



# Senior Center Newsletter

Hamilton Township, New Jersey

Winter 2022 Edition

## Message from the Mayor

Dear Neighbor,

Happy New Year! I hope you all had a safe and happy holiday season, and that the New Year is treating you well.

There are so many things at the Senior Center to look forward to in 2022 that I encourage you to take advantage of. In addition to health screenings and education programs, COVID-19 vaccine clinics continue to be offered thanks to the hard work by our Division of Health employees. If our infection numbers are low enough, it is our intention to have bus trips to Atlantic City start up again in the Spring. In February, be sure to “Wear Red” for Women’s Heart Health on Friday, February 7<sup>th</sup> and lookout for our “Guess the Super Bowl Score” contest! AARP will also be on hand beginning in February offering tax assistance.

Our “Visit Hamilton” 2022 calendars are available in the Senior Center should you need a copy. Our calendars are a valuable resource for events, meeting dates, and a “How Do I Get Rid of It?” guide for your recycling and disposal needs.



Sincerely,  
Jeff Martin, Mayor

## **Important Dates:**

### January

*January 1st - Happy New Year!*

**January 4th** - Home Safety Program, 12:15pm

**January 6th** - Covid-19 Vaccine Clinic 3:30pm-5:30pm (Age 5+)

**January 11th** - Home Safety Program, 12:15pm

**January 13th** - Covid-19 Vaccine Clinic 3:30pm-5:30pm (Age 5+)

**January 14th** - Covid-19 Vaccine Clinic 9:30am-12:30pm (Age 18+)

*January 17th - Closed for Martin Luther King Jr. Day*

**January 20th** - Hearing Loss Program, 9am

**January 20th** - Covid-19 Vaccine Clinic 3:30pm-5:30pm (Age 5+)

**January 27th** - Covid-19 Vaccine Clinic 3:30pm-5:30pm (Age 5+)

**January 28th** - Covid-19 Vaccine Clinic 9:30am-12:30pm (Age 18+)

### February

**February 4th** - Wear Red Day

**February 14th** - Super bowl Wrap Up

*February 18th - Center Closed for Presidents Day*

*February 21st - Center Closed for Presidents Day*

### March

**March 10th** - Atlantic City Trip, Golden Nugget

**March 22nd** - Home Safety Program, 10am

Hamilton Township Senior Center

Accredited by



National Institute of  
Senior Centers

## Hamilton Township Senior Center

409 Cypress Lane Hamilton, NJ 08619

Phone: (609)-890-3686 • Fax: (609)-588-8074

Website: [www.hamiltonnj.com/seniors](http://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

Pasquale Papero  
Anthony Carabelli  
Nancy Phillips  
Richard Tighe  
Charles Whalen

### 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 - Friday between the hours of 9:00AM - 3:00 PM. You must be 60 years of age and make sure to bring **two** documents with your name & Hamilton address on it (i.e. utility bill, car registration). Call 890-3686 for more information.

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.

### **SENIOR CENTER CLOSED**

Monday - January 17, 2022 - Martin Luther King Jr. Day  
Friday - February 18, 2022 - Presidents Day  
Monday - February 21, 2022 - Presidents 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 front 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)



## Aging in Place at Home *Presented by: Angelion Mobility*

When: Tuesday - January 4th & 11th, 2022  
Where: All Purpose Room  
Time: 12:15pm

Discover how to make your home less of a fall risk. You will receive a home safety assessment that you can conduct on your own, some tips and tricks to safety your home during winter and real life

solutions to empower your tomorrow. Please look for the sign-up sheet in the main hallway if you are interested.



## Hearing Loss and Hearing Aids *Presented by: Capital Health*

When: Thursday - January 20, 2022  
Where: All Purpose Room  
Time: 9:00am

This discussion will talk about different types of hearing loss, hearing in the aging population, treatments, tinnitus and hearing aids. If you are interested in this program, please see the sign-up sheet in the main hallway.



American Heart Association   
*Learn and Live®*

## Wear Red Day

*Friday - February 4, 2022*

Friday February 4th is National Wear Red Day. The American Heart Association encourages people to wear red on this day to raise awareness in support of all women that have been diagnosed with heart disease. A representative will be at the Senior Center on this day to collect donations.

*To learn more about the American Heart Association you can go to their website: [www.heart.org](http://www.heart.org)*

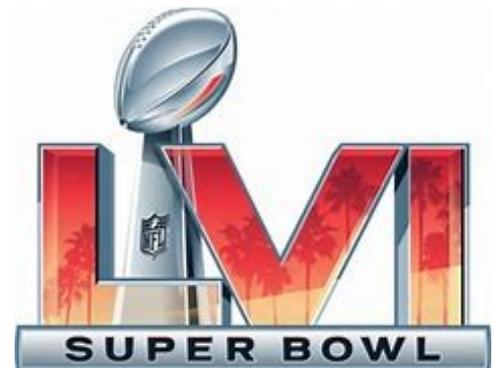


## Super Bowl Contest

*Can you guess the score of the Super Bowl?*

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

The winner will be contacted Monday  
February 14, 2022.



