

The Township of Hamilton

# Senior Center Newsletter

Hamilton Township, New Jersey

Spring 2023 Edition

Dear Neighbor,

Spring is here! Warmer weather is finally upon us.

I hope you will take advantage of some of the upcoming events at the Senior Center. May 11th is the Annual Spring Dinner Dance from 3-6 PM; be on the lookout for the flyer and ticket information. There are also many other upcoming programs & activities to participate in all Spring long, from trips to Atlantic City to appointments to obtain your REAL ID offered by the Motor Vehicle Commission's Mobile Unit.

The Township's Azalea Festival is coming up on Saturday, May 13th, from 10 AM-4 PM. This will take place at our beautiful Sayen Gardens. The festival will feature many different vendors and is an opportunity to take in the view of all the flowers blooming surrounding the grounds.

Assistance is now available for your 2022 Property Tax Reimbursement (Senior Freeze/Blue Book) applications. Those who need to complete this application may visit our Tax Office in the Municipal Building (open Monday-Friday 8:30 AM-4:30 PM) or the Senior Center every Thursday between 9:30 AM-2:30 PM.

I hope you will take advantage of each event this Spring, enjoy the nice weather, and take advantage of upcoming events and trips.

See you soon,

Jeff Martin



## Important Dates

### April

- April 4th & 5th - AARP Driver Safety Program, 9am-1pm, APR
- April 7th - Center Closed, Good Friday**
- April 11th - Bone Density Screening Program, 9am, APR
- April 12th - Atlantic City Bus Trip, Harrah's
- April 14th - Diabetes Management Program, 12:15pm, APR
- April 17th - NEC, 9:30am-11:30am, CR
- April 18th - Lung Cancer Screening Program, 10am, APR
- April 27th - Covid-19 Clinic, 4pm-6pm

### May

- May 2nd - Walking Club Begins, 9am, Walking Trails
- May 2nd - Fall Risk Program, 12:15pm, APR
- May 4th - The Perils of Hiring Private Home Care, 5pm, APR
- May 5th - Reflections Program, 12:15pm, APR
- May 9th - Medicare & Medicaid Program, 10am, APR
- May 11th - Spring Dinner Dance, 3pm-6pm, MDR
- May 12th - Mother's Day Social, 1-3pm, MDR
- May 16th - Fox Chase Mobile Mammogram Unit, 9:30am - 2:15pm **\*appointment only\***
- May 18th - Atlantic City Bus Trip, Resorts
- May 19th - Total Joint Replacement Program, 12:15pm, APR
- May 22nd - NEC, 9:30am-11:30am, CR
- May 23rd - Home Safety Tips Program, 12:15pm, APR
- May 24th - Travel Instruction 101 Program, 10am, APR
- May 25th - A Walk With The Mayor, 9am-10am, Back Grounds
- May 29th - Center Closed, Memorial Day**

### June

- June 2nd, 9th, 16th, 23rd & 30th - Story Share: Wisdom from Experience 6 Week Program, 12:15pm, APR
- June 8th - NJ MVC Mobile Unit, 10am-2pm **\*appointment only\***
- June 15th - Bus Trip, Wind Creek
- June 22nd - Just Dance "Summer Kick Off", 4pm-6:30pm, MDR



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](http://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.

### **Hamilton Township Named 2022 Healthy Town Gold Level**

HAMILTON, NJ – Hamilton Township is pleased to share that it has been named a 2022 Healthy Town Gold Level by the New Jersey Health Care Quality Institute through the Mayors Wellness Campaign (MWC).



