

The Township of Hamilton
Senior Center Newsletter

Hamilton Township, New Jersey

Spring 2025 Edition

Dear Neighbor,

Spring has arrived in Hamilton Township, bringing plenty of opportunities to get outdoors and enjoy our community!

I invite you to join me for one of the upcoming Mayor's Wellness Campaign walks. We'll be gathering right here at the Senior Center on Thursday, May 8th, at 9 AM (with a rain date of Thursday, May 29th, at 9 AM). Additionally, the Hamilton Police Division will be hosting its Senior Stroll every Thursday in April and May at 9 AM, starting at the Veterans Park South Pavilion – the May 8th location will be joint at the Senior Center with the Mayor's Wellness Campaign. These strolls are a great way to stay active while getting to know our Hamilton Police Division's Community Policing Unit.

Mark your calendars for the Azalea Festival on Saturday, May 10th, from 10 AM to 4 PM at the beautiful Sayen Gardens. Enjoy a stroll through breathtaking floral displays while browsing a variety of vendor booths.

Don't miss the Spring Dinner Dance at the Senior Center on Thursday, May 15th, from 3 PM to 6 PM in the Main Dining Room (for members only). This special evening will feature delicious food and live music—be sure to reserve your tickets in advance!

I look forward to seeing you out and about as we welcome the warmer days ahead!

Sincerely,

Mayor Jeff Martin



Important Dates

April

- April 1st - Left, Right, Center, 10am, APR
- April 2nd - Jeopardy, 10am, APR
- April 7th - Caption Call, 10am, MDR
- April 8th - Shore Club Bus Trip
- April 10th - Medicare Speaker, 10:30am, MDR
- April 15th - Accela Program, 10am, APR
- April 15th - Spring Craft, 12:15pm, APR
- April 16th - Golden Connection, 10:15pm, APR
- April 17th - AC Bus Trip to Resorts Casino
- April 18th - Center Closed, Good Friday**
- April 22nd - Strive PT Program, 12:15pm, APR
- April 24th - Just Dance, 3-6pm, MDR
- April 25th - Circle of Friends, 9am, APR

May

- May 1st - Technology Help, 3pm, CR
- May 7th - Mothers Day Event, 1-3pm, MDR
- May 8th - Mayor's Wellness Walk, 9am
- May 13th - Accela Program, 12:15pm, APR
- May 15th - Spring Dinner Dance, 3-6pm, MDR
- May 19th - NEC, 9:30-11:30am, CR
- May 21st - Golden Connection, 10:15am, APR
- May 22nd - Windcreek Casino Bus Trip
- May 23rd - Circle of Friends, 9am, APR
- May 26th - Center Closed, Memorial Day**

June

- June 4th - Bullying in Older Adults, 10am, APR
- June 16th - NEC, 9:30-11:30am, CR
- June 18th - Golden Connection, 10:15pm, APR
- June 19th - AC Bus Trip to Resorts Casino
- June 20th - Nutrition Program CLOSED
- June 27th - Circle of Friends, 9am, 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



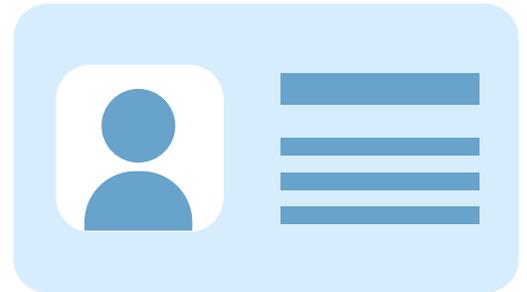
Hamilton Township Council

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.



CLOSED

Senior Center Closed

Friday - April 18th

Good Friday

Monday - May 26th

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**

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@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.

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 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.

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 (DVD)	Thursdays	10:00am	All Purpose Room
Chess Club	Wednesdays	2:00pm	Computer Room
Choral Group	Tuesdays	1:00pm	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
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.

Left, Right, Center

Presented by: Platinum Home Care & CareOne

Tuesday - April 1, 2025

All Purpose Room

10:00am



Join Jill from Platinum Home Care and Holly from CareOne 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.

CaptionCall Presentation

Presented by: Sorenson



Monday - April 7, 2025

Main Dining Room

10:00am

A representative from Sorenson will be here on this day to talk about CaptionCall. CaptionCall displays instant, accurate captions on an easy-to-read screen for all your conversations. CaptionCall is a federally funded program, therefore, all of their products and services are provided at absolutely NO COST!

Spring Craft

Presented by: Avalon Rehab, Lawrence Rehab & Bear Creek ALF

Tuesday - April 15, 2025

All Purpose Room

12:15pm



Join Avalon Rehab, Lawrence Rehab & Bear Creek ALF as they host a spring craft program. All supplies and materials will be provided. There is limited space for this program, so make sure to stop at the front desk to reserve your spot! Make sure to look for the flyer on the main hallway for more details.

