

SENIOR CENTER NEWSLETTER

Hamilton Township, New Jersey

Fall 2023 Edition

Dear Neighbor,

The summer season is now over and we are approaching the colder months. It's time to "fall back" into some of the colder weather traditions!

Our Annual Oktoberfest is right around the corner. Join us at the South Entrance of Veterans Park on October 15th from 11AM-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, and plenty of food trucks and seasonal treats. If you see me, please stop and say hello! The Annual Senior Center Fall Dinner Dance will be held on Thursday, October 19 from 3PM-6PM. Enjoy the evening with delicious food and be sure to wear your dancing shoes.

The holiday season is quickly approaching. Make sure to join us on Friday, December 1st and Saturday, December 2nd at Kuser Farm Mansion for Winter Wonderland with special guest, Santa. View all the dazzling, sparking lights throughout the park and be sure to catch the Annual Tree Lighting on Friday evening. Trying to escape the colder weather? Check out one of the Senior Center's many upcoming activities or classes such as Ballroom Dancing, Bingo, or Line Dancing.

Please also stay healthy this fall/winter season. 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.

I hope you and your family have a safe, Happy Holiday season filled with great memories and joyous moments.

Sincerely,

Jeff Martin
Mayor



Important Dates

October

October 4th - Left, Right, Center, 12:15pm, APR

October 5th - NJMVC Mobile Unit, 9am-2pm

by appointment only

October 5th - Flu Clinic, 3:30pm-6:30pm

October 9th - Center Closed - Columbus Day

October 12th - Atlantic City Bus Trip - Resorts

October 15th - Oktoberfest, 11am-5pm, Veterans Park
(Raindate: 10/22/23)

October 17th - RWJ Mindfulness & Relaxation, 10am, APR

October 19th - Fall Dinner Dance, 3pm-6pm, Members Only

October 20th - RWJ Ways to Eat Well, 12:15pm, APR

October 24th - AARP Driving Course, 9am-3pm, APR

October 25th - Left, Right, Center, 12:15pm, APR

October 26th - Flu Clinic, 3:30pm-6:30pm

November

November 1st - RWJ Vitamins Program, 10am, APR

November 7th - Center Closed, Election Day

November 9th - Flu Clinic, 3:30pm-6:30pm

November 10th - Center Closed, Veteran's Day Observed

November 14th - Brookdale Floral Arranging, 10am, APR

November 16th - Atlantic City Bus Trip, Resorts

November 17th - Medicare Discussion, 12:15pm, APR

November 20th - Nurse Evaluation Clinic, 9:30am-11:30am, CR

November 21st - Samba Fitness Program, 10am, APR

November 22nd - Gratitude Practice, 10am, APR

November 23rd - Center Closed - Thanksgiving

November 24th - Center Closed - Day After Thanksgiving

December

December 5th - Trivia Program, 10am, APR

December 7th - Lawrence Community Band, 7pm, MDR

December 11th - Hunterdon Hills Trip, Christmas Show

December 14th - Just Dance "Holiday Social" 2pm-5pm, MDR

December 15th - Winter Craft, 12:15pm, APR

December 25th - Center Closed, Christmas Day

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

Monday - October 9, 2023
Columbus Day
Tuesday - November 7, 2023
Election Day
Friday - November 10, 2023
Veteran's Day Observed
Thursday - November 23, 2023
Thanksgiving Day
Friday - November 24, 2023
Day after Thanksgiving
Monday - December 25, 2023
Christmas 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

Left, Right, Center

Presented by: Brightstar Care & CareOne Assisted Living

When: Wednesday - October 4, 2023 & Wednesday - October 25, 2023

Where: All Purpose Room

Time: Time: 12:15pm

Join Teresa from Brightstar Care and a representative from CareOne Assisted Living as they host, left, right, center game day. What is Left, Right, Center?

Left, Right, Center Right is a dice game played between three to five players using chips and dice. If you are interested in attending this event, please see the sign-up sheet in the main hallway.



NJ MVC Mobile Unit

Presented by: New Jersey Motor Vehicle Commission

Thursday - October 5, 2023

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.



