

Senior Center Newsletter

Hamilton Township, New Jersey

Winter 2023 Edition

Dear Neighbor,

Happy New Year! I hope you all had a safe and happy holiday season, and that the New Year is treating you and you loved ones well.

There are so many things at the Senior Center to look forward to in 2023 to keep you active! Every day, there are multiple activities at our Senior Center for you to enjoy, including making new friends or spending time with those you've come to know through the Senior Center! In addition to our normal programming, you can look forward to a Valentine's Day themed Just Dance on February 9th, new educational programs from community partners such as Strength and Flexibility by Hamilton Physical Therapy in January, Healthy Sleep by Humana in February and programming from Capital Health in March!

The 2023 "Hamilton is a Great Place to Raise a Family" Township calendars are available in the Senior Center and Municipal Building should you need a copy. Our calendars are a valuable resource for events, meeting dates, and a "How Do I Get Rid of It?" guide for your recycling and disposal needs.

See you soon,

Jeff Martin
Mayor



Important Dates

January

January 2nd - Closed, Happy New Year

January 9th - Just Dance Tickets on Sale
9:30am, SR *Members Only*

January 10th - Hamilton Physical Therapy Program, 12:15pm, APR

January 16th - Closed, Martin Luther King Jr. Day

January 19th - Covid-19 Clinic, 4-6pm

January 23rd - NEC, 9:30-11am, CR

February

February 3rd - Wear Red Day

February 7th - Humana Program, 10am, APR

February 9th - Just Dance, Valentines Dance, 2:30-5pm
(Snow date: 1/16/22) *Members Only*

February 10th - Brookdale Craft, 12:15pm, APR

February 13th - Super Bowl Contest Winner Announced

February 14th - Trinity Rehab Program, 12:15pm, APR

February 16th - St. Patrick's Day Just Dance Tickets on sale,
9:30am, SR *Members Only*

February 17th - Closed, Presidents Day

February 20th - Closed, Presidents Day

February 22nd - Ash Wednesday Program

February 27th - NEC, 9:30am-11am, CR

February 28th - Capital Health Program, 1pm, APR

March

March 3rd - AllCure Program, 12:15pm, APR

March 7th - Capital Health Program, 10am, APR

March 12th - Daylight Savings Time Begins

March 16th - St. Patrick's Day Just Dance,
4-6:30pm *Members Only*

March 20th - NEC, 9:30am-11am, CR

March 22nd - Brookdale Craft, 10am, APR

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 - January 2nd
New Years Day (Observed)
Monday - January 16th
Martin Luther King Jr. Day
Friday - February 17th
Presidents Day
Monday - February 20th
Presidents 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

Strength & Flexibility

Presented by: Hamilton Physical Therapy

When: Tuesday - January 10, 2023

Where: All Purpose Room

Time: 12:15pm



Join this information program by Hamilton Physical Therapy as they discuss the benefits of being involved with a program, ideas on how to get started and what is needed, examples of different programs you can participate in and examples on how to set SMART goals for yourself. Look for the sign-up sheet in the main hallway if you are interested in participating.

Wear Red Day



When: Friday - February 3, 2023



Every year the first Friday of February has been dedicated to National Wear Red Day as an awareness day for American women to understand their number one health threat - heart disease. A representative will be here at the Senior Center this day to accept donations.



Healthy Sleep

Presented by: Humana

When: Tuesday - February 7, 2023

Where: All Purpose Room

Time: 10:00am

Getting the right amount of high-quality sleep is important for keeping your body and mind healthy. Humana will be here to discuss the many steps your can take to get better rest. If you are interested in attending this program, please look for the sign-up sheet in the main hallway.



Valentine Craft Making

Presented by: Brookdale

When: Friday - February 10, 2023

Where: All Purpose Room

Time: 12:15pm



Brookdale will be here this day to instruct a Valentine crafting class. All supplies will be provided. There is limited space so please make sure to see the sign-up sheet in the main hallway.



Just Dance Valentines Dance

When: Thursday - February 9, 2023

Where: Main Dining Room

Time: 2:30pm - 5pm

Price: \$1.00 - MEMBERS ONLY

Tickets on sale starting:

Monday - January 9th at 9:30am in the Serenity Room



Dance the night away with music by Rick & Kenny.

This event is for MEMBERS ONLY - Senior Center ID must be provided when purchasing tickets & for entry into the dance. Don't forget to bring your snacks or meal!

Super Bowl Contest

When: Monday - February 13, 2023

Where: Main Dining Room

Time: Winner Announced at 11:00am



Make sure to get your guesses in for who is going to win the super bowl by Friday - February 10th!

