

Senior Center Newsletter

Hamilton Township, New Jersey

Spring 2024 Edition

Important Dates

April

- April 3rd - Left, Center, Right - 12:15pm, APR
- April 3rd - Atlantic City Bus Trip Ticket Sale
- April 5th - Colorectal Health Lecture - 12:15pm, APR
- April 10th - Floral Arranging - 12:15pm, APR
- April 15th - NEC - 9:30am-11:30am, CR
- April 17th - Senior Living Options - 12:15pm, APR
- April 16th - Simple Stretches - 10am, APR
- April 23rd - Mercer County Senior ID Program - 10am-12pm, CR
- April 24th - Suncatchers Program - 12:15pm, APR
- April 25th - Atlantic City Bus Trip to Resorts
- April 29th - FREE Hearing Screening - 10am-3pm, CR

May

- May 2nd - Shingles Clinic - 9am-11am, APR
- May 7th - Left, Center, Right - 10am, APR
- May 9th - Spring Dinner Dance - 3pm-6pm, MDR
- May 20th - NEC - 9:30am-11:30am, CR
- May 21st - Vertigo Program - 9am, APR
- May 23rd - Windcreek Casino Bus Trip
- May 27th - Center Closed, Memorial Day
- May 29th - Senior & Veteran Health & Fitness Day
9:30am - 1pm, Backgrounds (Raindate: 5/30/24)

June

- June 3rd - DMV Mobile Unit - 9am-3pm *appt only*
- June 13th - Just Dance "Garden Tea" - 4pm-6:30pm
- June 17th - NEC - 9:30am-11:30am, CR
- June 20th - Atlantic City Bus Trip, Resorts
- June 25th - Welcome Summer Program - 1pm-3pm, MDR

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

Dear Neighbor,

Spring is in the air. I hope you have been well during the winter months. With the weather warming up, I hope you will take advantage of some of the upcoming activities the Township has to offer, indoors and outdoors.

The Spring Dinner Dance at the Senior Center will take place on Thursday, May 9th, from 3PM-6PM in the Main Dining Room. The dinner dance will feature food and live band music. Make sure to reserve your tickets in advance. There will also be a Senior & Veteran Health & Fitness Day on Wednesday, May 29th, from 9:30 AM-1:00 PM on the outside grounds of the Senior Center.

The Township's Azalea Festival is coming up on Saturday, May 11th, from 10 AM-4 PM, which will take place at our beautiful Sayen Gardens. The festival will feature many different vendors as well as an opportunity to take in the view of all the flowers blooming surrounding the grounds.

Don't forget, assistance is now available for your 2023 Property Tax Reimbursement (Senior Freeze/



Blue Book) applications. Those who need to complete this application may visit our Tax Office located in the Municipal Building (open Monday through Friday, 8:30AM-4:30 PM).

Hope to see you soon,
Jeff Martin



Hamilton Township Senior Center

409 Cypress Lane, Hamilton NJ, 08619

Phone Number: 609-890-3686 | Fax Number: 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

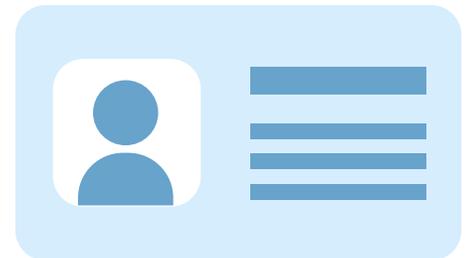
Anthony Carabelli - Council President, Richard Tighe - Council Vice President
Pasquale (Pat) Papero, Nancy Phillips, Charles Whalen



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.

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.



Senior Center Closed
Monday - May 27th
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 main 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



Information & Assistance Programs

Transportation Services

The Hamilton Senior Center provides free transportation to Hamilton Senior residents for medical appointments and food shopping within our borders. Please see our website: www.Hamiltonnj.com/seniors for the Title VI transportation program. 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**

Ride Provide

Greater Mercer RideProvide offers our growing population of seniors and the visually impaired – who would otherwise be struggling with the limitations of not being able to drive – an alternative mode of transportation. **CALL : 609-452-5140**

Access Link

NJ TRANSIT's Access Link paratransit service is an important lifeline for customers with disabilities who travel to work, medical appointments, recreational and entertainment destinations, shopping, and more. Access Link provides public transportation for people with disabilities who are unable to use our existing local bus service.