Mindfulness and Relaxation

Presented by: RWJ Barnabas at Hamilton



When: Tuesday - October 17, 2023

Where: All Purpose Room

Time: 10:00am

Join Patti McDougall from RWJ as she discusses what the stress response is, how it affects our body, and provide a short relaxing meditation. If you are interested in attending this program, please see the sign-up sheet located in the main hallway.



Ways to Eat Well

Presented by: RWJ Barnabas at Hamilton



When: Friday - October 20, 2023

Where: All Purpose Room

Time: 12:15pm

In this informative program we'll look at the most up-to-date recommendations for good nutrition and discuss small changes that can make a BIG impact on our lives. Learn more on how to make good food choices for yourself, while still including the dishes you cherish most. If you are interested in attending this program, please see the sign-up sheet located in the main hallway.



Fall Dinner Dance



When: Thursday - October 19, 2023

Where: The Hamilton Senior Center
409 Cypress Lane, 08619

Time: 3:00pm - 6:00pm (No Entry after 4pm)

Price: \$15.00 - Cash Only

Members Only

Enjoy an afternoon with great friends, great food and live music provided by the favorite: Dennis, Rick and Kenny!



AARP DRIVER SAFETY PROGRAM

WHEN: TUESDAY - OCTOBER 24, 2023

WHERE: ALL PURPOSE ROOM

TIME: 9AM-3PM



THE AARP SMART DRIVER COURSE IS THE NATION'S FIRST REFRESHER COURSE SPECIFICALLY DESIGNED FOR DRIVERS AGE 50 AND OLDER. IN MANY STATES, DRIVERS MAY BENEFIT FROM A DISCOUNT ON THEIR AUTO INSURANCE PREMIUM UPON COMPLETING THE COURSE. IF YOU ARE INTERESTED IN PARTICIPATING IN THIS AARP DRIVER SAFETY PROGRAM, PLEASE SEE THE FRONT DESK TO SIGN UP.



\$20.00 FOR AARP MEMBERS
\$25.00 FOR NON-MEMBERS
CASH OR CHECK ACCEPTED
CHECKS PAYABLE TO: AARP

Atlantic City Bus Trip

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-REFUNDABLE/NON-TRANSFERRABLE



Resorts Casino
Thursday - October 12th
Thursday - November 16th

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.

Floral Arranging

Presented by: Brookdale of Hamilton

When: Tuesday - November 14, 2023
Where: All Purpose Room
Time: 10:00am

Join this fun program by Brookdale and create your own flower arrangement. Flowers and vase will be provided for your arrangement. **There is limited space for this program.** If you are interested in attending this program, please see the main office to sign up.



Let's Talk Vitamins & Supplements

Presented by: RWJ Barnabas at Hamilton



When: Wednesday - November 1, 2023
Where: All Purpose Room
Time: 10:00am

Join Dr. Sara Ali, Board Certified in Geriatrics and Internal Medicine from RWJ, in her engaging program that will cover separating facts from fiction on vitamins and supplement claims. If you are interested in attending this program, please make sure to look for the sign-up sheet in our main hallway.

Medicare Discussion

Presented by: Choice Care Senior Benefits

When: Friday - November 17, 2023
Where: All Purpose Room
Time: 12:15pm



Gina Rega from Choice Care Senior Benefits will be at the Senior Center this day to discuss Medicare changes in 2024, explain how Medicare works, and answer any questions you might have. Ice cream will be provided to those that participate, if you are interested in attending please see the sign up sheet in the main hallway.

Samba Fitness Program

Presented by: Avalon Rehabilitation and Healthcare Center



When: Tuesday - November 21, 2023
Where: All Purpose Room
Time: 10:00am

Join Avalon Rehabilitation and Healthcare Center with their Life Enrichment Team as they lead a Samba Fitness program. There is limited space for this program, so make sure to look for the flyer on the main hallway tables and sign-up up at the main office.



Gratitude Practice

Presented by: Akin Care Senior Services

When: Wednesday - November 22, 2023
Where: All Purpose Room
Time: 10:00am



Join Sheli Monacchio of Akin Care Senior Services as she shares the emotional and health benefits of creating a Gratitude Practice. Learn how to identify the feeling of gratitude and incorporate this in your daily to-do list. If you are interested in attending this program, please see the sign-up sheet in the main hallway.

