

# SENIOR CENTER NEWSLETTER

Hamilton Township, New Jersey

Winter 2024 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 your loved ones well.

The best is yet to come in 2024 at our Senior Center. One easy way to take care of yourself is by visiting our Division of Health which 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 about the services they offer. Do you need assistance getting to a doctor's appointment? Our Senior Center offers transportation services with advanced notice. Please call (609) 890-3686 for more information. Stay physically fit by visiting our fitness facility or attending one of our fitness classes including Step It Up and water fitness at our indoor swimming pool.

The 2024 "Your Hamilton Township Government at Work" Township calendars are available in the Senior Center and Municipal Building should you need a copy, while supplies last. Our calendars are a valuable resource for events, meeting dates, and once again features a "How Do I Get Rid of It?" guide for your recycling and disposal needs.

I look forward to seeing you around town and at our Senior Center this year!

Sincerely,

Jeff Martin  
Mayor



## Important Dates

### January

- January 1st - Center Closed, Happy New Year!
- January 5th - Validation for Dementia Program, 12:15pm, APR
- January 8th - CaptionCall Program, 10am, MDR
- January 10th - Left, Right, Center Program, 12:15pm, APR
- January 15th - Center Closed - Martin Luther King Jr. Day
- January 18th - Shingles Clinic, 9am-12pm, APR
- January 22nd - Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR
- January 23rd - Fall Prevention & Safety Tips Program, 10am, APR
- January 30th - RWJ Stress Program, 10am, APR

### February

- February 2nd - Wear Red Day
- February 2nd - Medicare Discussion, 12:15pm, APR
- February 6th - Reiki Program, 9am-12pm, APR
- February 7th - Diamond Art Program, 12:15pm, APR
- February 12th - Superbowl Contest Winner Announced, 11am
- February 16th - Center Closed, Presidents Day
- February 19th - Center Closed, Presidents Day Observed
- February 20th - Senior Safety & Fall Prevention Program, 10am, APR
- February 21st - Left, Right, Center Program, 12:15pm, APR
- February 26th - Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR
- February 29th - Rock Painting, 4:30-6:30pm, MDR

### March

- March 10th - Daylight Saving Time Begins
- March 18th - Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR
- March 19th - Samba Fitness Program, 1pm, MDR
- March 26th - Osteoporosis Screening, 10am-12pm, APR
- March 29th - Center Closed, Good Friday

### Room Abbreviations:

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](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 through 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 1, 2024  
*New Year's Day*  
Monday - January 15, 2024  
*Martin Luther King Jr. Day*  
Friday - February 16, 2024  
*Presidents Day*  
Monday - February 19, 2024  
*Presidents Day*  
Friday - March 29, 2024  
*Good Friday*

## 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)

# Validation for Dementia

*Presented by: Town Square at Princeton*



When: Friday - January 5, 2024  
Where: All Purpose Room  
Time: 12:15pm

Join this informative program presented by Shannon Warn from Town Square at Princeton as she discusses validation for dementia. What is validation theory, behaviors associated with dementia, how to validate/support those with dementia and the benefits of using validation will be discussed. If you are interested in attending this program, please see the sign-up sheet located in the main hallway.

# CaptionCall Presentation

*Presented by: Sorenson*



When: Monday - January 8, 2024  
Where: Main Dining Room  
Time: 10:15am

A representative will be here on this day to talk about CaptionCall. CaptionCall displays instant, accurate captions on an easy-to-read screen for all your conversations. From chats with the family to doctor's appointments, CaptionCall makes you feel confident when speaking on the phone. CaptionCall is a federally funded program, therefore, all of their products and services are provided at absolutely NO COST!

**Q: What do you call ten rabbits hopping backwards through the snow together?**

A: A receding hare line.

**Q: What does Frosty the Snowman like to put on his icebergers?**

A: Chilly sauce.

**Q: How was the snow globe feeling after the scary story?**

A: A little shaken.

**Q: What do Snowmen call their offspring?**

A: Chill-dren.

**Q: How does a penguin build a house?**

A: Igloos it together.

**Q: Why is Frosty never late?**

A: Time waits for snow man.

Knock, knock.  
Who's there?  
Snow.  
Snow who?  
Snowbody.

"HA  
HA,  
HA,"

# Left, Right, Center

*Presented by: CareOne & Brightstar*



When: Wednesday - January 10, 2024  
AND  
Wednesday - February 21, 2024  
Where: All Purpose Room  
Time: 12:15pm

Join Teresa from Brightstar Care and a representative from CareOne Assisted Living as they host, left, right, center game day! There is limited space for this program, if you are interested in attending this event, please see the sign-up sheet at the front desk.

