

The Township of Hamilton Senior Center Newsletter

Hamilton Township, New Jersey

Summer 2025 Edition

Dear Neighbor,

Summer is here and with it comes warmer weather and longer days. I hope you are enjoying this time and making cherished memories with family and friends.

On Tuesday, August 5th at 5 PM our Township Police Division will host its annual National Night Out event on the South Side Kuser Road entrance of Veterans Park (with a rain date of August 6th). There will be entertainment, food, activities and the opportunity to learn what services our Township Police Division and others have to offer. As summer winds down, join us at the Senior Center Annual Picnic, which is tentatively scheduled for September 17th. Further details will be announced as the date gets closer.

Stay active this summer by attending one of our High Intensity Interval Training (H.I.I.T.) classes held every Thursday at 8:45 AM in the All Purpose Room. This class will not only keep you in top physical shape but will help your overall well-being. Keep cool this summer by utilizing the indoor swimming pool on Monday, Tuesday, Thursday or Friday mornings. It's a great way to get some exercise and connect with fellow members. Registration for the Swim Program can be completed at the front desk.

Looking for help with your energy bill? The New Jersey Board of Public Utilities (NJBPUB) has recently approved the Summer Energy Relief Program. Residential customers will receive a temporary credit throughout the summer. Additionally, this program will stop utility shutoffs and waive reconnection fees until the end of the season.

It will also expand the Universal Service Fund and Residential Energy Assistance Program including LIHEAP and REAP that you can apply for at dcaid.dca.nj.gov. For more tips on saving energy and money, visit nj.pseg.com/saveenergyandmoney. Wishing you a safe, healthy summer and hope to see you soon.

Sincerely,

Jeff Martin
Mayor



Important Dates

July

- July 1st - Building a Better Back, 12:15pm, APR
- July 4th - Center Closed, Independence Day**
- July 10th - Left, Right, Center, 12:15pm, APR
- July 15th - Social Services, 10am-12pm, MDR
- July 17th - Bus Trip to Windcreek
- July 17th - Tech Help, 3-5pm, CR
- July 21st - NEC, 9:30-11:30am, CR
- July 23rd - Picnic Tickets on Sale, 9:30am, SR
- July 24th - Just Dance "USA", 3-6pm, MDR
- July 30th - Jeopardy, 10am, APR

August

- August 13th - Diamond Art w/ Stephanie, 10:15am, APR
- August 14th - Just Dance "Watermelon", 3-6pm, MDR
- August 18th - NEC, 9:30-11:30am, CR
- August 19th - Environmental Toxins, 10am, APR
- August 20th - Social Services, 10am-12pm, MDR
- August 21st - Bus Trip to Atlantic City Resorts

September

- September 1st - Center Closed, Labor Day**
- September 9th - Medicare 101, 12:15pm, APR
- September 15th - NEC, 9:30-11:30am, CR
- September 17th - Annual Picnic, 10am-2pm,
Back Grounds (Raindate: 9/18/25)
- September 23rd - Social Services, 10am-12pm, MDR
- September 25th - Bus Trip to Atlantic City Resorts
- September 30th - Panel w/ Purpose, 10am-12pm, 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



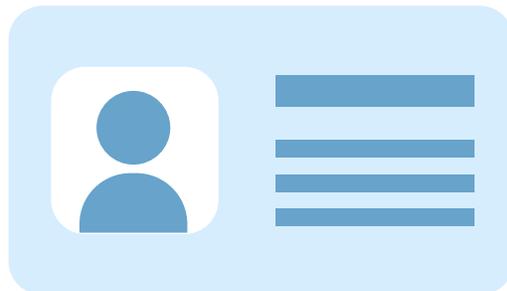
Hamilton Township Council

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 - July 4th

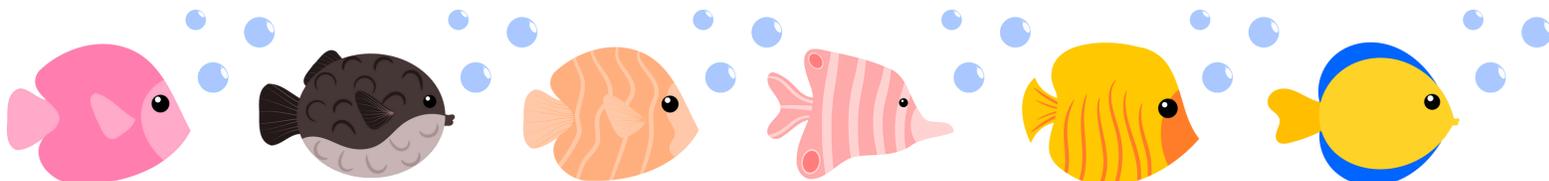
Independence Day

Monday - September 1st

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 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@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.