Look out for the form to fill out and return to the office to be entered into the drawing! The winner will receive a prize from one of our community partners.

Taking Care of Your Neck and Back, Keeping You on Your Feet Presented by: Trinity Rehab

When: Tuesday - February 14, 2023

Where: All Purpose Room

Time: 12:15pm



Join this informative program from Trinity Rehab as they discuss neck and back pain, pain self treatment, and provide information on balance and what you can do to improve your balance. Please look for the sign-up sheet in the main hallway.

Body Mechanics Presented by: AllCure

When: Friday - March 3, 2023

Where: All Purpose Room

Time: 12:15pm



Join this informative program presented by AllCure as they discuss posture, safety and assistive devices. Look for the sign-up sheet in the main hallway if you are interested in participating in this program.



COPD & Post Covid Respiratory Complications Presented by: Capital Health

When: Tuesday - March 7, 2023

Where: All Purpose Room

Time: 10:00am



Capital Health will be here this day to talk about COPD and briefly cover some post Covid-19 respiratory complications. If you are interested in attending this program, look for the sign-up sheet in the main hallway.

ST. PATRICK'S DAY JUST DANCE

WHEN: THURSDAY - MARCH 16, 2023

WHERE: MAIN DINING ROOM

TIME: 4:00-6:30PM

PRICE: \$1.00 - TICKETS ON SALE ONE MONTH PRIOR
PLEASE LOOK FOR THE FLYER IN THE MAIN HALLWAY



DANCE THE NIGHT AWAY WITH MUSICAL ENTERTAINMENT.
IF TICKETS DO NOT SELL OUT BY MARCH 9TH BY MEMBERS,
THE DANCE WILL BE OPEN FOR ADULT GUESTS TO ATTEND.
DON'T FORGET TO BRING YOUR SNACKS OR MEAL!

Do you enjoy dancing? Have you ever wanted to try Ballroom Dancing?

Great news! We have an instructor here at the Senior Center.

Professionally trained dancer John Casale, is here at the Senior Center on most Friday's at 10:00am. He teaches the proper form and technique for all those that participate in his class. If you are interested in trying ballroom dancing, look for the schedule on the main hallway table. Each class is \$5.00 and takes place in our multi-purpose room.



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

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.



Hamilton Township
Mayor's Wellness Campaign
Keeping Hamilton in Motion

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



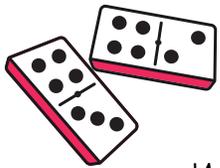
Chess Club
Wednesdays at 2pm



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
Wednesdays 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**



Winter Word Search



Words

- Blizzard
- Boots
- Chilly
- Coat
- Cocoa
- Cold
- Comfy
- Earmuffs
- February
- Fireplace
- Frost
- Gloves
- Ice Skating
- Icicles
- January
- March
- Mittens
- Scarf
- Shovel
- Skiing
- Sledding
- Snow
- Snow Angel
- Snowflake
- Snowman
- Sweater
- Winter



january



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2 Center Closed New Years	3	4	5	6	7
8	9 Just Dance, Valentines Dance Tickets on Sale 9:30am, SR *Members Only*	10 Hamilton Physical Therapy Program, 12:15pm, APR	11	12	13	14
15	16 Center Closed Martin Luther King Jr. Day	17	18	19 Covid-19 Clinic 4-6pm	20	21
22	23 NEC 9:30am-11:30am, CR	24	25	26	27	28
29	30	31				

"Snow falling soundlessly in the middle of the night will always fill my heart with sweet clarity."

-Novala Takemoto



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1	2	3 Wear Red Day	4
5	6	7 Humana Program 10am, APR	8	9 Valentines Dance Just Dance 2:30-5pm *Members Only*	10 Brookdale Craft 12:15pm, APR	11	
12	13 Super Bowl Contest Winner Announced	14  Trinity Rehab Program 12:15pm, APR	15	16	17 Center Closed Presidents Weekend	18	
19	20 Center Closed Presidents Weekend	21	22	23	24	25	
26	27 NEC 9:30am-11:30am, CR	28	<p>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.</p>				





Sunday Monday Tuesday Wednesday Thursday Friday Saturday

			1	2	3 Allcure Program 12:15pm, APR	4
			5	6	7 Capital Health Program, 10am, APR	8
12 Daylight Savings Time Begins	13	14	15	16 St. Patrick's Day Just Dance 4-6:30pm	17 Happy St. Patrick's Day!	18
19	20 NEC 9:30am-11:30am, CR	21	22	23	24	25
26	27	28	29	30	31	

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