

Senior Center Newsletter

Hamilton Township, New Jersey

Fall 2025 Edition

Dear Neighbor,

As the leaves begin to change and the air turns crisp, I'm excited to welcome you to read our Fall Senior Center newsletter.

This year's Oktoberfest will be held on Sunday, October 19th from 11:00 AM to 5:00 PM in Veterans Park South (Kuser Road Entrance), with a rain date of Sunday, October 26th. The event will feature live music, an abundance of food trucks, craft beer gardens, and family-friendly activities. Rolling into the holiday season, our Winter Wonderland will take place on Friday, December 5th and Saturday, December 6th at Kuser Farm Park. Stroll through the dazzling holiday lights and take a tour of the beautiful Kuser Mansion.

The Senior Center itself also has many exciting events coming up. Join us on Thursday, October 30th from 2:00 PM to 5:00 PM for the "Ghostly Gala" Just Dance event. Wear your best Halloween costume and bring your ghoulish dance moves! The Fall Dinner Dance will take place on Thursday - November 13th from 2:00 PM to 5:00 PM. Enjoy a delicious dinner and dance the afternoon away while socializing with other members.

I also want to inform you of three important programs that provide property tax relief. Stay NJ is a program that offers property tax benefits to eligible homeowners 65 years or older that have lived in their home for the entire year with a reimbursement of up to 50% of their property taxes — capped at \$6,500 annually. The "Senior Freeze" (Property Tax Reimbursement) reimburses eligible senior citizens 65 years or older in New Jersey for increases in property taxes (or mobile home site fees) on their principal residence. The NJ ANCHOR Program (Affordable New Jersey Communities for Homeowners and Renters) is a state property tax relief program designed to provide financial assistance to both homeowners and renters in New Jersey. All three programs can be applied for by filling out the PAS-1 form by October 31, 2025. For more information, please visit propertytaxreliefnj.nj.gov or by calling 800-882-6597.



Wishing you a safe and pleasant fall and winter season ahead with family and friends.

Sincerely,

Jeff Martin
Mayor

Important Dates

October

- October 1st - Welcome to Fall Event, 1:30-3pm, MDR
- October 2nd - Unclaimed Property, 10:15am, MDR
- October 3rd - No Mercer County Nutrition Program
- October 7th - Medicare 101, 10am, APR
- October 10th - Brightstar Health Fair, 10am-12pm, APR
- October 13th - Center Closed, Columbus Day**
- October 14th - Panel of Experts, 12:15pm, APR
- October 15th - RWJ AIC Screening, 10am, APR
- October 15th - Golden Connection, 10:15am, SR
- October 16th - Flu Clinic, 3:30-6:30pm, APR
- October 20th - NEC, 9:30-11:30am, CR
- October 21st - Jeopardy, 10am, APR
- October 23rd - AC Bus Trip to Resorts
- October 24th - Circle of Friends, 9am, APR
- October 29th - RWJ Know Your Numbers, 12:15pm, APR
- October 30th - Ghostly Gala Just Dance, 2-5pm, MDR

November

- November 4th - Center Closed, Election Day**
- November 5th - Flower Arranging, 12:15pm, APR
- November 11th - Center Closed, Veterans Day**
- November 12th - Veterans Program, 10am, APR
- November 13th - Fall Dinner Dance, 2-5pm, MDR
- November 17th - NEC, 9:30-11:30am, CR
- November 18th - AARP Driving Course, 9am-3pm, APR
- November 19th - Medicare Changes, 10am, APR
- November 20th - AC Bus Trip to Resorts
- November 20th - Flu Clinic, 3:30-6:30pm
- November 21st - Circle of Friends, 9am, APR
- November 27th - Center Closed, Thanksgiving Day
- November 28th - Center Closed, Day after Thanksgiving

December

- December 2nd - Aging Now, 10am, APR
- December 10th - Focus on your Feet, 10am, APR
- December 11th - Hunterdon Hills Bus Trip
- December 11th - Lawrence Community Band, 7pm, MDR
- December 16th - LOES Painting Craft, 12:30pm, APR
- December 18th - Holiday Social, 2-5pm, MDR
- December 19th - Circle of Friends, 9am, APR
- 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)