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
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
MC 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 OR Indoor Bocce Court
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
Splash Fitness (Instructed class)	Mon/Tues/Thur/Fri \$3.00 per day	9:00am-10:00am	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.

Building a Better Back

Presented by: Trinity Rehab



Tuesday - July 1, 2025

All Purpose Room
12:15pm

Join Trinity Rehab as they discuss how to prevent back injuries and how to build a stronger core. If you are experiencing back problems, bring your questions with you to the program. Be sure to sign up at the front desk to reserve your space.

Left, Right, Center

Presented by: Platinum Home Care & CareOne

Friday - July 11, 2025

All Purpose Room
12:15pm



Join Jill from Platinum Home Care and Holly from CareOne as they host, left, right, center! *Left, Right, Center* is a dice game played between three to five players using chips and dice. There is limited space for this program. If you are interested in attending this event, please see the front desk to sign-up.

Hamilton Senior Center Bus Trips

**Thursday
July 17, 2025**

Windcreek Casino
77 Sands Blvd, Bethlehem, PA 18015



**Thursday
August 21, 2025 & September 25, 2025**

Resorts Casino
1133 Boardwalk, Atlantic City, NJ 08401

Make sure to look for the flyers in the main hallway for ticket sale dates and more information.

Technology Help

with Volunteer Benny Recine

Thursday - July 17, 2025

Computer Room
3pm-5pm

by appointment only



Do you need assistance with your smart device, phone, laptop or tablet? Volunteer Benny Recine will be here at the Senior Center to assist you.

There is limited space available, if you are interested in receiving assistance make sure to sign up at the front desk.

Just Dance

Celebrate the USA



Thursday - July 24, 2025

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

\$2.00 - Members

\$3.00 - \$ Adult Guest

Come to this Just Dance event to help us celebrate the USA! Wear your red, white & blue attire and enjoy an evening of dancing and refreshments with friends. Don't forget to bring your own snacks or meal! Adult guests are welcome to this event but must be accompanied by a member! Make sure to stop by the front desk to purchase your ticket!

Jeopardy!

Presented by: BrightStar Care & Brookdale

Wednesday - July 30, 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 if you're interested in participating, make sure to sign-up at the front desk!

Diamond Art with Stephanie

Wednesday - August 13, 2025

All purpose Room
10:15am-11:15am



Join Volunteer Stephanie Cuddahy in the trend of Diamond Art. All supplies will be provided and you get to go home with a framed finished art piece that you created! Limited space is available, sign up at the front desk.



Just Dance

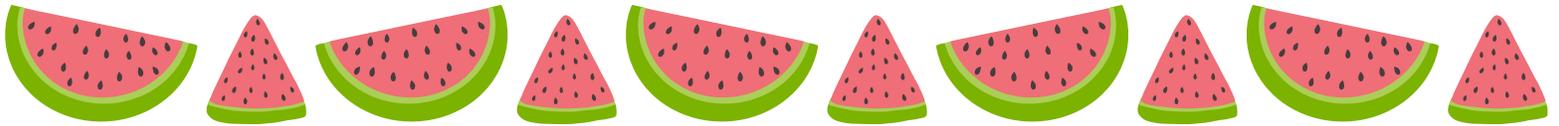
WATERMELON

Thursday - August 14, 2025

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

\$2.00 - Members | \$3.00 - Adult Guest

Join us for our "Everything Watermelon" Just Dance. Coffee/Tea/Water will be provided. Don't forget to bring your own snacks or meal! Adult guests are welcome to this event but must be accompanied by a member! Make sure to stop by the front desk to purchase your ticket!