CALL : (973) 491-4224 and select option #1

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 at 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. This is a great program for individuals that live alone. To register **CALL : 609-581-4033**

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**

The Mercer County Nutrition Program

The Mercer County Nutrition Program for Older Adults offers appetizing meals that are served in settings that bring people together for activities and social interaction, an important aspect of everyone's lives. The program is open to: anyone 60 years of age or older and their spouses (regardless of age) any county resident with a disability whose primary caregiver is a program participant, anyone volunteering in the program, and the personal care aides of program participants (when they accompany a participant to the site where meals are provided).

The Mercer County Nutrition program serves their in-person congregate hot lunches at 11:30am, Monday through Friday. **Participants must register for the Mercer County Nutrition Program by calling 609-989-6650.**

The Mercer County TRADE provides transportation to the Hamilton Township Nutrition Site (Hamilton Senior Center) Monday through Friday. TRADE is able to assist wheelchair-bound seniors in their transportation needs. For more information, please call 530-1971 or see the TRADE website.

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

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!

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 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.

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.

Veteran's Information

Mercer County Veterans Services

2280 Hamilton Ave Suite 1
Hamilton, NJ 08619
609-989-6120

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

Veterans Integrated Service Network

Hamilton Outpatient Clinic
3635 Quakerbridge Rd, Suite 30
Hamilton NJ, 08619
1-800-661-8177

Senior Center 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 Purpose 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
High Intensity Interval Training (HIIT) Workout	Thursdays	8:45am	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	Mon/Tues/Thur/Fri \$3.00 per day	9:00am-11:00am	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.

Left, Center, Right

Presented by: Platinum Home Care and CareOne Assisted Living



When: Wednesday - April 3, 2024

Where: All Purpose Room

Time: 12:15pm

Join Jill from Platinum Home Care and a representative from CareOne Assisted Living as they host: left, center, right! Left, Center, Right is a dice game played between three to five players using chips and dice. If you are interested in this event, please see the front desk to sign-up.

Bus Trip to Atlantic City, Resorts Casino

1133 Boardwalk, Atlantic City, NJ 08401

Trip Date: Thursday - April 25, 2024

- Must PAY IN FULL at time of sign-up & please HAVE EXACT CHANGE!
- No beverages permitted on bus (bottled water is OKAY).
- Tickets are NON-TRANSFERABLE/NON-REFUNDABLE.
- A form of ID is required to be with you at all times while on the trip.
- Bus Driver gratuity is included.

2 tickets per person! No exceptions. Must have both Senior Center ID's when purchasing.

Make sure to look for the flyer located on the tables in the main hallway for ticket sale information.



Colorectal Health Lecture

Presented by: RWJ @ Hamilton

When: Friday - April 5, 2024

Where: All Purpose Room

Time: 12:15pm

Join RWJ @ Hamilton for this informative lecture about colorectal health and what lifestyle choices can prevent colon cancer. Each participant will receive a Take Home Kit with instructions to test for colon cancer. Please bring your questions with you. Space is limited so please sign-up at the front desk if you are interested in attending this program.



Floral Arranging

Presented by: Brookdale of Hamilton and Platinum Home Care

When: Wednesday - April 10, 2024

Where: All Purpose Room

Time: 12:15pm



Join this fun program hosted by Brookdale of Hamilton & Platinum Home Care 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.

Simple Stretches

Presented by: RWJ @ Hamilton

When: Tuesday - April 16, 2024

Where: All Purpose Room

Time: 10:00am

Make sure to attend the "Simple Stretches" program with an instructor sponsored by RWJ @ Hamilton. This program will have you moving while standing or in a chair. Movements will be modified based on individual needs. Space is limited so please sign up at the front desk if you are interested in attending this program.



"Senior Living Options"

Presented by: Akin Care Senior Services

When: Wednesday - April 17, 2024

Where: All Purpose Room

Time: 12:15pm



Join Sheli from Akin Care Senior Services to discuss and learn options of support as you age. Different home life scenarios will be discussed and what is appropriate based on care needs and finances. Create a goal such as aging in place or going to a Senior living facility. Space is limited, please see the front desk to sign up to attend this program.

