

SENIOR CENTER NEWSLETTER

Hamilton Township, New Jersey

Summer 2023 Edition

Dear Neighbor,

The summer season is finally here. I hope you are enjoying the warmer temperatures and the chance to be outdoors.

Start off your summer season by enjoying the beautiful fireworks display and live music at the Township's Independence Day Fireworks and Concert that will take place on the South Side of Veterans Park on Friday, June 30th. On Tuesday, August 1st, our Township Police Division will host its annual National Night Out event on the South Side of Veterans Park. There will be entertainment, food, activities, and the opportunity to learn what services our Township Police Division and other Divisions offer.

The popular Just Dance program will take place in July and August, so have your dancing shoes ready and be on the lookout for the dates. The Atlantic City bus trip to Resorts Casino will take place on July 13th, August 17th and September 14th. Tickets are limited! There are also many health screenings and programs to take advantage of at the Senior Center. Be sure to check the calendar for the upcoming dates. Mark the end of the summer season with the Annual Picnic, which is scheduled for Wednesday, September 20th. Further details will be announced as the date gets closer.

I hope you have a safe, happy summer, and I look forward to seeing you soon.

Sincerely,

Jeff Martin
Mayor



Important Dates

July

July 4th - Center Closed, Independence Day

- July 13th - Atlantic City Bus Trip, Resorts
- July 17th - Picnic Tickets on Sale
- July 17th - NEC, 9:30am - 11:30am, CR
- July 18th & 19th - ACP Program, 9am - 1pm, CR
- July 20th - Covid Vaccine Clinic, 9:30am - 12pm, APR
- July 20th - Just Dance, 4pm - 6:30pm, MDR
- July 25th - Brookdale Program, 10am, APR
- July 27th - Rider Student Tech Assistance, 9am - 5pm, CR
- July 28th - NJ Mobile Unit, 10am - 2pm,

by appointment only

August

- August 2nd - NJ Mobile Unit, 10am - 2pm
- *by appointment only**
- August 21st - MC Senior ID Program, 10am - 1pm
- August 24th - Just Dance, 4pm - 6:30pm, MDR

September

September 4th - Center Closed, Labor Day

- Sept 5th - Brain Games, 10am, APR
- September 14th - Atlantic City Bus Trip, Resorts
- September 18th - NEC, 9:30am - 11:30am, CR
- September 20th - Picnic, 10am - 2pm, Back Grounds
- Raindate: September 21st*
- September 29th - Mercer County Nutrition Picnic

Room Abbreviation:

- APR - All Purpose Room, CR - Computer Room,
- GR - Game Room, MDR - Main Dining Room,
- SR - Serenity Room (end of the hallway)



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.

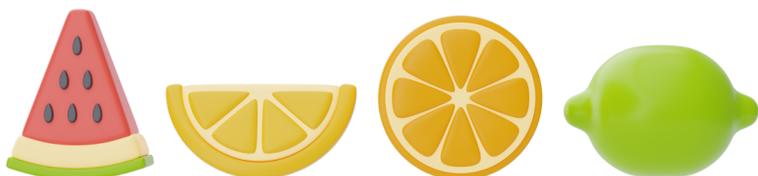
Senior Center Closed

Tuesday - July 4, 2023

Independence Day

Monday - September 4, 2023

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

9 Tips to Keep You Safe & Healthy this Summer!

When venturing out in the heat, these tips will help seniors stay healthy and cool through the summer months.



1. Increase Liquids

Increasing liquids is in general a good idea for seniors but even more so in the hot summer. Make sure to pack a water bottle to take with you when spending time outside in the summer.

2. Stick with Light, Loose Fitting Clothes

Another way to help stay cool in the heat is by wearing the right clothes. Avoid wearing dark or tight clothes outside in the summer. Instead, opt for light, loose fitting clothes.



3. Stay Protected From the Sun

Besides wearing light, loose clothes, wear sunglasses to protect eyes and a wide brimmed hat to offer protection from the sun, make sure to apply (and reapply) a broad spectrum sunscreen that is at least SPF 30. When possible, stay under shade when outside and avoid peak hours of hot temperatures, between 10:00 a.m. and 4:00 p.m.



4. Be Attentive of Unfamiliar Surroundings

Fall risks are generally associated with colder months when ice and snow can make surfaces extra slippery. However, an often overlooked senior summer health tip is to stay attentive of surroundings in the summer especially when traveling.



