:
Non-refundable/Non-transferable



Hamilton Township
Mayors Wellness Campaign
Keeping Hamilton in Motion

The Hamilton Township Mayor's Wellness Campaign aims to improve the overall health and wellness of Hamilton residents by engaging our community in wellness activities throughout the year.

Make sure to keep an eye out for this logo to participate in the Mayor's Wellness Campaign programs & events!

Programs & Activities Available at The Senior Center



Backgammon
Thursdays at 3pm

Ballroom Dancing
Fridays at 1:30pm

Billiards
Monday-Friday, all day

Bingo
Mondays & Thursdays at 1pm



Canasta
Monday & Thursdays at 1pm

Cards
Monday-Friday, all day

Chair Exercise
Tuesdays at 9am & 10am
Wednesdays at 10am

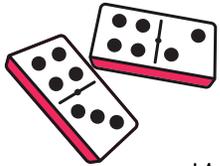


Chair Yoga
Thursdays at 10am

Chess Club
Wednesdays at 2pm



Choral Group
Tuesdays at 1pm



Cornhole
Wednesdays at 1:15pm

Dominoes
Wednesdays & Fridays at 1pm



Line Dancing
Mondays at 10am
Wednesdays at 9am

Mah Jongg
Wednesdays at 1pm

Nutrition Program
Monday-Friday, 8:30am-12:30pm
609-586-7272



Ping Pong
Monday-Friday, all day

Pinochle
Tuesdays at 8:30am



Rummikub
Tuesday, Wednesday, Thursday at 1pm

Scrabble
Mondays at 1pm

Spiritual Wellness
Wednesdays at 10am



Step It Up with Curtis
Mondays and Fridays at 9am

Swimming Pool
Monday-Friday from 9am-11:30am
\$3.00 per day

Tai Chi
Thursdays at 12pm



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.



Website Information and Links

Visit the Hamilton Township Senior Center website at www.Hamiltonnj.com/seniors and be informed of the Senior Center hours, transportation services, upcoming events, activities, and trips.

Helpful Phone Numbers

Hamilton Police Departments:	609-581-4000
Housing Department of Hamilton:	609-890-3675
Mercer County Legal Services:	609-695-6249
Mercer County Connections:	609-890-9800
Mercer County Board of Social Services:	609-989-4346
Aging and Disability Center:	1-877-222-3737
Medicare Hotline:	1-800-633-4227
NJ Hope Line:	1-855-654-6735
NJ Social Security Office:	1-800-772-1213
PAAD Hotline:	1-800-792-9745



HAMSTAT

Hamilton's One Call Center
Call 609-586-0311 for:
Building Permits
Dog License
Garbage Collection
Parks & Recreation
Programs
Potholes
Senior Center Information
Tax Information
Township Events

Veteran's Information

NJ State Veteran's Service Office

28 West State Street
Trenton NJ, 08625
609-292-5580

Trenton Vet Center

934 Park Ave
Ewing NJ, 08618
609-882-5744

Mercer County Veterans Services

1440 Parkside Ave
Ewing NJ, 08638
609-989-6120

Veterans Integrated Service Network

Hamilton Outpatient Clinic
3635 Quakerbridge Rd, Suite 30
Hamilton NJ, 08619
1-800-661-8177

Volunteer Opportunities

The Senior Center welcomes volunteers for events, office helpers and activity leaders. If you have an interest to volunteer at the Senior Center, please see the office for a Volunteer Application or call 609-890-3686 for more information.

Senior Craft Case

Visit our Senior Craft Case, located in the Main Hallway near the Restrooms. We have a showcase filled with purses, baby items, scarves, hats, aprons, blankets and more 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!

Information & Assistance Programs

Transportation Services

The Hamilton Senior Center provides transportation to medical appointments and food shopping within our borders. Service is for Hamilton Senior residents. Not available on weekends.

CALL: 609-890-3686 to reserve transportation

Mercer County T.R.A.D.E.

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation to medical appointments, beauty appointments, banks, and local malls throughout Mercer County.

CALL: 609-530-1971

Legal Assistance

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments. **CALL: 609-695-6249** for eligibility & to make an appointment.

Mercer County Bar Association: **609-585-6200**

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.

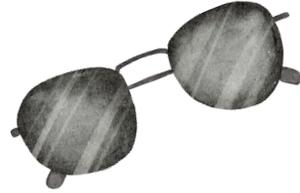
NJ Shares

Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis. Applications for Hamilton Senior Residents ONLY. **CALL: 609-890-3686.**

Notary

If you are in need of a notary, contact the office in the Hamilton Senior Center. **CALL: 609-890-3686**

Summer Word Search



L	S	T	I	U	S	G	N	I	H	T	A	B	W
N	U	R	G	S	S	E	A	S	H	E	L	L	S
N	N	I	N	R	U	G	N	I	P	M	A	C	W
A	G	C	I	E	M	E	R	E	L	A	X	V	L
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I	E	U	Q	E	B	R	A	B	T	R	C	S	I
C	S	U	N	S	C	R	E	E	N	H	R	C	O



Summer
Hot
Sunglasses
Seashells

Sunshine
Sand
Schools Out
Bathing Suit

Swimming Pool
Flips Flops
Hat
Barbeque

Sunscreen
Beach
Ocean
Fireworks



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

						1 Independence Day Concert & Fireworks at Vets Park 6pm-10pm	2 Independence Day Concert & Fireworks Rain Date
3	4 Center Closed 4TH OF July	5	6	7 Memory Screening 10am, APR Covid-19 Vaccine Clinic, 4-6pm	8	9	
10	11	12 Balance & Coordination Program, 10am APR	13	14 Atlantic City Trip Tropicana	15 Affordable Connectivity Program 10am, APR	16	
17	18 NEC 9:30am-11:30am, CR	19	20	21 Just Dance 4pm-6:30pm	22	23	
24	25	26 Grandparenting 101, 12:15pm, APR	27	28 Hearing Program 9am, APR	29	30	
31							

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

— F. Scott Fitzgerald,

August



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2 Fall Prevention & Body Mechanics 12:15pm - APR	3	4 Coffee & Canvas Program, 4pm APR	5	6
7	8	9 Colorectal Program 10am - APR	10	11	12	13
14	15 NEC 9:30am-11:30am, CR	16	17	18 Just Dance 4-6:30pm	19	20
21	22	23 Mercer Bucks Program 9am-11am, APR	24	25 Atlantic City Trip Resorts	26	27
28	29	30	31			

NOTE: THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANED LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED.
THANK YOU FOR YOUR COOPERATION.

September

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1	2	3
4	5 Center Closed 	6	7	8	9	10
11	12	13	14	15 Atlantic City Trip, Tropicana	16 No Nutrition Mercer County Annual Picnic	17
18	19 NEC 9:30am-11:30am, CR	20	21 Senior Center Picnic 10am-2pm	22 Senior Center Picnic Raindate	23	24
25	26	27	28	29 Flu Clinic 3:30pm-6:30pm	30	

PLEASE LOOK OUR FOR FLYERS POSTED ON OUR NEWS BOARD OR OUR WEBSITE, WWW.HAMILTONNJ.COM/SENIORS FOR UPDATES AND INFORMATION.