

The Township of Hamilton Senior Center Newsletter

Hamilton Township, New Jersey

Winter 2025 Edition

Dear Neighbor,

Happy New Year! I hope your holiday season was filled with joy and relaxation, and that 2025 has started on a happy and healthy note for you and your loved ones.

This year, we're excited to offer an abundance of activities and opportunities at the Senior Center to keep you engaged, active, and connected! From daily programs that foster friendships and fun to special events and educational sessions, there's something for everyone to enjoy.

Taking care of your health has never been easier with the resources available at the Senior Center. Be sure to visit the front desk to schedule your Nurse Evaluation Clinic (NEC) appointment, where you can receive free blood pressure, glucose, and cholesterol screenings from our dedicated Township Division of Health Nursing staff.

The 2025 Hamilton Township calendars, celebrating our community's rich history, will soon be arriving in mailboxes. They will also be available for pick-up at the Senior Center and Municipal Building while supplies last. These calendars are a fantastic resource, featuring community events, meeting schedules, and a helpful "How Do I Get Rid of It?" guide for recycling and disposal.

I look forward to seeing you at the Senior Center and around town throughout 2025!

Sincerely,
Mayor Jeff Martin



Important Dates

January

January 1st - Center Closed, Happy New Year!

January 13th - Nurse Evaluation Clinic (NEC)

January 15th - Left, Right, Center, 10am, APR

January 20th - Center Closed, MLK Jr. Day

January 21st - Medicare 101, 10am, APR

January 21st - Left, Right, Center, 1pm, APR

January 23rd - Winter Jam Just Dance, 2-5pm

January 27th - Evans Hearing Screening, 9am-3pm, CR

by appointment only

January 27th - Gambling Presentation, 10am, MDR

February

February 4th - Valentine's Day Craft, 10am, APR

February 10th - Super Bowl Wrap Up, 11am, MDR

February 11th - Diabetes Program, 10am, APR

February 12th - Valentines Craft with Langtree Elementary School, 12:30pm, MDR

February 13th - Valentines Just Dance, 2-5pm, MDR

February 14th - Center Closed, Presidents Day

February 17th - Center Closed, Presidents Day

February 18th - Skin Care Program, 10am, APR

February 24th - Nurse Evaluation Clinic (NEC)

March

March 4th - Hamilton PT Program, 10am, APR

March 10th - Nurse Evaluation Clinic (NEC)

March 12th - Coloring for Relaxation, 12:15pm, APR

March 17th - St. Patrick's Day Party, 2-5pm, MDR

March 19th - Resources for Seniors, 10am, APR

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

Hours of Operation:

Monday - Wednesday & Friday: 8:30am-4:00pm

Thursday: 8:30am-7:00pm

Jeff Martin, Mayor

Kathleen M. Fitzgerald, R.N., BSN

Director of Health, Recreation and Senior & Veteran Services



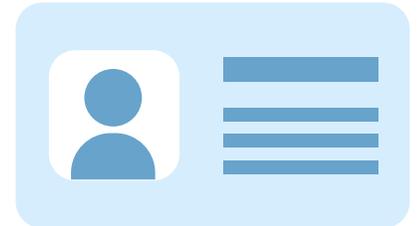
Hamilton Township Council

Richard Tighe - Council President, Pasquale (Pat) Papero - Council Vice President,
Anthony Carabelli, 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

CLOSED

Senior Center Closed

Wednesday - January 1st

New Year's Day

Monday - January 20th

MLK Day

Friday - February 14th

President's Day

Monday - February 17th

President's 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 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@mercountynj.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 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 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 Department of Military & Veterans Affairs

101 Eggerts Crossing Road
Lawrenceville NJ, 08648
609-530-6892

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 (DVD)	Tuesdays Wednesdays	9:00am & 10:00am 10:00am	All Purpose Room
Chair Yoga (DVD)	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
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.



Nurse Evaluation Clinic

Monday - January 13th
Monday - February 24th
Monday - March 10th

Please see the main office to schedule your appointment for your free Blood Pressure, Glucose and Cholesterol Screenings conducted by our Hamilton Township Nurses. **NO FASTING NECESSARY!**

Free Hearing Screening

Presented by: Evans Hearing

When: Monday - January 27, 2025
Where: Computer Room
Time: 9am-3pm
*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 see the Front Desk to schedule your appointment.