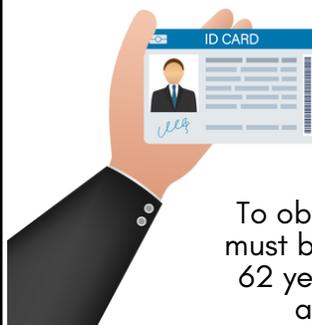
Mercer County Senior ID Program

Presented by: Mercer County Sheriff's Office

When: Tuesday - April 23, 2024

Where: Card Room

Time: 10:00am - 12:00pm



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 - April 15th.

Once forms are filled out, The Mercer County Sheriff's office will create your ID, take your picture and distribute them on **Tuesday - April 23rd between 10am and 12pm.**

Suncatchers Program

Presented by: Rose Hill Assisted Living



When: Wednesday - April 24, 2024

Where: All Purpose Room

Time: 12:15pm



Rose Hill Assisted Living will be here to sponsor a craft program! Sign up for painting a Sun Catcher just in time for the Spring! All supplies needed will be provided. Space is limited, so please see the Front Desk to sign up.



FREE Hearing Screening

Presented by: Evans Hearing

When: Monday - April 29, 2024

Where: Computer Room

Time: 10:00am - 3:00pm

by appointment only

Our Community Partner, Evan's Hearing, will be at the Senior Center to conduct FREE hearing screenings. If you feel you are



experiencing hearing problems please sign up at the Front Desk for an appointment.

Left, Center, Right

Presented by: Platinum Home Care and CareOne Assisted Living

When: Tuesday - May 7, 2024

Where: All Purpose Room

Time: 10:00am

Join Jill from Platinum Home Care and a representative from CareOne Assisted Living as they host, left, center, right! There is limited space for this program so if you are interested in this event, please see the front desk to sign-up.



Spring Dinner Dance "Senior Prom"



When: Thursday - May 9, 2024

Where: Main Dining Room

Time: 3pm - 6pm

Price: \$15.00 - Member Only

Don't miss out on the Spring Dance this year as we host a "Senior Prom" where you get to nominate a King & Queen of the night! Making it a night to remember with Entertainment by the well known Dennis, Rick & Kenny Band. Enjoy a sit down dinner by Louie's by Chef Jason. Please make your entrée selection at the time of ticket purchase. This event is for members only. If buying for another member, please have their senior ID and entrée selections. Feel free to see the office staff or call 609-890-3686 for any questions.

Vertigo Program

Presented by: Capital Health



When: Wednesday - May 21, 2024

Where: All Purpose Room

Time: 12:15pm

Join Bernadette Stasny from Capital Health Physical

Therapy to discuss an informative presentation on Vertigo. If you have experienced Vertigo and/or wish to have a better understanding of it and treatment please sign up for this program at the front desk. Space is limited.

Bus Trip to Bethlehem, Windcreek Casino

77 Sands Blvd, Bethlehem, PA 18015

Trip Date: Thursday - May 23, 2024

- Must PAY IN FULL at time of sign-up & please HAVE EXACT CHANGE!
- No beverages permitted on bus (bottled water is OKAY).
- Tickets are NON-TRANSFERABLE/NON-REFUNDABLE.
- A form of ID is required to be with you at all times while on the trip.
- Bus Driver gratuity is included.

2 tickets per person! No exceptions. Must have both Senior Center ID's when purchasing.

Make sure to look for the flyer located on the tables in the main hallway for ticket sale information.





Senior & Veteran Health & Fitness Day 2024



When: Wednesday - May 29, 2024
(Raindate: 5/30/24)

Where: Senior Center - Back Grounds

Time: 9:30am - 1:00pm

Price: FREE



We invite you to come to the Hamilton Senior Center and participate in our Health and Fitness Fair outside on the beautiful grounds of the Senior Center. There will be local hospital representatives, nurses, health care vendors & veteran services here to provide free screenings, health education, giveaways and information on the most up-to-date services available to seniors and veterans. A light snack will be provided to those that participate! Mark it on your calendar!

