

Senior Center Newsletter

Hamilton Township, New Jersey

Summer 2024 Edition

Important Dates

July

July 2nd - Head & Shoulders Program - 12:15pm, APR

July 4th - CENTER CLOSED - Independence Day

July 9th - Left, Right, Center - 12:15pm, APR

July 10th - River Queen Luncheon Cruise

July 15th - NEC - 9:30am-11:30am, CR

July 16th - Flower Pot Painting - 10am, APR

July 23rd - Age Well Program - 9am, APR

July 30th - Medicare 101 - 10am, APR

August

August 1st - Surfflight Lunch & Show

August 5th - DMV Mobile Unit - 9am-3pm*appt. only*

August 6th - Flower Arranging - 12:15pm, APR

August 9th - Health Department Wellness Walk

August 19th - NEC - 9:30am-11:30am, CR

August 20th - Left, Right, Center - 12:15pm, APR

August 22nd - Windcreek Bus Trip

September

September 2nd - CENTER CLOSED, Labor Day

September 10th - Medicare 101 - 10am, APR

September 16th - NEC - 9:30am-11:30am, CR

September 18th - Senior Center Annual Picnic

(Raindate: 9/19/24)

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,

Summer weather has finally set in. I hope you are enjoying spending time with family outside, possibly taking a nice vacation, soaking up the sun and maybe even barbecuing.

Take in the beautiful fireworks display and live music at the Township's Independence Day Fireworks and Concert that will take place on the Southside of Veterans Park on Monday, July 1st beginning at 6:30pm. On Tuesday, August 6th 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 others have to offer.

Keep cool this summer by joining one of the Splash Fitness classes in the indoor swimming pool Monday, Tuesday, Thursday or Friday. Registration can be completed at the front desk. Mark the end to the summer season with the Annual Picnic, which is tentatively scheduled for September 18th. Further details will be announced as the date gets closer.

Have a safe, happy summer and hope to see you soon,

Jeff Martin
Mayor





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.



CLOSED

Senior Center Closed

Thursday - July 4th

Independence Day

Monday - September 2nd

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 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 for Hamilton Township Senior residents to medical appointments and food shopping within our borders. To learn more about the Title VI Grant, please see our website: www.Hamiltonnj.com/seniors

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 609- 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

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

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 main office for a Volunteer Application or call 609-890-3686 for more information.

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.

Senior Craft Case

Visit our Senior Craft Case, located in the Main Hallway. 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!

Visit the Hamilton Township Senior Center website and be informed of the Senior Center hours, transportation services, upcoming events, activities, and trips and much more!



www.HamiltonNJ.com/Seniors

Senior Center Programs & Activities

Activity/Program	Day of the Week	Time	Location
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.



Head & Shoulders Program

Presented by: Trinity Rehab



When: Tuesday - July 2, 2024
Where: All Purpose Room
Time: 12:15pm

Join Dr. Steve Demkowicz of Trinity Rehab this afternoon to have a discussion about injury and prevention to common head, neck & shoulder issues. If you are interested in attending this program, see sign-up sheet at the main office.

Left, Right, Center

Presented by: Platinum Home Care & Astera Cancer Center

When: Tuesday - July 9, 2024
Where: All Purpose Room
Time: 12:15pm



Join Platinum Home Care & Astera Cancer Center as they host Left, Right, Center - a dice game played between three to five players, where players take turns to roll the dice and pass chips based on the outcome of dice rolls. There is limited space for this program so if you are interested in this event, make sure to see the front desk to sign-up.

Flower Pot Painting

Presented by: Carnegie Post Acute Care



When: Tuesday - July 16, 2024
Where: All Purpose Room
Time: 10:00am

Grab a friend and sign up as Carnegie Post Acute Care @ Princeton will be here for a fun activity to paint flower pots! All supplies will be provided for this program so just bring your creativity! There is limited space, so please see the front desk to reserve space.

Empowering Ourselves to Age Well

Presented by: Akin Care Senior Services

When: Tuesday - July 23, 2024
Where: All Purpose Room
Time: 9:00am



The key to empowering ourselves to age well to remain independent is EDUCATION! Join Akin Care Senior Services as they discuss the things you need to learn and know to be able to live as independent as possible for as long as possible. If you're interested in this program, make sure to see the front desk to sign-up.

Bus Trip to Atlantic City, Resorts Casino

1133 Boardwalk, Atlantic City, NJ 08401

Trip Date: Thursday - July 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.



Medicare 101

Presented by: Choice Care Senior Benefits



When: Tuesday - July 30, 2024
Where: All Purpose Room
Time: 10:00am

Gina Rega from Choice Care Senior Benefits will be at the Senior Center this day to discuss Medicare changes in 2025. She will explain how Medicare works, and answer any questions you might have. If you are interested in attending please see the sign up sheet in the main hallway.