Left, Right, Center

Presented by: Platinum Home Care

When: Wednesday - January 15, 2025
Where: All Purpose Room
Time: 10:00am



When: Tuesday - January 21, 2025
Where: All Purpose Room
Time: 1:00pm

What is Left, Right, Center?

Left, Right, Center is a dice game played between three to five players using chips and dice. Left, right, center involves both luck and strategy where players take turns to roll the dice and pass chips based on the outcome of dice rolls. The goal of each player to win the game is to be the only player to have chips remaining by the end. If you are interested in participating, please see the front desk to sign-up.



Medicare 101

Presented by: Choice Care Senior Services

When: Tuesday - January 21, 2025
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 front desk to sign-up.



Winter Jam

Just Dance

When: Thursday - January 23, 2025
Where: Main Dining Room
Time: 2:00pm - 5:00pm
Price: \$2.00 - Members
\$3.00 - Adult Guests

Join DJ Dave Curtis and dance the afternoon away at the Hamilton Senior Center's Winter Jam 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.

Valentine's Day Craft

Presented by: Avalon Rehab & Healthcare and Affinity Hospice

When: Tuesday - February 4, 2025

Where: All Purpose Room

Time: 10:00am



Bring out your creative side with Avalon Rehab and Affinity Hospice as they host a Valentine's day craft here at the Senior Center. Space is limited so if you are interested, please see the front desk to sign-up.

Superbowl Wrap-Up



When: Monday - February 10, 2025

Where: Main Dining Room

Time: 11:00am - Winner announced

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

Make sure you have your scores submitted by Friday - February 7th to be in the running.

The winner will be announced/contacted on Monday - February 10, 2025

Eating Healthy and Diabetes

Presented by: Capital Health



When: Tuesday - February 11, 2025

Where: All Purpose Room

Time: 10:00am



Join registered Dietitian and Diabetes Educator, Elizabeth Iozzino, and she discusses pre-diabetes and diabetes, focusing on how to prevent and/or manage blood sugar with healthy eating. If you are interested in attending this program, please see the front desk to sign up.

Valentine's Day Craft with Langtree Elementary School

When: Wednesday - February 12, 2025

Where: Main Dining Room

Time: 12:30pm



Enjoy the afternoon with the 5th grade class of Langtree Elementary School by doing a Valentine's craft. Sign up yourself and friends to join them as they visit our beautiful center and participate in this fun activity. Light refreshments will be served. See the Front desk for your FREE ticket to this event!

Valentine's Just Dance

When: Thursday - February 13, 2025

Where: Main Dining Room

Time: 2pm-5pm

Price: \$2.00 - Member

\$3.00 - Adult Guest



Dance the evening away at our Valentines Just Dance! Remember you are welcome to bring your own dinner and/or snacks. Adult guests (18+ years of age) are welcome but must be accompanied by a member to attend.

See the Front Desk to purchase tickets.

Skin Care Basics

Presented by: Town Square Adult Day



When: Tuesday - February 18, 2025

Where: All Purpose Room

Time: 10:00am

Join this informative program as they discuss types of skin conditions, proper cleansing, exfoliation, peels, serums, and hyperpigmentation. Visual representations will be available - make sure you have your questions ready. If you are interested in attending this program, please see the front desk to sign-up.

Acupressure, Yoga & Pelvic Health

Presented by: Hamilton Physical Therapy



When: Tuesday – March 4, 2025
Where: All Purpose Room
Time: 10:00am

Learn about how acupressure, yoga and physical therapy each supports, mind, body connection and stress relief at this informative presentation by Hamilton Physical Therapy. If you are interested in attending this program, please see the front desk to sign-up.

Coloring for Relaxation

with Stephanie



When: Wednesday – March 12, 2025
Where: All Purpose Room
Time: 12:15pm

Join Volunteer Stephanie Cuddahy to express your creative side, relieve stress, meditate, or to just simply color! **ALL** supplies will be provided for this program. If you are interested in this session, please see the front desk to sign up!



