

# The Township of Hamilton Senior Center Newsletter

**Hamilton Township, New Jersey**

**Fall 2024 Edition**

Dear Neighbor,

As the cold morning temperatures set in, it's a sign that summer is ending and fall is slowly approaching. Get ready to enjoy the upcoming holiday months to the fullest, while staying healthy and safe.

Our annual Oktoberfest will be here before you know it. Mark your calendars and join us at the Kuser Road Entrance of Veterans Park on October 20th from 11AM-5:30PM. This Township event is a day filled with fun for the entire family, featuring various vendors from our community, children's activities, live music, a beer garden, and plenty of food trucks and seasonal treats.

I can't wait to see your costumes and say hello at the Senior Center Halloween Just Dance event on October 31st. Don't forget about the Senior Center Fall Dinner Dance being held on Thursday, November 21st, from 3-6 PM.

Later in the holiday season, we will have more activities for you to enjoy, including our annual Winter Wonderland event on Friday, December 6th, and Saturday, December 7th, at Kuser Farm Mansion with a very magical guest, Santa Claus.

If you prefer to avoid colder temperatures and be inside, join the Senior Center as they hold their Holiday Social Just Dance on Thursday - December 19th from 2-5PM.

To ensure you are safe this season and won't miss out on our holiday events, the Division of Health is again offering Flu 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.

As the holiday season approaches, I want to extend my warmest wishes to you all. May this season be filled with health, joy, and cherished moments with family and friends. I look forward to seeing you at our upcoming events.

Take care and see you soon!

Jeff Martin



## Important Dates

### October

- October 1st - Welcome Fall Program, 1-3pm, MDR
- October 2nd - AC Bus Trip Ticket Sale - 9:30am, SR
- October 3rd - Flu Clinic, 3:30-6:30pm, APR
- October 7th - DMV Mobile Unit \*Appt Required\*
- October 8th - AARP Driver Safety Course  
\*Sign-up required, 9am-3pm, APR
- October 9th - Fall Wreath Making, 12:15pm, APR
- October 10th - Low Back Pain Program, 10am, APR
- October 10th - Catch Some Zzz's, 12:15pm, APR
- October 11th - Medicare 101, 12:15pm, APR
- October 14th - Center Closed, Columbus Day**
- October 15th - Sleep Program, 12:15pm, APR
- October 16th - Left, Right, Center, 12:15pm, APR
- October 17th - Atlantic City Bus Trip: Resorts
- October 17th - Covid-19 Clinic, 9am-12pm, APR
- October 17th - Flu Clinic, 3:30-6:30pm, APR
- October 21st - NEC, 9:30-11:30am, CR
- October 24th - Shore Club Bus Trip
- October 25th - Maximizing Brain Health, 12:15pm, APR
- October 29th - Breast Cancer Prevention, 9am, APR
- October 31st - Halloween Just Dance, 2-5pm, MDR

### November

- November 5th - Center Closed, Election Day**
- November 7th - Left, Right, Center, 12:15pm, APR
- November 11th - Center Closed, Veterans Day**
- November 12th - Canvas Painting, 10am, APR
- November 12th - Left, Right, Center, 1pm, APR
- November 13th - Loneliness and Social Isolation, 10am, APR
- November 14th - Atlantic City Bus Trip: Resorts
- November 14th - Flu Clinic, 3:30-6:30pm, APR
- November 18th - NEC, 9:30-11:30am, CR
- November 20th - Living Legacy Program, 10am, APR
- November 21st - Fall Dinner Dance, 3-6pm, MDR
- November 28th - Center Closed, Thanksgiving Day**
- November 29th - Center Closed, Day after Thanksgiving**

### December

- December 3rd - PAAD Program, 10am, APR
- December 5th - Lawrence Community Concert, 7pm, MDR
- December 13th - Hunterdon Hills Bus Trip
- December 17th - Dementia Signs & Care, 10am, APR
- December 19th - Holiday Social Just Dance, 2-5pm, MDR
- December 25th - Center Closed, Christmas**

### Room Abbreviations:

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



# 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](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*



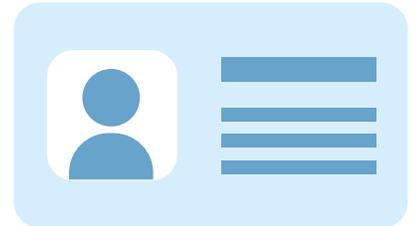
## Hamilton Township Council

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.