DMV Mobile Unit

Presented by: New Jersey Motor Vehicle Commission

When: Monday - August 5, 2024

Where: Main Parking Lot

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.**

Flower Arranging

Presented by: Brookdale & Platinum Home Care

When: Tuesday - August 6, 2024

Where: All Purpose Room

Time: 12:15pm

Join this fun program hosted by Brookdale & Platinum Home Care to create your own flower arrangement. Flowers and vase will be provided for your arrangement. There is limited space for this program so make sure to see the main office to sign-up.



Mayor's Wellness Walk

Friday - August 9, 2024

9:00am

(Raindate: 8/23/24)

Join Mayor Martin on his quest to bring wellness programs to our Senior Community. Its been proven that walking lowers blood pressure, helps maintain a healthy weight and reduces stress. Mark your calendars and enjoy our walking trails! Light refreshments will be provided!

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.



Hamilton Township
Mayor's Wellness Campaign
Keeping Hamilton in Motion

Left, Right, Center

Presented by: Platinum Home Care & Astera Cancer Center

When: Tuesday - August 20 2024

Where: All Purpose Room

Time: 12:15pm



Join Platinum Home Care & Astera Cancer Center as they host Left, Right, Center - a dice game played between three to five players, where players take turns to roll the dice and pass chips based on the outcome of dice rolls. There is limited space for this program so if you are interested in this event, make sure to see the front desk to sign-up.

Bus Trip to Bethlehem, Windcreek Casino

77 Sands Blvd, Bethlehem PA, 18015

Trip Date: Thursday - August 22, 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.



Beat the Heat: Summer Safety Tips for Seniors

Stay Cool
Stay Hydrated
Dress Appropriately
Sunscreen, Sunscreen, Sunscreen
Avoid Direct Sun Exposure During Peak Hours
Use Bug Spray
Review Your Medication



Medicare 101

Presented by: Choice Care Senior Benefits



When: Tuesday - September 10, 2024

Where: All Purpose Room

Time: 10:00am

Gina Rega from Choice Care Senior Benefits will be at the Senior Center this day to discuss Medicare changes in 2025. She will explain how Medicare works, and answer any questions you might have. If you are interested in attending please see the sign up sheet in the main hallway.

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.

When: Wednesday - September 18, 2024
(Raindate: 9/19/24)

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

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

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



**Tickets on sale beginning:
Wednesday - July 24, 2024 at 9:30am at the
end of the hallway.** Please have your Senior Center ID with you when purchasing tickets.

Assistive Devices Program

Presented by: Monroe Medical Supply

When: Tuesday - September 24, 2024

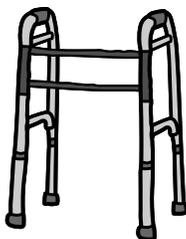
Where: All Purpose Room

Time: 9am-3pm

by appointment only



Don't miss the opportunity to get your walker, cane or assistive device checked out by Monroe Medical Supply. They will be at the Senior Center to offer information on items that can help you stay mobile. This program is by appointment only, make sure to see the front desk to schedule yours!