**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!  
[www.HamiltonNJ.com/MWC](http://www.HamiltonNJ.com/MWC)

### **Senior Center Closed**

Friday - April 7, 2023 - *Good Friday*  
Monday - May 29, 2023 - *Memorial 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](mailto:KFitzgerald@hamiltonnj.com)

# AARP Driver Safety Program

**When:** Tuesday - April 4, 2023  
&  
Wednesday - April 5, 2023  
**Where:** All Purpose Room  
**Time:** 9:00am - 1:00pm



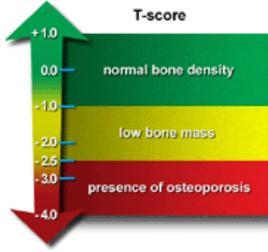
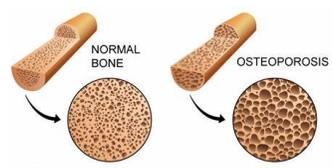
\$20.00 for AARP Members | \$25.00 for Non-Members  
Cash or check accepted, checks payable to: AARP  
Credit Cards **Not Accepted**

The AARP Smart Driver course is the nation's first refresher course specifically designed for drivers age 50 and older. If you are interested in participating in this **TWO DAY** AARP Driver Safety Program, please see the main office to sign up. **You must attend both days to receive your certificate of completion.**

# Bone Density Screening

*Presented by: Capital Health*

**When:** Tuesday - April 11, 2023  
**Where:** All Purpose Room  
**Time:** 9:00am - 11:30am



The bone density screening is a screening to determine if an individual has osteopenia or osteoporosis. The test is done by a machine. The patient puts their bare foot in and through ultrasound waves it measures their t-score. **Limited space is available.** If you are interested in attending this program, please see the main office to schedule an appointment.

# Diabetes Management Program

*Presented by: Capital Health*



**When:** Thursday - April 14, 2023  
**Where:** All Purpose Room  
**Time:** 12:15pm

Are you newly diagnosed with diabetes? Have you had diabetes for years but still feel "out of control"? Do you have questions regarding your management of your diabetes? Spend an hour with Laura Moran, registered nurse and CDCES at Capital Health, to answer any questions or concerns related to your diabetes care. If you are interested in attending this program, see the sign-up sheet located in the main hallway.



# Lung Cancer Screening Program

*Presented by: RWJ Hospital Hamilton*

**When:** Tuesday - April 18, 2023  
**Where:** All Purpose Room  
**Time:** 10:00am



Lung Cancer Screening is a low dose radiation CT Scan of the chest to determine the health of an individual's lungs. It is a tool used for the early detection of lung cancer and identifying suspicious nodules that may be present. Join Kaidlan Ricardo of RWJ, to discuss the importance these screenings, how they are monitored, and followed diligently. If you are interested in attending this program, please see the sign-up sheet in the main hallway.

# Fall Risk Program

*Presented by: Capital Health LIFE*



**When:** Tuesday - May 2, 2023  
**Where:** All Purpose Room  
**Time:** 12:15pm

Anyone can fall, but the risk for falls increases as we age. Even falls that do not lead to injury can affect you. Join this informative presentation as Capital Health LIFE discusses simple precautions and preparation that can help prevent falls. If you are interested in attending this program, please see the sign-up sheet in the main hallway.

# The Perils of Hiring Private Home Care

*Presented by: Archer Brogan and Always Best Care Senior Services*

**When:** Thursday - May 4, 2023  
**Where:** All Purpose Room  
**Time:** 5:00pm



You may believe that you are taking control and saving money by hiring a home health aid privately, but there are many risks involved in doing so. To join this informative session and learn about potential dangers and their legal ramifications, look for the sign up sheet in the main hallway.

# Reflections

Presented by: Ascend Hospice

When: Friday - May 5, 2023

Where: All Purpose Room

Time: 12:15pm



Join this fun program presented by Bob Goldbetter from Ascend Hospice as he creates an interactive show and tell with vintage items. Make sure to look for the flyer on the main hallway tables.



# Medicare and Medicaid Program Presented by: Humana

When: Tuesday- May 9, 2023

Where: All Purpose Room

Time: 10:00am



Join this informative presentation by Humana and Archer Brogan Elder Law as they discuss Medicare and Medicaid. They will be available after the program to answer any questions. If you are interested in attending this program, please look for the sign-up sheet in the main hallway.