Trivia!

Presented by: CarePatrol of Philadelphia

When: Tuesday – December 5, 2023
Where: All Purpose Room
Time: 10:00am



Join this fun program by CarePatrol of Philadelphia and participate in trivia to win prizes! They will also be handing out lunch to go! There is limited space for this program. If you are interested in attending this program, please see the main office to sign up.



Winter Craft

Presented by: CarePatrol of Philadelphia

When: Wednesday – December 15, 2023
Where: All Purpose Room
Time: 12:15pm



Join this fun program by CarePatrol of Philadelphia and create your own Winter craft! All supplies will be provided for your craft. There is limited space for this program. If you are interested in attending this program, please see the main office to sign up.



Hunterdon Hills Playhouse Holiday Day Trip to Hampton, NJ

Trip Date: Monday - December 11, 2023
Package Price: \$132.00 per person

Package includes: Road trip transportation by Motor Coach, entry to the production of "Christmas at the Playhouse", and a PLATED Luncheon at Hunterdon Hills Playhouse.

Depart from Senior Center: 10:00am
Return to Senior Center: approximately 5:30pm or so

For Information & Reservations
Contact Antonia at the
Hamilton Senior Center
609-890-3686



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 call 609-890-3686**



October 5th
November 2nd
December 7th

Monthly event*
Thursdays, 9:30AM – 11:30AM
Rain date will be the following Thursday

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

Lawrence Community Concert Band

When: Thursday - December 7, 2023
Where: Main Dining Room
Time: 7:00pm (Doors open at 6:30pm)

Join Lawrence Community Concert Band as they perform here at the Senior Center with an assortment of Holiday music. This program is open to members and guests! Make sure to look for the flyer on the main hallway tables.



Just Dance ~ Holiday Social

When: Thursday - December 14, 2023
Where: Main Dining Room
Time: 2:00pm-5:00pm
Price: Members - \$1.00
Adult Guests: \$1.00



Enjoy music and dancing with new and old friends at the Hamilton Senior Center's Holiday Social! Don't forget to bring your own snacks or meal! Coffee/tea/hot chocolate & water will be provided. Adult guests are welcome! Make sure to look for the flyer on the main hallway tables!

FLU

Provided at no out-of-pocket charge to Hamilton residents, flu clinics will begin in the Fall. The Division of Health recommends that all residents aged 6-months and older get an annual flu shot. The Division of Health's 50-plus clinics are targeted at our high-risk population, including senior citizens, the chronically ill, and individuals with special needs. We recommend that you consult with your physician if you have any questions as to whether you should receive this immunization.

Flu Vaccine Clinics at the Senior Center: 409 Cypress Lane, Hamilton NJ, 08619
October 5th, October 26th and November 9th
3:30pm-6:30pm



Programs & Activities

<u>Activity/Program</u>	<u>Day of the Week</u>	<u>Time</u>	<u>Location</u>
Backgammon	Thursdays	3:00pm	Game Room
Ballroom Dancing	Fridays	10:00am	All Purpose Room
Billiards	Monday - Friday	All Day	Billiards Room
Bingo	Mondays & Thursdays	1:00pm	Main Dining Room
Bocce	Monday - Friday	All Day	Indoor Bocce Court
Canasta	Mondays & Thursdays	12:30pm	Game Room
Cards	Monday - Friday	All Day	Game Room
Chair Exercise	Tuesdays Wednesdays	9:00am & 10:00am 10:00am	All Purpse Room
Chair Yoga	Thursdays	10:00am	All Purpose Room
Chess Club	Wednesdays	2:00pm	Computer Room
Choral Group	Tuesdays	1:00pm	Main Dining Room
Cornhole	Wednesdays	1:15pm	Main Dining Room
Dominoes	Fridays	1:00pm	Game Room
Line Dancing	Mondays Wednesdays	10:00am & 12:15pm 9:00am	All Purpose Room
Maj Jongg	Wednesdays	1:00pm	Game Room
Nutrition Program 609-586-7272	Monday - Friday	8:30am - 12:30pm	Main Dining Room
Ping Pong	Monday - Friday	All Day	Indoor Bocce Court
Pinochle	Tuesdays	8:30am	Game Room
Rummikub	Tues/Wed/Thur	1:00pm	Game Room
Scrabble	Mondays	1:00pm	Game Room
Spiritual Wellness	Wednesdays	10:00am	Computer Room
Step It Up with Curtis	Mondays & Fridays	9:00am	All Purpose Room
Swimming Pool	Monday - Friday \$3.00 per day	9:00am-11:30am	Indoor Swimming Pool
Tai Chi	Wednesdays	12:00pm	All Purpose Room