St. Patrick's Day Party

Hosted by: Avalon and other Community Partners

When: Monday – March 17, 2025
Where: Main Dining Room
Time: 2pm – 5pm

Get your ticket to socialize with friends this afternoon for a St. Patrick's Day Party sponsored by our gracious Community Partners. They will provide the refreshments and entertainment. Adult guests are welcome but must be accompanied by a member. See front desk for your ticket.

Resources for the Senior Community in Mercer County

Presented by: Gentiva Hospice & Bratton Estate and Elder Law Firm

When: Wednesday – March 19, 2025
Where: All Purpose Room
Time: 10:00am



Representatives from Gentiva Hospice and Bratton Estate & Elder Law firm will be here on this day to discuss what services and resources the community has to offer. If you are interested in attending this program, please see the front desk to sign-up.

5 Winter Health & Safety Tips for Seniors



1. Ward Off Seasonal Depression : There are 2 major ways to combat the gloom and isolation of winter: visiting with friends and family, and staying active. Even just taking a stroll around the assisted living center each day is enough for seniors to feel like they're part of a community, plus walking is great exercise! Since it's difficult for seniors to leave the house or their assisted living facilities during winter, it's important that friends and family make frequent visits or calls to remind them that they are loved.

2. Protect From the Cold : When seniors go outside in freezing temperatures, it's important to wear layers, cover the head and hands, and breathe through a scarf to prevent lung damage. Layers should be worn in any kind of cold weather, freezing or not, as shivering puts extra stress on the body.

4. Eat a Balanced Diet : Vitamin D deficiency is one of the biggest concerns during winter. To make up for the lack of vitamin D we normally receive from the sun, it's important that seniors eat a varied diet that includes vitamin D and calcium-rich foods such as milk, eggs, and fish.

3. Wear Proper Footwear : Snow and freezing temperatures make for dangerous situations that can lead to serious falls. Any time an older adult goes outside, even if it's just to get in the car or check the mail, they should ensure they are wearing proper non-slip footwear with plenty of tread.

5. Monitor Temperatures : Take special care to monitor temperatures both indoor and outdoor, as well as internal body temperature. Indoor temperatures should stay consistently warm, never dropping too low at night. Seniors should stay away from any drafty areas in the home or facility where they stay, or wear extra layers or blankets to compensate.

Winter Word Search

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

Blizzard
Chilly
Cold
Fireplace

Frostbite
Gloves
Hat
Hot Chocolate

Ice Skating
Jacket
New Year
Scarf

Sledding
Snow
Snow Angel
Snow Boots

Snowball
Snowflakes
Snowman
Winter



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Center Closed <i>Happy New Year!</i>	2	3	4
5	6	7	8	9	10	11
12	13 NEC 9:30-11:30am	14	15 Left, Right, Center 10am, APR	16	17	18
19	20 Center Closed <i>Martin Luther King Jr. Day</i>	21 Medicare 101 10am, APR Left, Right, Center 1pm, APR	22	23 Winter Jam Just Dance 2pm-5pm, MDR	24	25
26	27 Evans Hearing Screening 9am-3pm, CR Gambling Presentation 10am, MDR	28	29	30	31	

“Positive thinking is more than just a tagline. It changes the way we behave. And I firmly believe that when I am positive, it not only makes me better, but it also makes those around me better.”
- Harvey MacKay

FEBRUARY

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Valentine's Day Craft 10am, APR	5	6	7	8
9	10 Superbowl Wrap-Up 11am, MDR	11 Eating Healthy & Diabetes Program 10am, APR	12 Valentine's Day Craft with Langtree Elementary School 12:15pm, MDR	13 Valentine's Just Dance 2pm-5pm, MDR	14 Center Closed <i>President's Day</i>	15
16 Center Closed <i>President's Day</i>	17	18 Skin Care Program 10am, APR	19	20	21	22
23	24	25	26	27	28	

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Acupressure, Yoga & Pelvic Health 10am, APR	5	6	7	8
9	10	11	12 Coloring for Relaxation 12:15pm, APR	13	14	15
16	17 St. Patrick's Day Sponsored Party 2pm-5pm, MDR <i>Happy St. Patrick's Day!</i>	18	19 Resources for Seniors Program 10am, APR	20	21	22
23	24	25	26	27	28	

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