# Fall Prevention and Safety Tips

*Presented by: Hamilton Physical Therapy*



When: Tuesday - January 23, 2024  
Where: All Purpose Room  
Time: 10:00am

Join this informative presentation by Hamilton Physical Therapy as they discuss fall prevention and safety tips. If you are interested in attending this program, please see the sign-up sheet located in the main hallway.



# Stress Management

Presented by: RWJBarnabas Hamilton



When: Tuesday - January 30, 2024

Where: All Purpose Room

Time: 10:00am

Got stress? Ines Leceft, LSW from RWJ Barnabas Hamilton will be here to discuss simple ways to reduce and relieve stress. When you experience stress, your body produces physical and mental responses.

If you are interested in attending this program, please see the sign-up sheet in the main hallway.

# Wear Red Day



Friday

February 2, 2024

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.



# Reiki Program

Presented by: The Holistic Helper

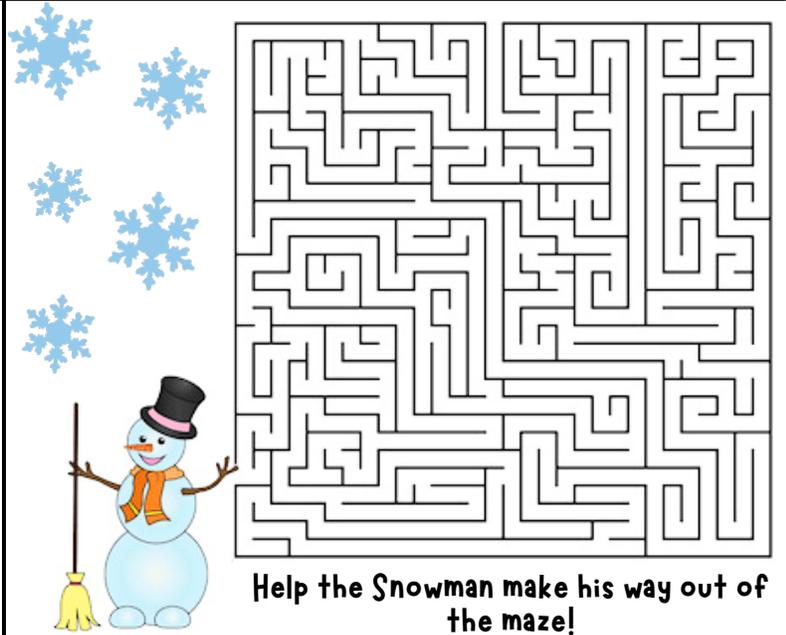


When: Tuesday - February 6, 2024

Where: All Purpose Room

Time: 9am - 2pm \*by appointment only\*

Reiki consists of a gentle and therapeutic hands on technique which focuses on balancing energy within the bodies chakras to aid in promoting healing. There are numerous advantages associated with Reiki therapy. Reiki promotes an overall sense of well being, reduces stress levels, alleviates pain, accelerates healing, enhances the immune system, improves post-operative recovery, and aids in physical, spiritual and emotional healing.



Help the Snowman make his way out of the maze!

# Diamond Art Program

Presented by: Avalon



When: Wednesday - February 7, 2024

Where: All Purpose Room

Time: 12:15pm

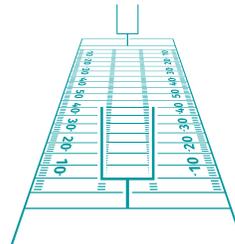


Diamond Art is a relaxing, fun way to beat boredom and reduce stress. What is Diamond Art? Diamond Art is a hobby where you stick diamond jewels onto a pattern to look like a mosaic. All supplies and light refreshments will be provided. If you are interested in attending this program, please see the front desk to sign-up.

# SUPER BOWL CONTEST

Enter the "Guess the Super Bowl Score Contest" for a chance to win a small prize donated by one of our Community Partners.

**The winner will be announced/contacted on Monday - February 12, 2024**



### Rules:

- One entry per person
- Closest score without going over will be the winner
- If there is a tie, the winners will be placed in a "helmet"

Make sure to look out for the form and return it back to the main office by **Friday - February 9, 2024**

# Heads Up Seniors! A Pedestrian Safety & Fall Prevention Workshop

Presented by: Brain Injury Alliance



When: Wednesday - February 20, 2024  
 Where: All Purpose Room  
 Time: 10:00am

Join this interactive workshop for drivers and pedestrians instructed by Brain Injury Alliance of New Jersey. They will provide strategies to best prevent falls, educate pedestrians to walk and drive safely, provide a safety checklist to anticipate and prevents potential hazards. If you are interested in attending this program, please see the sign-up sheet in the main hallway.

# Rock Painting

Presented by: The Girl Scout Troop 70321

When: Thursday - February 29, 2024  
 Where: Main Dining Room  
 Time: 4:30pm - 6:30pm



Join this fun program with the Girl Scout Troop 70321 and paint some rocks! All supplies will be provided. If you are interested in attending this program, please see the front desk to sign-up.