Avoiding Environment Toxins

Presented by: RWJ Hamilton

Tuesday - August 19, 2025

All Purpose Room
10:00am



Join RWJ Hamilton as they educate about household and environmental toxins and how to avoid them for your health. Sign up at the front desk to reserve your spot for this program.



Medicare 101

Presented by: Choice Care Senior Benefits

Tuesday - September 9, 2025

All Purpose Room
12:15pm

Gina Rega from Choice Care Senior Benefits will be at the Senior Center this day to discuss Medicare. 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.



Hamilton Senior Center

Annual Picnic

Mark your calendars! The Hamilton Senior Center invites you to join us for our Annual Picnic! Enjoy a fun day with new and old friends on our back grounds with live music provided by: Dennis, Rick & Kenny. Catering provided by: NJ Wedding and Events.



Wednesday – September 17, 2025 (Raindate: 9/18/25)

Hamilton Senior Center – Back Grounds

10am–2pm **(No entry after 12:15pm)**

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

**Tickets on sale beginning:
Wednesday – July 23, 2025**

at 9:00am at the end of the hallway.
*Please have your Senior Center ID with
you when purchasing tickets.*

*See the flyer on the main hallway tables
at the Senior Center for the menu*

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



5 Summer Safety Tips for Seniors

- 1 Stay Hydrated** – Make sure to drink plenty of water and sports drinks with electrolytes so that you stay hydrated and decrease the risk of heat exhaustion
- 2 Dress Smart** – If you are planning on spending a significant time outdoors on a hot day, dress appropriately. Avoid dark colored clothing and thick fabric to stay cool and fresh.
- 3 Protect Yourself** – The sun is very strong during the Summer. Too much exposure to UV rays can damage a seniors skin and increase risk of developing skin cancer. Apply sunscreen that is broad-spectrum, water-resistant and has an SPF of 30 or higher.
- 4 Beat the Heat** – The middle of the day is when the sun tends to be the strongest. To stay safe from the suns powerful rays, the American Academy of Dermatology recommends avoiding direct sunlight between 10am and 2pm.
- 5 Take precaution with medications** – Medications can sometimes cause increased sun sensitivity. Be sure to know how you prescriptions may affect your before spending prolonged time in the sun.



Summer Word Search

**Words may appear forward, backward, up, down or diagonal.*

**Words may overlap and cross each other.*

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

August
Back to School
Baseball
Bathing Suit
Beach

Camp
Canoeing
Fan
Father's Day
Fourth of July

Fresh Fruit
Gardening
Heat
Hiking
Hot

Ice Cream
July
June
Muggy
Outdoors

Park
Picnic
Popsicle
Sailing
Shorts

Sundress
Swim
Travel
Vacation
Watermelon

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Building a Better Back, 12:15pm, APR	2	3	4 Center Closed <i>Independence Day</i>	5
6	7	8	9	10 Left, Right, Center 12:15pm, APR	11	12
13	14	15 Social Services 10am-12pm	16	17 Bus Trip Windcreek Casino	18 Circle of Friends 9am, APR	19
20	21 NEC 9:30-11:30am, CR	22	23 Picnic Ticket Sale, 9:30am, SR	24 Just Dance "USA" 3-6pm, MDR	25	26
27	28	29	30 Jeopardy 10am, APR	31		

"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

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13 Diamond Art w/ Stephanie 10:15am, APR	14 Just Dance "Watermelon" 3-6pm, MDR	15	16
17	18 NEC 9:30-11:30am, CR	19 RWJ-Environmental Toxins, 10am, APR	20 Social Services 10am-12pm, MDR	21 Bus Trip Atlantic City Resorts Casino	22	23
24	25	26	27	28	29 Circle of Friends 9am, APR	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 Center Closed <i>Labor Day</i>	2	3	4	5	6
7	8	9 Medicare 101 12:15pm, APR	10	11	12	13
14	15 NEC 9:30-11:30am, CR	16	17 Senior Center Annual Picnic 10am-2pm Back Grounds	18 <i>Picnic Rainedate</i>	19	20
21	22	23 Social Services 10am-12pm, MDR	24	25	26 Circle of Friends 9am, APR	27
28	29	30 Panel w/ Purpose 10am-12pm, APR				

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