Accredited by
National Institute of
Senior Centers



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

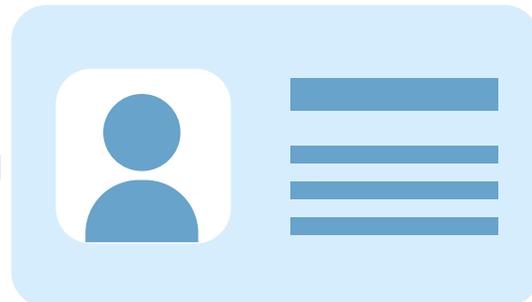
Richard Tighe - Council President, Pasquale (Pat) Papero - Council Vice President,
Anthony Carabelli, Nancy Phillips, Charles Whalen



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

Monday - October 13th

Columbus Day

Tuesday - November 5th

Election Day

Tuesday - November 11th

Veterans Day

Thursday - November 27th

Thanksgiving Day

Friday - November 28th

Day after Thanksgiving

Thursday - December 25th

Christmas Day

Thursday - January 1st

New Years 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
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.

Welcome to Fall

Hosted by Platinum Home Care & Other Community Partners



Wednesday – October 1, 2025

Main Dining Room
1:30–3:00pm

Join Platinum Home Care and other Community Partners as they host a Welcome to Fall program. Live music and light refreshments will be provided. If you are interested in attending make sure to look for the flyer on the main hallway tables for more information.

Panel of Experts

Presented by: VanDyck Law

Tuesday – October 14, 2025

All Purpose Room
12:15pm

Join Senior Health Experts on this day to find out what services offer help in senior care for yourself or a loved one. Make sure to look for the flyer on the main hallways tables if you are interested in attending!



A1C Screening

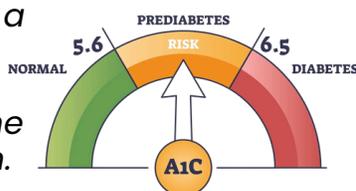
Presented by: RWJ at Hamilton

Wednesday – October 15, 2025

All Purpose Room
10:00am

RWJ @ Hamilton will be here this day to do A1c screenings and provide information on levels and what they mean. See the Front Desk to make your appointment. You do not have to fast for this appointment, it is just a screening.

Hemoglobin A1c (HbA1c) is a form of hemoglobin in red blood cells that is formed when glucose (sugar) in the blood binds to hemoglobin.



Health Fair

Presented by BrightStar Care & Other Community Partners

Friday – October 10, 2025

All Purpose Room
10:00am–12:00pm



Come and check out BrightStar Care and their partners for valuable community information of assistance and resources. No sign-up required.

Medicare 101

Presented by: Choice Care Senior Benefits

Tuesday – October 7, 2025

&

Wednesday – November 19, 2025

All Purpose Room
10:00am



Join Gina as she goes over any changes with Medicare for upcoming 2026. If you are interested in attending make sure to look for the flyer on the main hallway tables for more information.

Jeopardy!

Presented by: BrightStar Care & Brookdale

Tuesday – October 21, 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 look for the flyer on the main hallway tables to sign-up!

Know your Numbers

Presented by: RWJ at Hamilton

Wednesday - October 29, 2025

All Purpose Room

12:15pm



Join Community Educator Anjul from RWJ at Hamilton as she conducts a session to go over commonly ordered labs that your medical provider requests. She will be going over in detail what each level means. If you are interested in attending this program make sure to see the front desk to sign-up.

Hamilton Senior Center Bus Trips

Thursday

October 23, 2025 & November 20, 2025

Resorts Casino

1133 Boardwalk, Atlantic City, NJ 08401

Look for the flyers on the main hallway tables for ticket sale dates and more information!



Flower Arranging

Presented by: Platinum Home Care

Wednesday - November 5, 2025

All Purpose Room

12:15pm



Join this fun program hosted by Platinum Home Care and create your own flower arrangement! All supplies will be provided. There is limited space for this program, so make sure to look for the flyer in the main hallway for more information!

Ghostly Gala Just Dance

Thursday - October 30, 2025

Main Dining Room

2:00-5:00pm



Boo! Get your tickets to our Ghostly Gala if you dare! Enjoy an afternoon of dancing with friends and refreshments. Adult guests are welcome to this event but must be accompanied by a member! Make sure to look for the flyer in the main hallway for more information.

AARP Driver Safety Course

Tuesday - November 18, 2025

All Purpose Room

9:00am - 3:00pm



The AARP Smart Driver course is specifically designed for drivers age 50 and older. Some 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, make sure to look for the flyer on the main hallway tables for more information.