Jeopardy

Presented by: BrightStar Care & Brookdale

Wednesday - April 2, 2025

All Purpose Room

10:00am



Join BrightStar Care and Brookdale of Hamilton as they co-host a fun and exciting game of Jeopardy here at the Senior Center! There is limited space for this program so make sure to sign-up at the front desk!

Plant Workshop

Presented by: Accela Post Acute Care Hamilton & Juniper Village at Hamilton

Tuesday - April 15, 2025

All Purpose Room

10:00am



Join Brianna from Accela Post Acute Care as she discusses the best house plants and what plants should be planted in the spring. Participants will have the chance to paint their own flower pot, all supplies will be provided. There is limited space for this program so make sure to sign up at the front desk.

Golden Connection Social Group

Hosted by: VanDyck Law Group & Brookdale

April 16th

May 21st

June 18th

All Purpose Room

10:15am



Looking for a welcoming space to connect and build new friendships? Join the "Golden Connection Social Group" to chat about shared interests, casual hangouts, or simply meet new people in the area! Hosted by Julianne from VanDyck Law Group and Barbara from Brookdale of Hamilton. No sign-up required.

Balance & Fall Prevention

Presented by: Strive Physical Therapy

Tuesday - April 22, 2025

All Purpose Room
12:15pm



This informative lecture presented by Strive Physical Therapy is designed to give a better understanding of balance and what can be done to improve balance and prevent falls/injuries. If you are interested in attending, please see the sign up sheet at the front desk.

'April Showers Bring May Flowers'

Just Dance



Thursday - April 24, 2025

Main Dining Room
3:00pm-6:00pm

Get your dancing shoes ready for our 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.

Circle of Friends

Sponsored by: VanDyck Law Group Estate Planning & Elder Law Attorneys

Last Friday of every Month

All Purpose Room
9:00am



Grief comes in many forms. A safe space to talk about our journey in grief allows us to experience our emotions with other's who share the same. This group will focus on grieving a lost loved one or grieving someone living who has a long-term health condition or dementia. Sheli Monacchio of VanDyck Law Group is a Bereavement Facilitator and will provide this safe space monthly for our Senior Members on the last Friday of each month.

Technology Help for Seniors

with Students from Nottingham High School



Thursday - May 1, 2025

Computer Room
3:00pm-4:00pm

Do you need assistance with your smart device, phone, laptop or tablet? Students from Nottingham High School will be here at the Senior Center to assist you. There is limited space available, so if you are interested in receiving assistance, sign up at the front desk.

Mothers Day Event

Presented by: Platinum Home Care & Community Partners



Wednesday- May 7, 2025

Main Dining Room
1:00-3:00pm

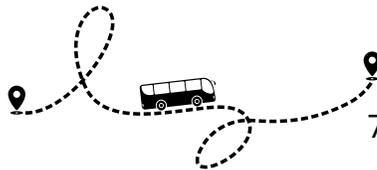
Price: \$1.00 - Member & Adult Guest

Platinum Home Care and other Community Partners will be hosting a Mother's Day event here at the Senior Center. Musical sounds from Kevin McGowan will be provided along with light refreshments. There is limited space for this program so make sure to stop at the front desk to get your ticket.

Senior Center Bus Trips

Thursday - April 17, 2025 & June 19, 2025

Resorts Casino
1133 Boardwalk, Atlantic City, NJ 08401



Thursday - May 22, 2025

Windcreek Casino
77 Sands Blvd, Bethlehem, PA 18015

On the day of ticket sales, the Senior Center doors will open at 8:30am, the trip chaperone will hand out pink tickets numbered 1 to 56. The pink tickets guarantee you a seat on the bus they are NOT your seat number. You still need to purchase your ticket at 9:30am at the end of the hall! *Please let the trip chaperone know if you use any assistive devices such as a walker or a cane.* **Make sure to look for the flyer in the main hallway for more information.**

Mayor's Wellness Walk



Thursday - May 8, 2025

(Raindate: 5/29/25)

Senior Center Walking Trail

9:00am

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!

Twisted Tuesday

Presented by: Accela Post Acute Care Hamilton & Juniper Village at Hamilton



Tuesday - May 13, 2025

All Purpose Room

12:15pm



Join Accela Post Acute Care and Juniper Village at Hamilton on this day to make mocktails! Step by step directions, ingredient book and all supplies will be provided. There is limited space for this program so make to sign up at the front desk to reserve your spot!

Spring Dinner Dance

Thursday - May 15, 2025

Main Dining Room

3:00pm-6:00pm

Tickets on sale beginning:

Friday - April 4, 2025 @ 9:15am

Price: \$15.00 - **CASH ONLY**

Don't miss out on our Spring Dinner Dance this year! Making it a night to remember with Entertainment by a crowd favorite: 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 selection. Feel free to see the office staff or call 609-890-3686 with any questions.