DMV Mobile Unit

Presented by: New Jersey Motor Vehicle Commission



When: Monday - June 3, 2024
Where: Computer Room
Time: 9:00am - 3:00pm
by appointment only



The NJ Motor Vehicle Mobile Unit will be at the Hamilton Senior Center to provide services to upgrade to the REAL ID drivers license. **Please see the Main Office to schedule your appointment.**

Just Dance "Garden Tea Party"



When: Thursday - June 13, 2024
Where: Main Dining Room
Time: 4:00pm - 6:30pm
Price: \$2.00 Member
\$3.00 Adult Guest

Enjoy an evening of dancing and fun with friends at our Garden Tea Party! We will provide an array of flavored teas, coffee and refreshments. Remember to bring your own dinner and/or snacks. See front desk for tickets, Adult guests are invited to this event, but must be accompanied by a member.



Bus Trip to Atlantic City, Resorts Casino

1133 Boardwalk, Atlantic City, NJ 08401

Trip Date: Thursday - June 20, 2024

- Must PAY IN FULL at time of sign-up & please HAVE EXACT CHANGE!
- No beverages permitted on bus (bottled water is OKAY).
- **Tickets are NON-TRANSFERABLE/NON-REFUNDABLE.**
- A form of ID is required to be with you at all times while on the trip.
- Bus Driver gratuity is included.

2 tickets per person! No exceptions. Must have both Senior Center ID's when purchasing.

Make sure to look for the flyer located on the tables in the main hallway for ticket sale information.

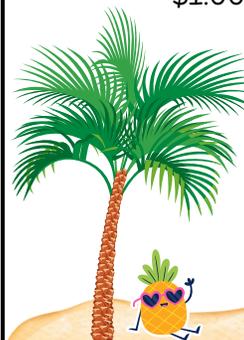


Welcome Summer!

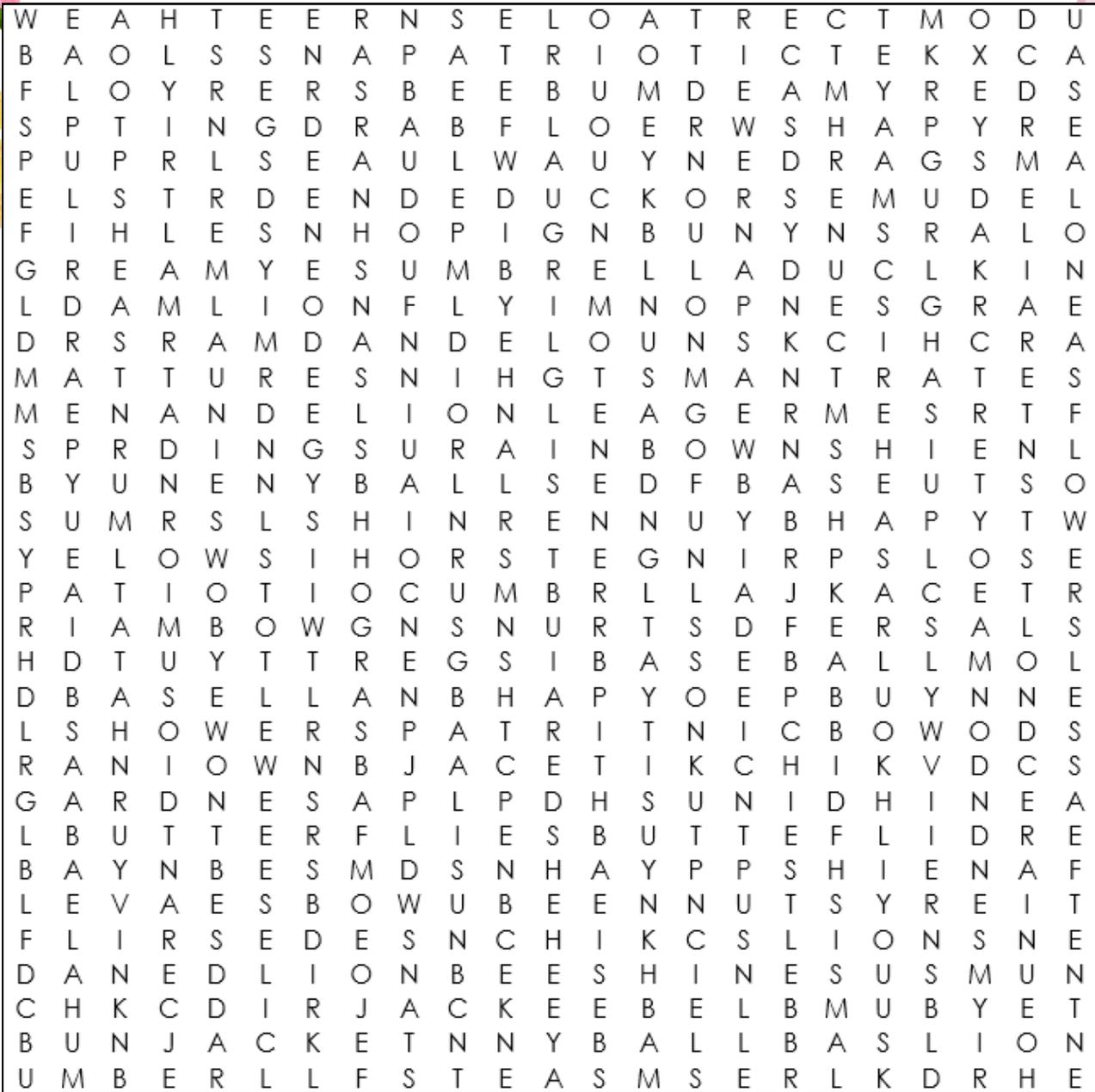
Sponsored by: Platinum Home Care along with other Community Partners