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.

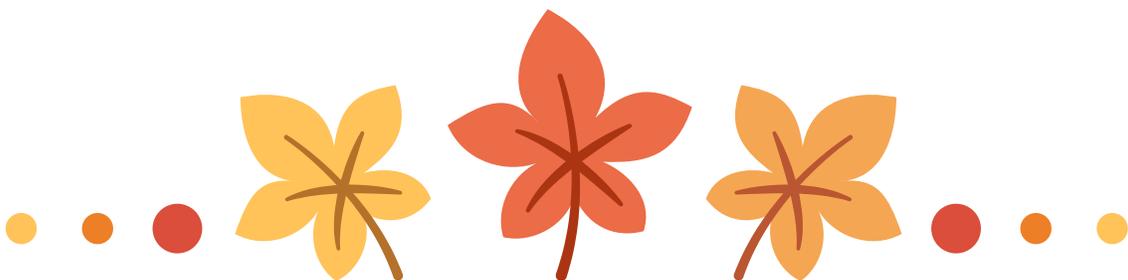
CALL: 609-581-4033 to register.

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 or**
Mercer County Connections: **609-890-9800**



Fall Word Search

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

Autumn
Brisk
Chills
Cobweb

Corn
Fall
Flowers
Foliage
Football

Gourd
Halloween
Hat
Haystacks

Jacket
Leaves
Orange
Pinecone
Plaid

Pumpkins
Scarecrow
Thanksgiving
Trees

October



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	2	3	4	5	6	7
1			Left, Right, Center 12:15pm, APR	NJMVC Mobile Unit 9am-2pm Appointment Only Flu Clinic 3:30pm-6:30pm		
8	9 Center Closed Columbus Day	10	11	12 Atlantic City Bus Trip, Resorts	13	14
15 Hamilton Township Oktoberfest 11am-5pm Veteran's Park Raindate: 10/22/23	16	17 RWJ-Mindfulness & Relaxation Program 10am, APR	18	19 Fall Dinner Dance 3pm-6pm	20 RWJ- Ways to Eat Well Program 10am, APR	21
22	23	24 AARP Driving Course 9am-3pm, APR	25 Left, Right, Center 12:15pm, APR	26 Flu Clinic 3:30pm-6:30pm	27	28
29	30	31  Happy Halloween!				

"A fallen leaf is nothing more than a summer's wave goodbye."

November

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1 RWJ - Vitamins Program, 10am, APR	2	3	4
5	6	7 Center Closed Election Day	8	9 Flu Clinic 3:30pm-6:30pm	10 Center Closed Veteran's Day Observed	11
12	13	14 Brookdale - Floral Arranging, 10am, APR	15	16 Atlantic City Bus Trip, Resorts	17 Medicare Discussion 12:15pm, APR	18
19	20 NEC 9:30am-11:30am, CR	21 Samba Fitness Program 10am, APR	22 Gratitude Practice 10am, APR	23 Center Closed Thanksgiving	24 Center Closed Day after Thanksgiving	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.

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Trivia Program 10am, APR	6	7 Lawrence Community Band 7pm, MDR	8	9
10	11 Hunterdon Hills Trip Christmas Show	12	13	14 Just Dance "Holiday Social" 2pm-5pm	15 Winter Craft 12:15pm, APR	16
17	18	19	20	21	22	23
24	25 Center Closed Christmas Day	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.