

The Township of Hamilton

Senior Center Newsletter

Hamilton Township, New Jersey

Fall 2022 Edition

Dear Neighbor,

I hope you had a wonderful Summer and are starting to enjoy cooler weather. We have so much to look forward to as 2022 draws to a close!

We're very excited to be able to host our annual Oktoberfest once again. Join us at the South Entrance of Veterans Park on October 16th from 11 AM-5:30 PM. This Township event is a day filled with fun for the entire family featuring various vendors from our community, children's activities, live music, a beer garden, and plenty of food trucks and seasonal treats. If you see me, stop and say hello!

To help ring in the holiday season, we have decided to move the Senior Center's Fall Dinner Dance to December. We thought this would be a fun way to celebrate the end of a full year of activities, the first since 2019 – we hope you enjoy the date change. Don't forget to join us on December 2nd & 3rd for the annual Winter Wonderland at Kuser Farm Mansion. This year the Mansion will be open for tours, including the NJ Valley Model Railway display. Our annual tree lighting will be on Friday evening with a visit from Santa, and since it was such a hit last year, we're bringing back the skating rink. Whether you visit by yourself or bring your family, Kuser Mansion decorated for the holidays is always a beautiful sight to see.

We want to ensure you stay healthy for all the fun we have planned – our Division of Health offers Flu, COVID-19, and Pneumonia vaccines. Contact the Division of Health at (609) 890-3884 to provide you with clinic dates, schedule an appointment, or answer any questions you may have.

May you and your family have a safe, healthy, and enjoyable holiday season!

See you soon,

Jeff Martin, Mayor



Important Dates

October

October 4th&5th - AARP Driving Course, 12pm-3pm
October 10th - Center Closed, Columbus Day
October 14th - Flu Clinic, 9am-12pm
October 16th - Oktoberfest at Vet's Park, 11am-5:30pm
October 17th - Nurse Evaluation Clinic (NEC) 9:30-11:30am
October 20th - Just Dance, Halloween 4-6:30pm
October 21st - Breast Cancer Program, 12:15pm
October 25th - NVMC Mobile Unit, 10am-2pm
October 26th - Fall Prevention Program, 10am
October 27th - Atlantic City Bus Trip, Resorts
October 27th - Flu & Covid-19 Clinic, 3:30-6:30pm
October 31st - Happy Halloween!

November

November 2nd - Healthy Brain Program, 10am
November 6th - Daylight Saving Time Ends
November 8th - Center Closed, Election Day
November 9th - Veteran's Event, 10am
November 10th - Flu Clinic, 3:30-6:30pm
November 11th - Center Closed, Veteran's Day
November 15th - Guided Meditation, 12:15pm
November 17th - Atlantic City Bus Trip, Resorts
November 18th - Flu Clinic, 9am-12pm
November 21 - Nurse Evaluation Clinic (NEC) 9:30-11:30am
November 24th&25th - Center Closed, Thanksgiving

December

December 2nd&3rd - Winter Wonderland at Kuser Park, 5-8pm
December 6th, 13th, 20th, 27th - Using Your Wits, 12:15pm
December 8th - Holiday Dinner Dance, 3-6pm
December 9th - RoseHill Program, 12:15pm
December 18th - Hanukkah Begins at Sunset
December 19 - Nurse Evaluation Clinic (NEC) 9:30-11:30am
December 25th - Merry Christmas
December 26th - Center Closed
December 26th - Kwanzaa Begins
December 31st - New Years Eve



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 - October 10, 2022
Columbus Day
Tuesday - November 8, 2022
Election Day
Friday - November 11, 2022
Veteran's Day
Thursday - November 24, 2022
Thanksgiving Day
Friday - November 25, 2022
Day After Thanksgiving
Monday - December 26, 2022
Day After Christmas

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

AARP Driver Safety Program

When: Tuesday - October 4, 2022 and
Wednesday - October 5, 2022

Where: All Purpose Room

Time: 12pm-3pm



If you are interested in participating in this **TWO DAY AARP Driver Safety Program**, please see the Front Desk to sign up. **You must attend both days to receive your certificate of completion.**

\$20.00 for AARP Members | \$25.00 for Non-Members
Cash or check accepted | Checks payable to: AARP

Vision Board

Presented by: Hamilton Grove

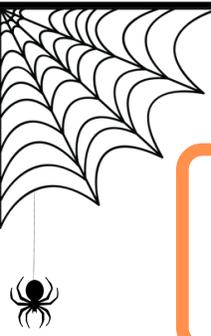
When: Tuesday - October 11, 2022
Where: All Purpose Room
Time: 12:15pm

Do you have a vision? What is your 1-3-5 year plan? Maybe you are trying to be more active, eat healthier or take that dream vacation? Do you have a bucket list? Join this fun program presented by Hamilton Grove. Each participant will get a blank canvas and tons of crafting tools to create their own vision board. If you are interested in participating in this program, please see the sign up sheet in the main hallway.