# Spring Dinner Dance

When: Thursday - May 11, 2023

Where: The Hamilton Senior Center  
409 Cypress Lane, Hamilton NJ

Time: 3:00pm - 6:00pm

Price: \$15.00 - **Members Only**



Enjoy an afternoon with great friends and great food at the Hamilton Senior Center Spring Dinner Dance. With live entertainment by Dennis, Rick & Kenny

## Ticket Available:

**Monday - April 10, 2023 at 9:30am**

- Must show Hamilton senior center id when purchasing ticket
- 8 people to a table
- If you are buying for other seniors, please have their id's
  - You can purchase up to 8 tickets - per person
- Tickets are non-refundable/non-transferable

# Mother's Day Social

Sponsored by: Angelion Mobility  
with other Community Partners

When: Friday - May 12, 2023

Where: Main Dining Room

Time: 1:00pm-3:00pm

Price: \$1.00



Join this Mother's Day Social hosted by Angelion Mobility with other Community partners! They will be providing live acoustic music, giveaways and desserts. Please see the main office to purchase your ticket, all proceeds of this event go to our sponsors.



# Fox Chase Mobile Mammogram Unit

Presented by: Fox Chase

When: Tuesday - May 16, 2023

Where: Main Parking Lot

Time: 9:30am-2:15pm (by appointment only)



## Eligibility for a mammogram:

- She is over the age of 40 & Provides a Photo ID
- She has a prescription from her physician
- She brings her last mammography films
- She has not had a mammogram in the last 12 months

Please see the Main Office to schedule your appointment and receive your pre-screening paperwork.



# Total Joint Replacement

Presented by: Hamilton Physical Therapy

When: Friday - May 19, 2023

Where: All Purpose Room

Time: 12:15pm



A representative from Hamilton Physical Therapy will be here to discuss: treatments available prior to Total Joint Replacement Surgery, who is a good candidate, types of total joint replacement surgery they currently see at their clinic and rehabilitation after total joint replacement surgery. If you are interested in attending this program, please see the sign up sheet located in the main hallway.



# Bus Trips

Resorts - Thursday May 18th  
Wind Creek - Thursday June 15th



Tickets will be on sale approximately 1 (one) month prior to the trip. Make sure to look for the flyers on the tables in the main hallway



**Purchasing a ticket:** When the Senior Center doors open at 8:30am the day of ticket sales, the trip chaperone will be handing out pink tickets numbered 1 to 56. Make sure you are in the correct line. These tickets guarantee you a seat on the bus. You still need to purchase your ticket at 9:30am at the end of the hall!

**Tickets are NON-REFUNDABLE/NON-TRANSFERRABLE**

# Home Safety Tips

Presented by: Angelion Mobility

When: Tuesday- May 23, 2023

Where: All Purpose Room

Time: 12:15pm



One fall can change your life! Accessible living is the key. Join this informative presentation as they discuss common sense ways to prevent falls as well as solutions to home safety, mobility, and accessibility challenges. If you are interested in attending this program, please see the sign-up sheet in the main hallway.

# Travel Instructions 101

Presented by: Great Mercer TMA



When: Wednesday - May 24, 2023

Where: All Purpose Room

Time: 10:00am

Join this informative presentation by Greater Mercer TMA as they discuss everything you'll need to know on how to ride the bus and train. They will discuss planning transit trips to fare information to community transportation services. If you are interested in attending this presentation, please see the sign-up sheet in the main hallway.



# Story Share: Wisdom from Experience

Presented by: NAMI Mercer

When: 6 week program on Fridays

June 2nd, 9th, 16th, 23rd, 30th & July 7th

Where: All Purpose Room

Time: 12:15pm

Retelling past experience or memories has been proven to improve cognitive function, and has a positive impact on memory recall and stress relief. This 6 week program allows you to share your story or come and listen to others! Bring a memory, or piece of your history to share with the group. There is limited space for this program, please see the main office to sign up.