## \*\* 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](mailto:KFitzgerald@hamiltonnj.com)

## Senior Center Closed

**Monday - October 14th**

*Columbus Day*

**Tuesday - November 5th**

*Election Day*

**Monday - November 11th**

*Veterans Day*

**Thursday - November 28th**

*Thanksgiving Day*

**Friday - November 29th**

*Day after Thanksgiving*

**Wednesday - December 25th**

*Christmas Day*



# 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](http://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**

## 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**

## 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**

## 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. 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.

## 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**

## 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**

## 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**

## **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



## **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

## **Volunteer Opportunities**



### **The Hamilton Senior Center**

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.

### **The Mercer County Nutrition Program**

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@mercercounty.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.



## **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 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!



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.

# 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 (DVD)	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
High Intensity Interval Training (HIIT) Workout (DVD)	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 (DVD)	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 (DVD)	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.

# Welcome Fall

Sponsored by: Platinum Home Care along with other Community Partners



When: Tuesday - October 1, 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 Fall" 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.

## Fall Wreath Making

Presented by: Rose Hill Assisted Living



When: Wednesday - October 9, 2024

Where: All Purpose Room

Time: 12:15pm

Enjoy a fun Fall activity with Rose Hill Assisted Living. They will be at the Center this day and will supply materials needed to decorate wreaths. Space is limited so if you are interested in attending this program, please see the front desk to sign-up.



## Medicare 101

Presented by: Choice Care Senior Benefits



When: Friday - October 11, 2024

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 2025. She will explain how Medicare works, and answer any questions you might have. If you are interested in attending please see the front desk to sign-up.

## AARP Driver Safety Course

When: Tuesday - October 8, 2024

Where: All Purpose Room

Time: 9am - 3pm



Driver Safety



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 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

**Credit Cards Not Accepted**

## Low Back Pain & Neuropathy

Presented by: AllCure Spine & Sports Medicine



When: Thursday - October 10, 2024

Where: All Purpose Room

Time: 10:00am

Join Dr. Victor Alfieri from AllCure Spine and Sports Medicine as he discusses how to manage chronic pain, specifically low back pain and neuropathy pain and what non-surgical treatments are available. If you are interested in attending this informational program, please see the front desk to sign-up.

## Catch some ZZZ's

Presented by: RWJ Barnabas at Hamilton

When: Tuesday - October 15, 2024

Where: All Purpose Room

Time: 12:15pm



Join Patti McDougall from RWJ Community Education as she discusses the importance of sleep. Learn techniques on how to help fall asleep and stay asleep. If you are interested in this program, please see the front desk to sign-up



## Atlantic City Bus Trip - Resorts Casino

1133 Boardwalk, Atlantic City, NJ 08401

Trip Dates: Thursday - October 17, 2024  
and  
Thursday - November 14, 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 your tickets.



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

## Maximizing Brain Health

Presented by: Capital Health



When: Friday - October 25, 2024

Where: All Purpose Room

Time: 12:15pm

If you are concerned that you are not as sharp as you used to be there are steps you can take right now to reduce cognitive decline. Learn how you can maximize your brain health with Dr. Rajiv Vyas of Capital Health as he shares strategies to reduce chance of dementia and memory loss. If you are interested in attending this program, please see the front desk to sign-up.

## Breast Cancer Prevention

Presented by: Capital Health



When: Tuesday - October 29, 2024

Where: All Purpose Room

Time: 9:00am

Join Trish Tatrai, RN with Capital Health as she reviews current breast screening guidelines, screening modalities, prevention, early detection and current treatments. If you are interested in attending this informative program, please see the front desk to sign-up.

## Halloween Just Dance

When: Thursday - October 31, 2024

Where: Main Dining Room

Time: 2:00pm - 5:00pm

Price: \$2.00 - Members

\$3.00 - Adult Guest



Grab your friends & your best Halloween costume and dance the afternoon away at our Day of the Dead themed Just Dance. Light refreshments and a sweet treat will be provided by our community partners. If you are interested in attending this fun program, stop at the front desk to purchase your ticket.