5. Properly Store Medications

Besides keeping body temperature cool during the summer, it is also important to keep medications at cooler temperatures during the summer. According to care.com, some medications can become less effective when stored over 86°F.



6. Cool Down When Feeling Hot

If feeling hot, it is important to cool down before body temperature continues to rise. Besides drinking adequate fluids, come inside from the heat and take a lukewarm bath or shower if possible. If a senior has confusion, weakness, cramping, heavy sweating or sudden shift in amount of sweating, contact 911 immediately. These could be signs of dangerous heat injuries that may need further medical attention.



7. Practice Food Safety

Food illnesses tend to be higher in the summer because of warm weather that encourages bacteria growth.

Keep food safe in the summer by:

- Grilling meats to proper temperatures
- Washing fruits and vegetables
- Keeping foods and utensils separate between dishes and minimizing the time food is left out.
- Keeping cold food cold at 40°F or less when traveling.



8. Load Up on Fruits & Vegetables

Summer is the perfect season to add fruits and vegetables to a diet. Keep fresh produce in plain sight on the counter or in the front of the refrigerator. If possible, wash produce and keep in bags that are ready to go for an easy snack on the go.



9. Focus on a Healthy Breakfast

If warm temperatures later in the day cause lack of appetite, focus on eating a nutritious, filling breakfast. Keep breakfasts quick and simple by pairing fruit and veggies with whole grains, lean proteins, and heart-healthy fats.



Atlantic City Bus Trips

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, they are **NOT** your seat number. You still need to purchase your ticket at 9:30am at the end of the hall!
Tickets are NON-REFUNABLE/NON-TRANSFERRABLE



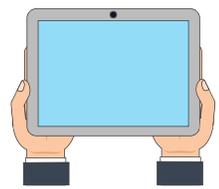
Resorts Casino
 Thursday - July 13th
 Thursday - August 17th
 Thursday - September 14th

Tickets sell out quickly, so make sure you are here the day of ticket sales! 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.

APPLY FOR A FREE GOVERNMENT TABLET OR PHONE WITH INTERNET

PRESENTED BY: AFFORDABLE CONNECTIVITY PROGRAM (ACP)

WHEN: TUESDAY - JULY 18, 2023
 WEDNESDAY - JULY 19, 2023
WHERE: COMPUTER ROOM
TIME: 9:00AM - 1:00PM



Activation Fee
 Tablet - \$20
 Phone - \$30
 Combo - \$40

Please provide one of the below requirements:

- Medicaid Card
- Food Stamp letter
- SS Income letter

ACP is helping low-income households obtain broadband service and/or connected internet devices.
 You may qualify for the ACP if you OR another member of your household is currently enrolled in any one of the following public assistance programs.

- Supplemental Nutrition Assistance Program (SNAP/Food Stamps/Food Assistance)
- Medicaid (not Medicare)
- WIC
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension or Survivors Pension Benefit
- A Federal Pell Grant under Section 401 of the Higher Education Act of 1965 in the current award year
- Free or Reduced School lunch
- Income is 200% or less than the Federal Poverty Guidelines

Technology Assistance

Presented by: Rider Student Volunteer

When: Thursday - July 27, 2023
Where: Computer Room
Time: 9am - 5pm (by appointment only)

http://



Rider Student: Angelo will be at the Senior Center on this day to provide technology assistance to members. Space is limited, appointments are every 30 minutes. Please see the main office to make your appointment.

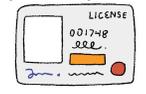
NJ MVC Mobile Unit

Presented by: New Jersey Motor Vehicle Commission

Wednesday - August 2nd
10:00am - 2:00pm
 See Main Office to schedule your appointment

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.



Mercer County Senior ID Program

Presented by: Mercer County Sheriff's Office

When: Monday - August 21, 2023

Where: Game Room

Time: 10:00am-1:00pm



"Ident-Adult" is an emergency identification card provided by the Sheriff's Office, specifically for senior citizens. The card contains your name, address, telephone number, whom to contact in a medical emergency, doctor's name and phone number, illnesses, and allergies. Should a senior become incapacitated by sudden illness and cannot speak or remember, the Ident-Adult card can speak for the cardholder, providing vital contact and medical information.

To obtain a Mercer County Senior ID you must be a Mercer County Resident and be 62 years of age or older. Forms to apply are available in the main office.

Forms must be completed and returned to the main office by Monday - August 14th.

Once forms are filled out, The Mercer County Sheriff's office will create your ID, take your picture and distribute them on Monday - August 21st between 10am and 1pm.