FALL DINNER DANCE

Thursday - November 13, 2025

Main Dining Room

2:00-5:00pm

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

Circle of Friends

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

Last Friday of every Month

All Purpose Room
9:00am



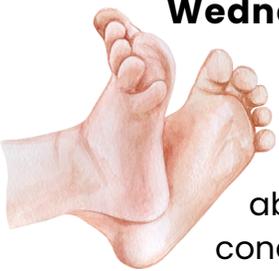
Grief comes in many forms. A safe space to talk about our journey in grief allows us to experience our emotions with other's who share the same. This group will focus on grieving a lost loved one or grieving someone living who has a long-term health condition or dementia. Sheli Monacchio of VanDyck Law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

Focus on Your Feet

Presented by: Braven Health

Wednesday - December 10, 2025

All Purpose Room
10:00am



Join this presentation to learn about proper foot care, chronic conditions that impact the feet and fall prevention strategies. They will also go over what to look for in appropriate footwear to prevent injuries. If you are interested in attending this program, look for the flyer on the main hallway tables for more information.

Holiday Craft

Presented by: LOES

Tuesday - December 16, 2025

All Purpose Room
12:15pm



Join LOES for an afternoon of holiday crafting! Create your own festive wooden door hanger or sign. All materials are provided and no experience needed. Enjoy light refreshments and conversation. See front desk to sign up.

Aging Now

Presented by: Meadows at Lawrence

Tuesday - December 2, 2025

All Purpose Room
10:00am

Join Senior Health Experts on this day to find out what services are available in the community and offer help in senior care for yourself or a loved one. Make sure to look for the flyer on the main hallway table for more information if you are interested in attending.



Holiday Concert

Lawrence Community Concert Band

Thursday - December 11, 2025

Main Dining Room
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. Look for the flyer in the main hallway for ticket information.

Holiday Social Just Dance



Thursday - December 18, 2025

Main Dining Room
2:00-5:00pm

Dance the afternoon away at the Hamilton Senior Center's Holiday Social Just Dance! Adult guests are welcome to this event but must be accompanied by a member! Make sure to look for the flyer for ticket information.

Fall Word Search

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

*Words may overlap and cross each other.



- | | | | | |
|----------|-----------|----------|-----------|-------------|
| Apples | Colorful | Frost | Pumpkin | Squash |
| Autumn | Cozy | Harvest | Quilt | Squirrel |
| Birds | Crow | Hayride | Rake | Sunflower |
| Blanket | Deciduous | Jacket | Rustling | Sweater |
| Bonfire | Equinox | Leaves | Scarecrow | Trees |
| Changing | Flannel | Migrate | Season | Vegetables |
| Cider | Foliage | Orchards | Spider | Wheelbarrow |



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 "Welcome Fall" 1:30-3pm, MDR	2	3 No Mercer County Nutrition Program	4
5	6	7 Medicare 101 10am, APR	8	9	10 Health Fair 10am-12pm, APR	11
12	13 Center Closed Columbus Day	14 Panel of Experts 12:15pm, APR	15 Golden Connection 10:15am, SR RWJ AIC Screening 10am, APR	16 Flu Clinic 3:30-6:30pm	17	18
19	20 NEC, 9:30-11am, CR	21 Jeopardy 10am, APR	22	23 AC Bus Trip - Resorts	24 Circle of Friends 9am, APR	25
26	27	28	29 Know your Numbers 12:15pm, APR	30 Ghostly Gala Just Dance, 2-5pm, MDR	31 Happy Halloween	

*"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."
— Lauren DeStefano, "Wither"*



November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	Center Closed <i>Election Day</i>	4 Flower Arranging 12:15pm, APR	5	6	7
8	9	Center Closed <i>Veterans Day</i>	10 Veterans Program 10am, APR	11	12 Fall Dinner Dance 2-5pm, MDR *Member Only	13
14	15	16 NEC, 9:30-11am, CR	17 AARP Driver Course 9am-3pm, APR	18 Medicare 101 10am, APR	19 AC Bus Trip - Resorts	20 Circle of Friends 9am, APR
21	22	23	24	25	26	27 Center Closed <i>Thanksgiving Day</i>
28	29	30				28 Center Closed <i>Day after Thanksgiving</i>

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 Aging Now 10am, APR	3	4	5	6
7	8	9	10 Focus on Your Feet 10am, APR	11 Hunterdon Hills Bus Trip Lawrence Community Concert Band 7pm, MDR	12	13
14	15	16 LOES Paining Craft 12:30pm, APR	17	18 Holiday Social 2-5pm, MDR	19 Circle of Friends 9am, APR	20
21	22	23	24	25 Center Closed <i>Christmas Day</i>	26 No Mercer County Nutrition	27
28	29	30	31	<p>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.</p>		