## 10 Winter Safety Tips for Seniors

1. Limit how much you use space heaters.
2. Safe shoes: wear shoes with non-skid soles that offer traction for winter conditions. Avoid going outside until snow and ice have been cleared from walkways.
3. Keep your kitchen stocked: non-perishable food that does not require any cooking or refrigeration, in case you lose power.
4. Keep an emergency kit. It's a good idea to keep a winter emergency kit on hand in case a power outage causes you to lose heat or lights. Some things to keep in your kit include:
  - Flashlight with extra batteries, Hand warmers, Pre-paid cell phone, Manual can opener, Battery-powered (or hand-cranked) weather radio, First-aid supplies, Whistle, Cash, Matches or lighter
5. Be aware of the warmth in your home: keep the thermostat set to at least 68 degrees at all times.
6. Eat a healthy winter time diet: avoid a Vitamin D deficiency by eating/drinking milk, orange juice, cheese, egg yolks, grains and seafood.
7. Monitor your home's carbon monoxide levels: understand the symptoms of carbon monoxide exposure, which include shortness of breath, nausea or dizziness, headaches and a feeling of confusion.
8. Avoid the winter time blues: take advantage of caregiver services and adult day care for it has been shown to combat depression.
9. Prep your car: Give your car a winter tune-up by having the brakes, tires and battery checked. Also check your windshield wipers to make sure they work smoothly and cleanly.
10. Set up regular check-ins with your loved ones: Many seniors live alone and far away from other family members. But that doesn't mean you can't stay connected to loved ones! Set up a daily check-in time with a friend or family member, or even consider some senior-friendly video calling technology.

# Samba Fitness Program

Presented by: Avalon



When: Tuesday - March 19, 2024  
 Where: Main Dining Room  
 Time: 1:00pm

Join Avalon Rehabilitation and Healthcare Center with their Life Enrichment Team as they lead a Samba Fitness program. Samba fuses dance, upbeat rhythms and drumming! They will conclude with their signature smoothie "sambuchha" created by one of their very own dieticians. There is limited space for this program, if you are interested in attending please see the front desk to sign-up.

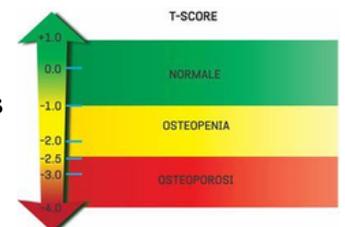
# Osteoporosis Screening

Presented by: RWJBarnabas Hamilton



When: Tuesday - March 26, 2024  
 Where: All Purpose Room  
 Time: 10am-12pm \*by appointment only\*

Osteoporosis is a condition that makes bones weak and prone to fractures. It affects millions of people, especially older women. RWJBarnabas will be here on this day to



provide a osteoporosis screening, there is limited space so if you are interested in participating, please see the front desk to sign-up.

# Senior Center Programs & Activities

<u>Activity/Program</u>	<u>Day of the Week</u>	<u>Time</u>	<u>Location</u>
<b>Backgammon</b>	Thursdays	3:00pm	Game Room
<b>Ballroom Dancing</b>	Fridays	10:00am	All Purpose Room
<b>Billiards</b>	Monday - Friday	All Day	Billiards Room
<b>Bingo</b>	Mondays & Thursdays	1:00pm	Main Dining Room
<b>Bocce</b>	Monday - Friday	All Day	Indoor Bocce Court
<b>Canasta</b>	Mondays & Thursdays	12:30pm	Game Room
<b>Cards</b>	Monday - Friday	All Day	Game Room
<b>Chair Exercise</b>	Tuesdays Wednesdays	9:00am & 10:00am 10:00am	All Purpose Room
<b>Chair Yoga</b>	Thursdays	10:00am	All Purpose Room
<b>Chess Club</b>	Wednesdays	2:00pm	Computer Room
<b>Choral Group</b>	Tuesdays	1:00pm	Main Dining Room
<b>Cornhole</b>	Wednesdays	1:15pm	Main Dining Room
<b>Dominoes</b>	Fridays	1:00pm	Game Room
<b>Line Dancing</b>	Mondays Wednesdays	10:00am & 12:15pm 9:00am	All Purpose Room
<b>High Intensity Interval Training (HIIT) Workout</b>	Thursdays	8:45am	All Purpose Room
<b>Maj Jongg</b>	Wednesdays	1:00pm	Game Room
<b>Nutrition Program</b> 609-586-7272	Monday - Friday	8:30am - 12:30pm	Main Dining Room
<b>Ping Pong</b>	Monday - Friday	All Day	Indoor Bocce Court
<b>Pinochle</b>	Tuesdays	8:30am	Game Room
<b>Rummikub</b>	Tues/Wed/Thur	1:00pm	Game Room
<b>Scrabble</b>	Mondays	1:00pm	Game Room
<b>Spiritual Wellness</b>	Wednesdays	10:00am	Computer Room
<b>Step It Up with Curtis</b>	Mondays & Fridays	9:00am	All Purpose Room
<b>Swimming Pool</b>	Monday - Friday \$3.00 per day	9:00am-11:30am	Indoor Swimming Pool
<b>Tai Chi</b>	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](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