JUST DANCE

When: Thursday - October 20, 2022
Where: Main Dining Room
Time: 4pm-6:30pm
Price: \$1.00 Members | \$1.00 Adult Guests



The Hamilton Senior Center is hosting a Halloween Party! Grab your friends and your best Halloween costume. Be sure to put yourself in the running to win Best Halloween Costume and receive a prize donated by one of our Community Partners. Tymes 2 will be here to play spooky tunes.

BREAST CANCER PROGRAM

Presented by: Fox Chase Cancer Center



When: Friday - October 21, 2022
Where: All Purpose Room
Time: 12:15pm

Understanding Breast Cancer: For Breast Cancer Awareness Month this October. Join Fox Chase Cancer Center's Office of Community Outreach to learn about breast cancer risk, screening, symptoms, and tips for staying healthy. If you are interested in attending this program, please see the sign-up sheet in the main hallway.



NJ MVC Mobile Unit

Presented by: New Jersey Motor Vehicle Commission

When: Tuesday - October 25, 2022
Where: All Purpose Room
Time: 10:00am - 2:00pm *By Appointment Only*



The NJ Motor Vehicle Mobile Unit will be at the Senior Center to provide:

- Driver License renewals
- Upgrading to the REAL ID drivers license
- Registration renewals
- Veteran Handicap and Purple Heart recipients placards
- Permits and Non-Driver IDs
- License plate drop offs.

Please see the Main Office to schedule your appointment.

Heads Up Seniors: Fall Prevention

Presented by: Brain Injury Alliance of NJ

When: Wednesday - October 26, 2022
Where: All Purpose Room
Time: 10:00am

Join this informative discussion where they will focus on fall prevention strategies and pedestrian safety for older adults. Each participant will receive a "home and community safety checklist". If you are interested in participating in this program, please see the sign-up sheet in the main hallway.



Healthy Brain

Presented by: Humana

WHEN: WEDNESDAY - NOVEMBER 2, 2022
WHERE: ALL PURPOSE ROOM
TIME: 10:00AM

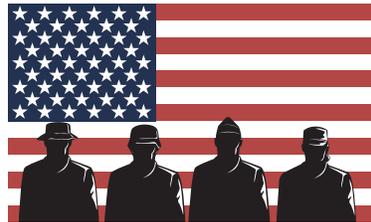


Your brain plays an important role in everything you do such as thinking, playing, remembering or working. That is why it is important that it stays healthy just like the rest of your body. If you are interested in attending this informative program, look for sign-up sheet in the main hallway.

Veteran's Event



When: Wednesday - November 9, 2022
Where: Main Dining Room
Time: 10:00am



Humana, Trenton Vet Center and Archer Brogan Elder Law will be here at the Center with literature and information on the services they provide.

Guided Meditation

Presented by: Angelion Mobility

When: Tuesday - November 15, 2022
Where: All Purpose Room
Time: 12:15pm



Sheli will guide you into a stage of deep relaxation and help to show how meditation eliminates stress. Learn the tools to use meditation in your day to day benefit your health using your mind, and in some cases, even your smartphone! Look for the sign-up sheet in the main hallway if you are interested in attending this program.

Using Your Wits

Presented by: CareOne Assisted Living

When: Tuesday's in December
12/6, 12/13, 12/20, 12/27
Where: All Purpose Room
Time: 12:15pm



We all know that physical fitness is an important component of healthy aging but did you know that your brain needs a workout too in order to maintain or improve its performance. Join Lisa Bayer, from Always Best Care Senior Services, for an informative, fun and interactive 4 week series on keeping our brains healthy as we age. Look for the sign-up sheet in the main hallway.

Holiday Dinner Dance

Thursday - December 8, 2022 - Main Dining Room - 3pm-6pm

Mark your calendars! Details to be announced closer to the event.

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!

Atlantic City Bus Trip

Thursday: October 27th to Resorts
Thursday: November 17th to Resorts

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.

Fall Prevention Tips for Seniors

The risk of falls increases as we age, but that doesn't mean we can't do something to stop that. With the fall prevention tips below, you can ensure falls don't take away your ability to enjoy your daily activities.

1. Get More Exercise

Regular exercise helps keep your muscles strong. Opt for activities that focus on balance, flexibility, and strength training to help make your joints, ligaments, and tendons healthy. Regular exercise also helps reduce the risk of osteoporosis and keeps your bones healthy.