# NJ MVC Mobile Unit

Presented by: New Jersey Motor Vehicle Commission

Thursday - June 8, 2023 | 10:00am - 2:00pm  
\*appointment only\*

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

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



Please see the Main Office to schedule your appointment.

# JUST DANCE SUMMER KICK OFF

When: Thursday - June 22, 2023

Where: Main Dining Room

Time: 4:00pm-6:30pm

Price: \$1.00



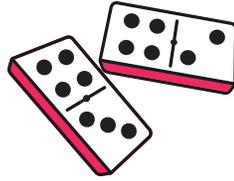
Kick off Summer at our Just Dance! Live music by Rick & Kenny! Don't forget to bring your own snacks or meal! Coffee/tea/water will be provided.



# Programs & Activities Available at The Senior Center



Backgammon  
Thursdays at 3pm



Dominoes  
Fridays at 1pm

Ballroom Dancing  
Fridays at 10am

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



Billiards  
Monday-Friday, all day

Mah Jongg  
Wednesdays at 1pm



Bingo  
Mondays & Thursdays at 1pm



Bocce  
Monday-Friday, all day

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



Canasta  
Monday & Thursdays at 12:30pm

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

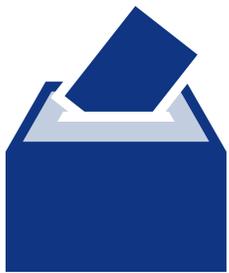


Cornhole  
Wednesdays at 1:15pm

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



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](http://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**

# Spring Word Search



April Showers

BBQ

Bees

Birds

Breezy

Bright

Butterflies

Ducklings

Easter

Flourishing

Flowers

Garden

Grass

Grilling

Kite

Ladybugs

Pollen

Rainstorm

Spring

Sunshine

Umbrella



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

# April

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							1
2	3	4 AARP Driving Course 9am-1pm, APR	5 AARP Driving Course 9am-1pm, APR	6 AARP Tax Assistance (by appointment only)	7 Center Closed Good Friday	8	
9 Happy Easter! 	10	11 Capital Health Program 9am, APR	12	13 AARP Tax Assistance (by appointment only)	14 Capital Health Program 12:15pm, APR	15	
16	17 NEC 9:30am-11:30am, CR	18 RWJ Program 10am, APR	19	20 Chair Yoga Resumes 10am, APR	21	22 Happy Earth Day! 	
23	24	25	26	27 Covid-19 Clinic 4pm-6pm	28	29	
30							

"Flowers don't worry about how they're going to bloom.  
They just open up and turn toward the light, and that makes them beautiful."  
- Jim Carrey



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	1	2 Walking Club Starts 9am, Walking Trails Capital Health Life Program, 12:15, APR	3	4 Always Best Care 5pm, APR	5 Ascend Hospice Program 12:15pm, APR	6
7	8	9 Humana Program 10am, APR	10	11 No Mercer County Nutrition Program Spring Dinner Dance 3pm-6pm	12 Angelion Mobility Mother's Day Social 1-3pm, MDR	13
14 Happy Mother's Day 	15	16 Fox Chase Program 9:30am-2:15pm	17	18 Atlantic City Bus Trip, Resorts	19 Hamilton Physical Therapy Program 12:15pm, APR	20
21	22 NEC 9:30am-11:30am, CR	23 Angelion Mobility Program, 12:15pm, APR	24 Greater Mercer TMA Program, 10:00am, APR	25 Walk with the Mayor 9am-10am Walking Trails	26	27
28	29 Center Closed Memorial Day  HAPPY MEMORIAL DAY	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.



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

PLEASE LOOK OUR FOR FLYERS POSTED ON OUR NEWS BOARD OR OUR WEBSITE, [WWW.HAMILTONNJ.COM/SENIORS](http://WWW.HAMILTONNJ.COM/SENIORS) FOR UPDATES AND INFORMATION.