2280 Hamilton Ave Suite 1  
Hamilton, NJ 08619  
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, 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. To check for eligibility and make an appointment  
**CALL : 609-695-6249**  
**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.  
For an appointment  
**CALL: 609-890-3686**

## 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 : 609-530-8947**

## 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:  
**CALL : 609-890-9800**

## Operation 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.  
To register **CALL : 609-581-4033**

## The Mercer County Nutrition Program is looking for Volunteers!

Volunteers are invaluable to the Nutrition program, county wide. It is an excellent way to serve older adults right in your own community. Trained volunteers can either help to serve meals or wipe down the tables/serving areas at the congregate meal sites.

### How to become a volunteer:

Kindly reach out to Edward Meara via email [emeara@mercounty.org](mailto:emeara@mercounty.org) or call 609-989-6650. Someone from the Nutrition Program main office will contact you with step-by-step instructions on completing your volunteer application and getting started.

# Winter Word Search



- |           |           |           |          |          |
|-----------|-----------|-----------|----------|----------|
| Blizzard  | Frozen    | Igloo     | Scarf    | Snowman  |
| Coat      | Hibernate | January   | Sled     | Toboggan |
| Cozy      | Hot Cocoa | Mittens   | Snow     | Winter   |
| Fireplace | Icicle    | New Years | Snowball |          |



# January

Sunday

Monday

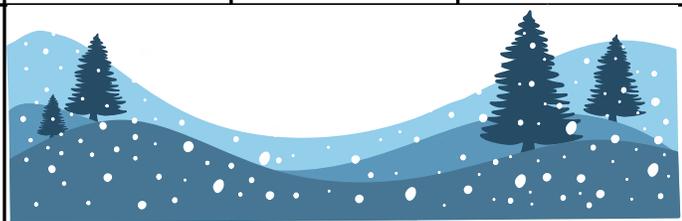
Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>1 Center Closed New Year's Day</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5 Town Square Validation for Dementia Program 12:15pm, APR</p>	<p>6</p>
<p>7</p>	<p>8 CaptionCall Program 10am, MDR</p>	<p>9</p>	<p>10 CareOne &amp; Brightstar Left, Right, Center 12:15pm, APR</p>	<p>11</p>	<p>12</p>	<p>13</p>
<p>14</p>	<p>15 Center Closed Martin Luther King Jr. Day</p>	<p>16</p>	<p>17</p>	<p>18 Shingles Clinic 9am-12pm, APR *by appointment only*</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR</p>	<p>23 Hamilton Physical Therapy Fall Prevention &amp; Safety Tips Program 10am, APR</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30 RWJ Stress Management Program 10am, APR</p>	<p>31</p>			

"If you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl, but whatever you do, you have to keep moving forward." - Martin Luther King Jr.

# February



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

				1	2 Wear Red Day Medicare Discussion 12:15pm, APR	3
4	5	6 Reiki Program 9am-2pm, APR *by appointment only*	7 Diamond Art Program 12:15pm, APR	8 AARP Tax Assistance 9am-2pm, APR *by appointment only*	9	10
11	12 Superbowl Contest Winner Announced 11am, MDR	13	14 Happy Valentines Day 	15 Valentines Day Just Dance 3pm-6pm	16 Center Closed Presidents Day	17
18	19 Center Closed Presidents Day	20 Heads Up! Seniors Safety & Fall Prevention Program 10am, APR	21 CareOne & Brightstar Left, Right, Center 12:15pm, APR	22	23	24
25	26 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	27	28	29 Rock Painting 4:30-6:30pm, MDR		

**Note:** The use and/or display of harassing behavior & profaned language is not permitted on the Senior Center premises. Such behavior is a violation of our code of conduct. Thank you for your cooperation.



# March

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					1	2
3	4	5	6	7	8	9
10	11	12	13	14 St. Patrick's Day Just Dance 3pm-6pm	15	16
17 Happy St. Patricks Day 	18 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	19 Samba Fitness Program 1pm, MDR	20	21	22	23
24	25	26 Osteoporosis Screening 10am-12pm, APR *by appointment only*	27	28	29 Center Closed Good Friday	30
31						

Please look our for flyers posted on our bulletin board located in the main hallway or our website, [www.hamiltonnj.com/seniors](http://www.hamiltonnj.com/seniors) for updates and information.