Bus Trip to Atlantic City, Resorts Casino

1133 Boardwalk, Atlantic City, NJ 08401

Trip Date: Thursday - September 26, 2024

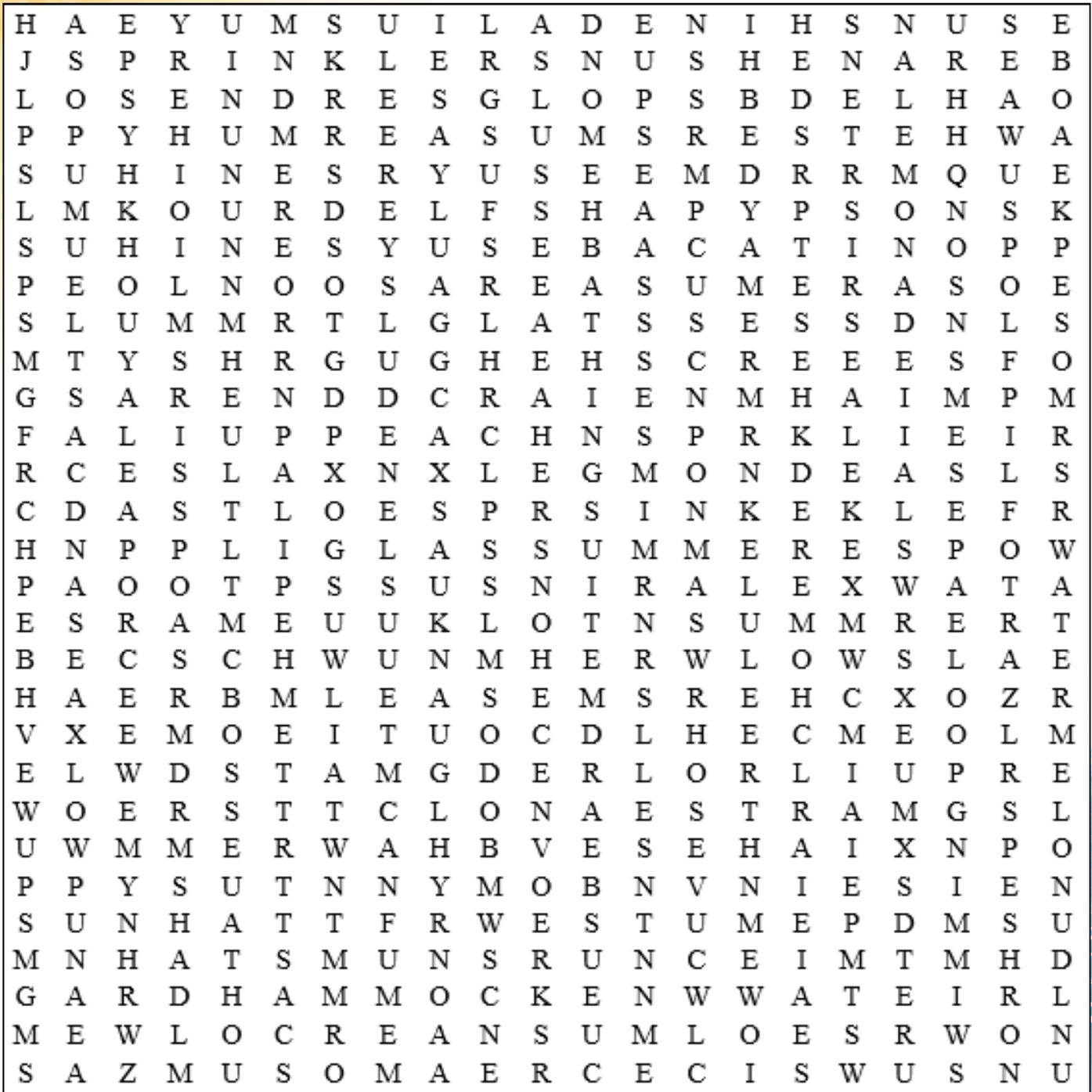
- Must PAY IN FULL at time of sign-up & please HAVE EXACT CHANGE!
- No beverages permitted on bus (bottled water is OKAY).
- **Tickets are NON-TRANSFERABLE/NON-REFUNDABLE.**
- A form of ID is required to be with you at all times while on the trip.
- Bus Driver gratuity is included.



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.

Summer Word Search



Bathing Suit
 Beach
 Flip Flops
 Garden
 Hammock
 Ice Cream

Lemonade
 Relax
 Sandcastle
 Sprinkler
 Summer
 Sunglasses

Sunhat
 Sunscreen
 Sunshine
 Swimming Pool
 Vacation
 Watermelon





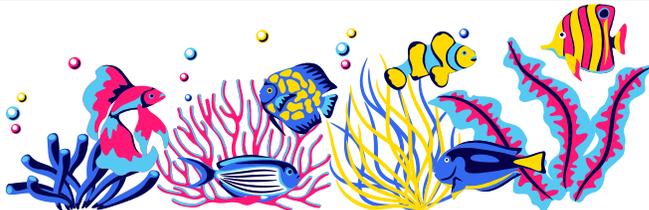
July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 CENTER CLOSED Independence Day	5	6
7	8	9 Left, Center, Right 12:15pm, APR	10 River Queen Lunch & Cruise	11	12	13
14	15 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	16 Flower Pot Painting 10am, APR	17	18	19	20
21	22	23 Empowering Ourselves to Age Well 9am, APR	24	25 Atlantic City Bus Trip to Resorts	26	27
28	29	30 Medicare 101 10am, APR	31			

"Many people limit themselves to what they think they can do. You can go as far as your mind lets you.

What you believe, you can achieve." — Mary K. Ash

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Surf Light Theatre Bus Trip	2	3
4	5 DMV Mobile Unit 9am-3pm *appt only*	6 Floral Arranging 12:15pm, APR	7	8	9	10
11	12	13	14	15	16	17
18	19 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	20 Left, Center, Right 10:00am, APR	21	22 Windcreek Casino Bus Trip	23	24
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. Such behavior is a violation of our code of conduct.
Thank you for your cooperation.



SEPTEMBER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2 CENTER CLOSED Labor Day	3	4	5	6	7
8	9	10 Medicare IOI 10am, APR	11	12	13	14
15	16	17	18 Annual Picnic 10am-2pm Raindate: 9/19/24	19	20	21
22	23 Nurse Evaluation Clinic (NEC) 9:30-11:30am, CR	24 Assistive Devices Program 9am-3pm, APR	25	26 Atlantic City Bus Trip Resorts	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.