2. Check Your Diet

A healthy diet that includes enough vitamin D and calcium is helpful. Additionally, avoid harmful activities such as alcohol use and smoking that decrease your bone mass, which increases the likelihood of your bones breaking when you fall.

3. Keep Track of Your Medications

Many medications have side effects that include dizziness, sleepiness, confusion, or weakness.

4. Get Enough Rest

Make sure you're getting enough sleep every day. Lack of sleep can lead to confusion, slower movement, and less awareness of your environment.

5. Avoid Walking After Drinking

Consuming alcohol impacts your vision, balance, hearing, and general awareness of your surroundings. It also makes it easier to misjudge your step, which can lead to falls.

6. Wear Appropriate Shoes

Simply opt for low heel, rubber-soled, and non-skid shoes. You can also go for lace-up shoes that have non-skid soles.

7. Slow Down and Use Help

Practice standing up slowly, and take a moment to get your bearings, so you don't fall when you start to move.

8. Be Cautious on Wet or Icy Surfaces

Everyone slips on ice patches occasionally. However, the risk of falling on these surfaces increases as we age, which means it's critical that you ensure that stairs and walkways are free of puddles and ice before you walk on them.

9. Conduct a Safety Assessment of Your Home

Start by increasing lighting throughout your home, particularly at the top and bottom of your stairs. Next, attach secure rails on all stairs. These provide support when you're moving up and down your stairs. Install easy-to-reach grab bars in your tub and near the toilet and you may also want to consider installing a hand-held shower and a shower chair.

Programs & Activities Available at The Senior Center



Backgammon
Thursdays at 3pm

Ballroom Dancing
Fridays at 10am



Line Dancing
Mondays at 10am & 12:15pm
Wednesdays at 9am

Mah Jongg
Wednesdays at 1pm



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

Billiards
Monday-Friday, all day



Bingo
Mondays & Thursdays at 1pm



Canasta
Monday & Thursdays at 1pm

Ping Pong
Monday-Friday, all day



Cards
Monday-Friday, all day



Pinochle
Tuesdays at 8:30am

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

Rummikub
Tuesday, Wednesday, Thursday at 1pm



Chair Yoga
Thursdays at 10am

Scrabble
Mondays at 1pm



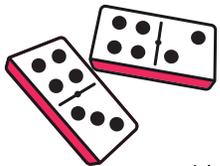
Chess Club
Wednesdays at 2pm



Spiritual Wellness
Wednesdays at 10am

Choral Group
Tuesdays at 1pm

Step It Up with Curtis
Mondays and Fridays at 9am



Cornhole
Wednesdays at 1:15pm

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

Dominoes
Wednesdays & Fridays at 1pm

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.

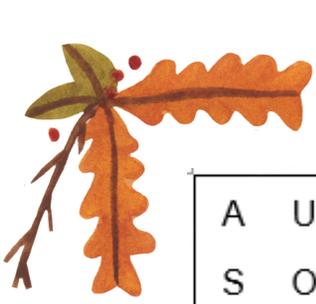
CALL: 609-581-4033 to register.

NJ Shares

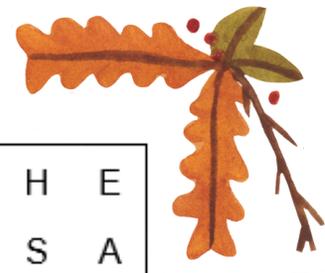
Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis. Applications for Hamilton Senior Residents ONLY. **CALL: 609-890-3686.**

Notary

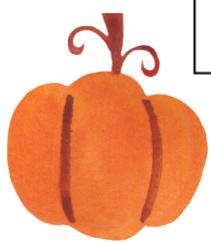
If you are in need of a notary, contact the office in the Hamilton Senior Center. **CALL: 609-890-3686**