REAL ID



DEADLINE

May 7, 2025

Starting May 7, 2025, every state and territory resident will need to present a REAL ID compliant license/ID, or another acceptable form of identification, for accessing federal facilities, entering nuclear power plants, and boarding commercial aircraft. The card, itself, must be REAL ID compliant unless the resident is using an alternative acceptable document such as a passport. The Act does not require individuals to present identification where it is not currently required to access a federal facility (such as to enter the public areas of the Smithsonian) nor does it prohibit an agency from accepting other forms of identity documents (such as a U.S. passport or passport card).

How do I get a REAL ID?

Visit your state's driver's licensing agency website to find out exactly what documentation is required to obtain a REAL ID.

At a minimum, you must provide documentation showing:

- 1) Full Legal Name
- 2) Date of Birth
- 3) Social Security Number
- 4) Two Proofs of Address of Principal Residence
- 5) Lawful Status.

States may impose additional requirements, so check with your state's driver's licensing agency website, before visiting them in person, for additional guidance and assistance.



New Jersey Motor Vehicle Commission

Follow the link below to make your REAL ID appointment

NJMVC Website:

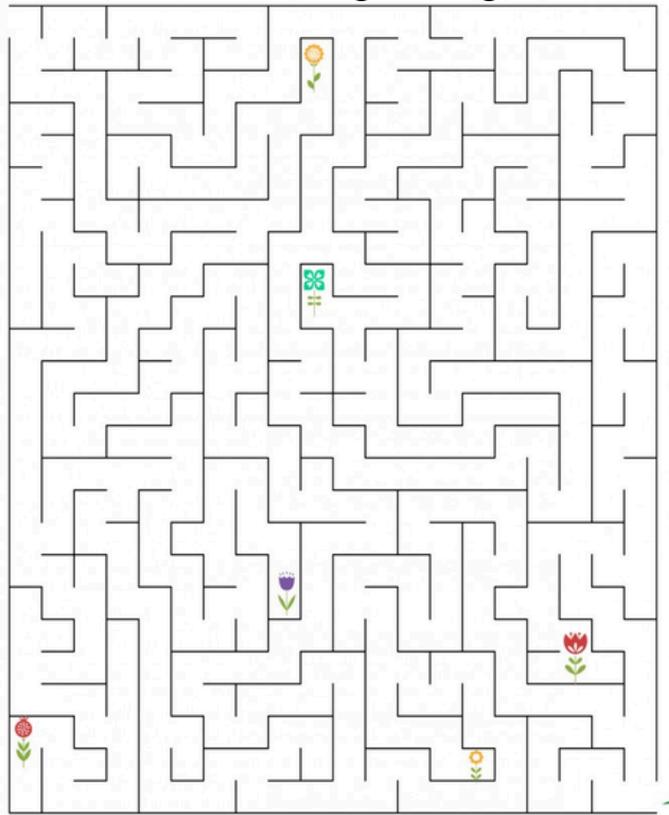
<https://telegov.njportal.com/njmvc/mobileunit/AppointmentWizard>



Help Buzzy Bee get to his friends without getting stuck!



Start



End



Spring Word Search

April

April Fool's Day

Bloom

Bud

Buddha's Birthday

Cherry Blossom

Crops

Daffodil

Earth Day

Easter

Farmer

Flower

Grow

June

May

Melt

Mother's Day

New Leaves

Plant

Plow

Seed

Shower

Sprout

Thaw

Tulip

Wake Up

Warm



APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Left, Right, Center 10am, APR	2 Jeopardy 10am, APR	3	4	5
6	7 CaptionCall 10am, MDR	8 Shore Club Bus Trip	9	10 Medicare Speaker 10:30am, MDR	11	12
13	14	15 Plant Workshop 10am, APR Spring Craft 12:15pm, APR	16 Golden Connection 10:15am, APR	17 Atlantic City Bus Trip to Resorts	18 Center Closed <i>Good Friday</i>	19
20	21	22 Strive PT Program 12:15pm, APR	23	24 Just Dance 3-6pm, MDR	25 Circle of Friends 9am, APR	26
27	28	29	30			

“Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come.” -Robert H. Schuller

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Technology Help 3-4pm, CR	2	3
4	5	6	7 Mother's Day Event 1-3pm, MDR	8 Mayor's Wellness Walk 9am <i>Raindate: 5/29/25</i>	9	10
11	12	13 Accela Program 12:15pm, APR	14	15 Spring Dinner Dance 3-6pm, MDR	16	17
18	19 NEC 9:30-11:30am	20	21 Golden Connection 10:15am, APR	22 Windcreek Casino Bus Trip	23 Circle of Friends 9am, APR	24
25 Center Closed <i>Memorial Day</i>	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.

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Bullying in Older Adults, 10am, APR	5	6	7
8	9	10	11	12	13	14
15	16 NEC 9:30-11:30am	17	18 Golden Connection 10:15am, APR	19 Atlantic City Bus Trip to Resorts	20 Nutrition Closed <i>Juneteenth Observed</i>	21
22	23	24	25	26	27 Circle of Friends 9am, APR	28
29	30					

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.