## Left, Right, Center

Presented by: Platinum Home Care & Brookdale of Hamilton

When: Wednesday - October 16, 2024

Thursday - November 7, 2024

Tuesday - November 12, 2024

Where: All Purpose Room

Time: 12:15pm



Join Jill from Platinum Home Care and a representative from Brookdale of Hamilton as they host, left, right, center! There is limited space for this program. If you are interested in attending this event, please see the front desk to sign-up.

## Fall Canvas Painting

Presented by: Town Square



When: Tuesday - November 12, 2024

Where: All Purpose Room

Time: 10:00pm

Grab a friend and sign-up for a fun Fall activity sponsored by: Town Square. They will be here to lead a Fall themed canvas painting. All supplies will be provided, just be sure to bring you creativity with you! Sign up for this fun activity is at the front desk.



# Loneliness and Social Isolation

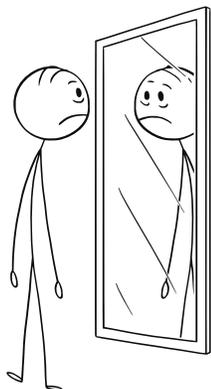
Presented by: RWJ Barnabas of Hamilton

When: Wednesday - November 13, 2024

Where: All Purpose Room

Time: 10:00am

Join RWJ Barnabas of Hamilton as they discuss the importance of maintaining social connections for our overall health. They will review how it impacts our brain function as well and physical wellness, and provide insight on how to build these connections into a healthy lifestyle. If you are interested in attending this informative program, please see the front desk to sign-up.



# Living Legacy

Presented by: Ascend Hospice

When: Tuesday - November 19, 2024

Where: All Purpose Room

Time: 10:00am

Join Ascend Hospice as they discuss what makes life full. Spend time reflecting on the most important moments in your life and get a sense of a complete picture of your experience here on Earth. If you are interested in attending this program, please see the front desk to sign-up.



# PAAD Presentation

Presented by: Catholic Charities

When: Tuesday - December 3, 2024

Where: All Purpose Room

Time: 10:00am



Join Diane Hirko Diocese of Trenton Catholic Charities - in a discussion to help you understand NJ PAAD. PAAD stands for Pharmaceutical Assistance to the Aged & Disabled. This is a state funded program that helps older adults and individuals with disabilities to save money on their prescription drug costs. Diane would be able to explain the requirements needed to get this assistance. If you are interested in this informative program, please sign up at the front desk.

# Fall Dinner Dance

When: Thursday - November 21, 2024

Where: Main Dining Room

Time: 3:00pm - 6:00pm



Mark your calendars for the Hamilton Senior Center Fall Dinner Dance. Enjoy an afternoon with great friends, great food and live music! Make sure to look for the flyer on the main hallway tables for more details! \*\*\*This event is for Hamilton Township Residents Only.

# Holiday Concert

Presented by: Lawrence Community Concert Band

When: Thursday - December 5, 2025

Where: Main Dining Room

Time: 7:00pm



Enjoy the sounds of the Lawrence Community Concert Band as they entertain you with the music of the Holiday Season. Coffee, Tea and Hot Chocolate will be provided. This program is open to members and guests! Please see the Front Desk to purchase your ticket.

# Holiday Social Just Dance

When: Thursday - December 19, 2024

Where: Main Dining Room

Time: 2:00pm - 5:00pm

Dance the afternoon away at the Hamilton Senior Center's Holiday Social Just Dance! Don't forget to bring your own snacks or meal! Coffee/tea/hot chocolate & water will be provided. Adult guests are welcome to this event but must be accompanied by a member! Please see front desk to purchase your tickets.