Fall Word Search



| | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | U | T | U | M | N | O | R | S | Y | A | D | I | L | O | H | E |
| S | O | U | T | E | T | H | W | O | R | C | E | R | A | C | S | A |
| T | N | C | A | S | O | U | P | T | I | S | L | F | S | I | R | Y |
| H | R | O | H | A | Q | E | D | I | R | Y | A | H | P | P | L | A |
| A | Y | R | T | R | E | A | N | S | E | I | K | P | M | U | P | H |
| N | I | N | H | O | R | S | O | F | M | I | L | Y | E | R | O | S |
| K | C | S | I | F | O | O | T | B | A | L | L | A | L | S | K | D |
| S | A | T | H | E | Y | K | O | O | P | S | O | E | P | O | S | A |
| G | L | A | P | S | W | E | A | S | E | R | C | H | P | I | L | L |
| I | S | L | U | R | I | D | E | T | R | S | E | V | A | E | L | C |
| V | U | K | M | A | R | A | D | E | U | P | H | O | L | I | D | H |
| I | G | K | P | J | O | W | T | A | M | I | L | Y | S | T | A | I |
| N | M | U | K | C | H | A | I | L | L | D | Y | A | P | L | P | L |
| G | H | A | I | Y | E | R | I | D | E | E | C | R | L | A | T | L |
| M | P | A | N | W | Y | Z | S | Z | T | R | L | O | E | A | V | Y |
| E | I | G | S | L | I | V | A | I | N | S | W | G | B | R | I | S |
| R | E | S | I | P | D | M | R | S | A | E | P | E | I | S | T | L |
| F | O | M | O | Y | N | B | A | L | E | L | S | P | O | D | E | L |
| S | A | P | A | R | A | D | E | N | F | A | L | U | N | E | F | A |
| F | A | L | O | Y | W | C | A | N | I | B | R | I | S | K | I | F |
| D | E | C | O | R | S | N | O | I | T | A | R | O | C | E | D | S |



APPLE
AUTUMN
BRISK
CHILLY
CORNMAZE
CORNSTALK

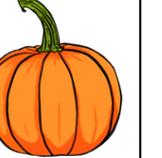
DECORATIONS
FALL
FAMILY
FOOTBALL
HALLOWEEN
HAY

HAYRIDE
HOLIDAYS
LEAVES
PARADE
PIE
PUMPKINS

SCARECROW
SOUP
SPIDERS
SPOOKY
SWEATER
THANKSGIVING

October

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | | | |
|--|---|---|---|---|--|---|---|----|
|  |  |  |  |  |  |  |  | 1 |
| 2 | 3 | 4 AARP Driving Course 12pm-3pm, APR | 5 AARP Driving Course 12pm-3pm, APR | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 Center Closed Columbus Day | 13 Atlantic City Ticket Sale | 14 | 15 Flu Clinic 9am-12pm | 16 | 17 | 18 | 19 |
| 20 Oktoberfest 11am-5:30pm Vet's Park | 21 NEC 9:30am-11:30am, CR | 22 | 23 | 24 Just Dance 4pm-6:30pm | 25 Breast Cancer Program, 12:15pm, APR | 26 | 27 | 28 |
| 30 Oktoberfest 11am-5:30pm (Rain Date) | 31 Happy Halloween | 29 NJ MVC Mobile Unit 10am-2pm *By Appointment Only* | 30 Fall Prevention Program, 10am, APR | 31 Atlantic City Trip Resorts | 1 Flu Clinic 3:30pm-6:30pm | 2 | 3 | 4 |

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."
 — Ann Drake



November

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---|---------------------------------|---|-----------------------------------|---|---|----|
|  | | 1 | 2 Healthy Brain 10am, APR | 3 | 4 | 5 |
| 6 Daylight Saving Time Ends | 7 | 8 Center Closed Election Day | 9 Veteran's Event 10am, MDR | 10 Flu Clinic 3:30pm-6:30pm | 11 Center Closed Veteran's Day | 12 |
| 13 | 14 | 15 Guided Meditation 12:15pm, APR | 16 | 17 Atlantic City Trip Resorts | 18 Flu Clinic 9am-12pm | 19 |
| 20 | 21 NEC 9:30am-11:30am, CR | 22 | 23 | 24 Center Closed Thanksgiving Day | 25 Center Closed Day after Thanksgiving | 26 |
| 27 | 28 | 29 | 30 | | | |

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.

December

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



| | | | | | | |
|------------------------------------|---------------------------------------|---------------------------------------|----|--------------------------------------|---|---|
| | | | | 1 | 2 Winter Wonderland 5pm-8pm Kuser Park | 3 Winter Wonderland 5pm-8pm Kuser Park |
| 4 | 5 | 6 Using Your Wits 12:15pm. APR | 7 | 8 Holiday Dinner Dance 3pm-6pm | 9 Rosehill, 12:15pm, APR | 10 |
| 11 | 12 | 13 Using Your Wits 12:15pm. APR | 14 | 15 | 16 | 17 |
| 18 Hanukkah Begins at Sunset | 19 NEC 9:30am-11:30am, CR | 20 Using Your Wits 12:15pm. APR | 21 | 22 | 23 | 24 |
| 25 Christmas Day | 26 Center Closed Kwanzaa Begins | 27 Using Your Wits 12:15pm. APR | 28 | 29 | 30 | 31 New Year's Eve |

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