When: Tuesday - June 25, 2024
Where: Main Dining Room
Time: 1pm-3pm
Price: \$1.00 Members
\$1.00 Adult Guest Donation

Get your ticket to socialize with friends this afternoon to "Welcome Summer" sponsored by our gracious Community Partners. They will provide the entertainment and refreshments for the event. Adult guests are invited but must be accompanied by a member. See front desk for your ticket.



Spring Word Search



Baseball
Bumblebee
Bunny
Butterflies

Chicks
Dandelion
Flowers
Garden

Jacket
Patriotic
Rain
Rainbow

Showers
Spring
Sunshine
Umbrella

April



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	1	2	3 Atlantic City Bus Trip Ticket Sale Left, Center, Right 12:15pm, APR	4	5 Caption Call Program 10:15am, MDR Colorectal Health Lecture, 12:15pm, APR	6
7	8	9 AARP Driver Safety Course, 9am-3pm, APR	10 Floral Arranging 12:15pm, APR	11	12	13
14	15 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	16 Simple Stretches 10am, APR	17 Senior Living Options 12:15pm, APR	18 Chair Yoga resumes 10am, APR	19	20
21	22	23 Mercer County Senior ID Program 10am-12pm, CR	24 Suncatchers Program 12:15pm, APR	25 Atlantic City Bus Trip Resorts	26	27
28	29 Free Hearing Screening 10am-3pm, CR *appt only*	30	31	<p><i>April Showers bring May Flowers</i></p> 		

"Spring is the time of the year, when it is summer in the sun and winter in the shade" - Charles Dickens

May

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1	2 Shingles Clinic 9am-11am, APR	3	4	
5	6	7 Left, Center, Right 10am, APR	8	9 Spring Dinner Dance 3pm - 6pm, MDR	11	
12	13	14	15	16	17	
18	19	20 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	21 Vertigo Program 9am, APR	22	23 Windcreek Casino Bus Trip	24
25	26	27 CENTER CLOSED Memorial Day	28	29 Senior & Veteran Health & Fitness Day 9:30am-1pm, Backgrounds Raindate: 5/30/24	30	31 

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.



June

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						1
2	3 DMV Mobile Unit 9am-3pm *appt only*	4	5	6	7 Nutritionist 12:15pm, APR	8
9	10	11	12	13 Just Dance 4pm-6:30pm, MDR	14	15
16	17 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	18	19	20 Atlantic City Bus Trip Resorts	21	22
23	24	25 Welcome Summer Program, 1-3pm, MDR	26	27	28	29
30						

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