# Fall Word Search



- Acorns
- Autumn
- Boots
- Cornstalks
- Fall
- Football
- Halloween
- Harvest
- Hay
- Leaves
- Pumpkins
- Rake
- Scarecrow
- Spooky
- Sweater
- Thankful
- Thanksgiving
- Together
- Trick or Treat
- Turkey





# October

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

		1	2	3	4	5
		Welcome Fall Program 1-3pm, MDR	Atlantic City Ticket Sale 9:30, SR  <i>Happy Rosh Hashanah</i>	Flu Clinic 3:30-6:30pm, APR		
6	7	8	9	10	11	12
	DMV Mobile Unit *Appt Required* 9am-3pm	AARP Driver Safety Course 9am-3pm, APR	Fall Wreath Making 12:15pm, APR	Low Back Pain Program, 10am, APR	Medicare 101 12:15pm, APR	
13	14	15	16	17	18	19
	Center Closed Columbus Day	Sleep Program 12:15pm, APR	Left, Right, Center 12:15pm, APR	Atlantic City Bus Trip - Resorts Covid-19 Clinic 9am-12pm, APR Flu Clinic 3:30-6:30pm, APR		
20	21	22	23	24	25	26
	NEC 9:30-11:30, CR			Shore Club Bus Trip	Maximizing Brain Health, 12:15pm, APR	
27	28	29	30	31		
	Breast Cancer Prevention 9am, APR			Halloween Just Dance 2-5pm, MDR  <i>Happy Halloween</i>		

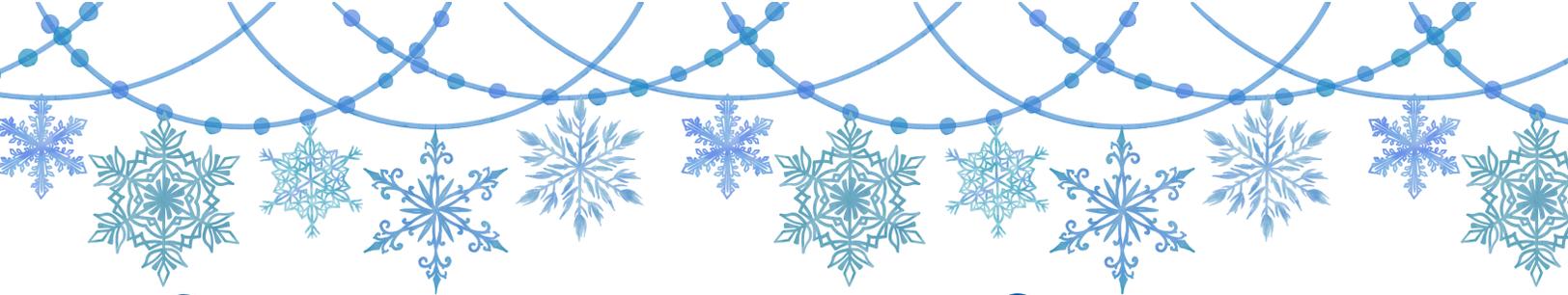
“Autumn is a second spring, where every leaf is a flower.”  
- Albert Camus

# NOVEMBER

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

					1	2
3 Daylight Saving Time Ends 	4	5 Center Closed Election Day 	6	7 Left, Right, Center 12:15pm, APR	8	9
10	11 Center Closed Veteran's Day 	12 Canvas Painting 10am, APR Left, Right, Center 1pm, APR	13 Loneliness and Social Isolation 10am, APR	14 Atlantic City Bus Trip - Resorts  Flu Clinic 3:30-6:30pm, APR	15	16
17	18 NEC 9:30-11:30, CR	19	20 Living Legacy 10am, APR	21 Fall Dinner Dance 3-6pm, MDR	22	23
24	25	26	27	28 Center Closed Thanksgiving 	29 Center Closed Day after Thanksgiving	30

**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.



# December

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

1	2	3 PAAD Program 10am, APR	4	5 Lawrence Community Concert Band 7pm, MDR	6	7
8	9	10	11	12	13 Hunterdon Hills Bus Trip	14
15	16	17 Dementia Signs & Care, 10am, APR	18	19 Holiday Social Just Dance 2-5pm, MDR	20	21
22	23	24	25 <b>Center Closed</b> Christmas Day <i>Merry Christmas &amp; Happy Hanukkah</i>	26 <i>Happy Kwanzaa</i>	27	28
29	30	31 <i>New Year's Eve</i>				

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