The Hamilton Senior Center Annual Picnic

Mark your calendars! The Hamilton Senior Center invites you to join us for our Annual Picnic! Enjoy live music by: Dennis, Rick & Kenny. Catering by: NJ Wedding and Events.

Date: Wednesday - September 20, 2023

Raindate: 9/21/23

Time: 10:00am - 2:00pm (No entry after 12:15pm)

Price: \$12.00 - Cash Only, **Members Only**

*Tickets are Non-Refundable/Non-Transferable
Alcoholic Beverages Prohibited*



Tickets on sale beginning: Monday - July 17, 2023 at 9:30am at the end of the hallway.

Please have your Senior Center ID with you when purchasing tickets.



Grounds For Sculpture Wellness Walks 2023

Join Wellness Walks on the first Thursday of each month at Grounds For Sculpture before the gardens open to the public and start your day off feeling refreshed and connected. Walk the gardens, and participate in a wellness workshop, while enjoying time with others. **Please sign up at main office at The Hamilton Senior Center or calling 609.890.3686**



Monthly event*

Thursdays, 9:30AM - 11:30AM

** No program in August**

Rain date will be the following Thursday

July 6th
September 7th
October 5th
November 2nd
December 7th



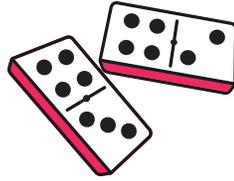
80 Sculptors Way, Hamilton, NJ 08619 | groundsforsculpture.org

The Township of Hamilton Senior Center

Programs & Activities Available at The Senior Center



Backgammon
Thursdays at 3pm



Dominoes
Fridays at 1pm



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

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

Bocce
Monday-Friday, all day

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



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.

Tai Chi
Wednesdays at 12pm



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

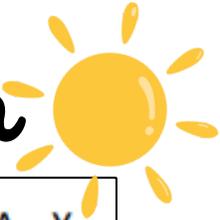
Assistance program for NJ Residents who have fallen behind on utility bills due to a temporary financial crisis. Applications for Hamilton Senior Residents ONLY. **CALL: 609-890-3686.**

Notary

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



Summer Word Search



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BATHING SUIT
 BBQ
 BEACH
 BEES
 CAMPFIRE

FIREWORKS
 FISHING
 FLIP FLOPS
 FRESH AIR
 FUN

HATS
 HOT DOG
 HOT DOG
 ICE CREAM
 LEMONADE

SAND
 SHARKS
 SHELLS
 SUMMER
 SUN

SUNBURN
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 UMBRELLA
 WATERMELON





july

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

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15
22
29

2	3	4 Center Closed Independence Day	5	6	7 NAMI, Story Share 12:15pm, APR
9	10	11 Bone Density Screening, 9am, APR	12	13 Atlantic City Bus Trip, Resorts	14 NAMI, Story Share 12:15pm, APR
16	17 NEC 9:30am-11:30am, CR	18 Safety Net ACP Program 9am, CR	19 Safety Net ACP Program 9am, CR	20 Just Dance 4-6:30pm	21
23 30	24	25 Floral Arranging 10am, APR	26	27 Technology Assistance 9am, CR, Appt Only Covid-19 Clinic 4pm-6pm	28 NJ MVC Mobile Unit *please make an appointment at the main office*

"At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done - then it is done and all the world wonders why it was not done centuries ago." - Frances Hodgson Burnett, *The Secret Garden*



AUGUST

Sunday		Monday		Tuesday	Wednesday	Thursday	Friday	Saturday
				1 TMA Transport & Tech Program 10am, APR	2 NJ MVC Mobile Unit *please make an appointment at the main office*	3	4	5
6	7	8	9	10	11	12	13	14
15	16	17 Atlantic City Bus Trip, Resorts	18	19	20	21 MC Senior ID's 10am, GR NEC 9:30am-11:30am, CR	22	23
24 Just Dance 4-6:30pm	25	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

Friday Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 <i>Brain Games 10am, APR</i>	6	7	8	9
10	11	12	13	14	15	16
17	18 <i>NEC 9:30am-11:30am, CR</i>	19	20 <i>Senior Picnic 10am-2pm Back Grounds</i>	21 <i>Senior Picnic Raindate</i>	22	23
24	25	26 <i>Medicare 101 10am, APR</i>	27	28	29 <i>Mercer County Nutrition Picnic</i>	30

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