# Home Safety Program

By: Capital Health

When: Tuesday - March 22, 2022

Where: All Purpose Room

Time: 10:00am



Join this informative Senior Falls Safety program where current and new technologies to help seniors live more independently will be discussed. If you are interested in this program please look for the sign-up sheet in the main hallway.

# → NEW PROGRAMS ←

## Pinochle

Tuesday's @ 8:30am



## Chess

Wednesday's @ 2:00pm

## Backgammon

Thursday's @ 3:00pm



For more information, flyers are available in the main hallway.



# 8 Winter Safety Tips for Seniors



- Dress in layers - dressing in multiple layers will keep you warm and reduce heat loss 
- Keep the furnace running - experts recommend keep the indoor temperature around 68 degrees Fahrenheit at a minimum
- Space heaters can be dangerous - make sure you have a working smoke and carbon monoxide detector on each floor of your home.
- Prevent broken hips - to prevent injuries, shoes with non-skid soles should be worn. 
- Keep pantry and medicine cabinet full - if a winter storm is approaching, make sure to have plenty of food and water to last for 5-7 days 
- Use smart technology - smart technology helps with staying in touch with loved ones
- Visit often - if you have loved ones, or are able to visit loved ones, try to do that as often as you can
- Discuss severe weather - make sure you know about upcoming weather forecasts and how to prepare and what to expect. 

## Covid-19 Vaccine Clinics @ The Hamilton Senior Center



Thursday	January 6th	3:30pm - 5:30pm	(Age 5+)
Thursday	January 13th	3:30pm - 5:30pm	(Age 5+)
<b>Friday</b>	<b>January 14th</b>	<b>9:30am - 12:30pm</b>	<b>(Age 18+)</b>
Thursday	January 20th	3:30pm - 5:30pm	(Age 5+)
Thursday	January 27th	3:30pm - 5:30pm	(Age 5+)
<b>Friday</b>	<b>January 28th</b>	<b>9:30am - 12:30pm</b>	<b>(Age 18+)</b>



First, Second, Third Doses (for those that are eligible) and Booster Doses for all three vaccines will be available.

If you have any questions regarding Covid-19 and vaccinations please call the Hamilton Township Health Department 609-890-3884

# Programs & Activities Available at the Senior Center

Backgammon  
Thursdays at 3:00pm



Choral Group  
Tuesdays at 1:00PM

Ballroom Dancing  
Fridays at 1:30pm

Dominoes  
Wednesdays & Fridays at 1:00PM



Billiards  
Monday - Friday, all day

Line Dancing  
Mondays & Thursdays at 10:00AM

Bingo  
Monday & Thursdays at 1:00PM



Mah Jongg  
Wednesdays at 1:00PM

Bocce  
Monday - Friday, all day

Nutrition Program  
Monday - Friday, 8:30AM - 12:30PM  
609-586-7272

Canasta  
Monday & Thursdays at 1:00PM

Ping Pong  
Monday - Friday, all day



Cards  
Monday - Friday, all day



Pinochle  
Tuesdays at 8:30AM

Chair Exercise  
Tuesdays at 9:00AM & 10:00AM  
Wednesdays at 10:00AM

Rummikub  
Tuesday, Wednesday, Thursday at 1:00PM

Chess Club  
Wednesdays at 2:00pm

Spiritual Wellness  
Wednesdays at 10:00AM

Step It Up With Curtis  
Mondays & Thursdays at 9:00AM

Tai Chi  
Thursdays at 12:00pm



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.



## Website Information and Links

Visit the Hamilton Township Senior Center website at [www.hamiltonnj.com/seniors](http://www.hamiltonnj.com/seniors) and be informed of the Senior Centers hours, transportation services, upcoming events, activities and trips.



### Helpful Phone Numbers



Hamilton Police Department:	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 & 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

### 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

## Veterans Information

State Veterans Service Office  
28 West State Street  
Trenton NJ, 08625  
609-292-5580

Trenton Vet Center  
934 Park Ave  
Ewing NJ, 08618  
609-882-5744

Mercer County Veterans Services  
2280 Hamilton Avenue  
Hamilton NJ, 08619  
609-989-6120

Veterans Integrated Service Network  
Hamilton Outpatient Clinic  
3635 Quakerbridge Rd, Suite 30  
Hamilton NJ 08619  
1-800-661-8177

### Volunteer Opportunities

The Senior Center welcomes volunteers for events, office helpers and activity leaders. If you have an interest to volunteer at the Hamilton Senior Center, please see the office staff for a **Volunteer Application** or call **609-890-3686** for more information.

### Senior Craft Case

Visit our Senior Craft Case, located in the Main Hallway near the Restrooms. We have a showcase filled with baby items, scarves, hats, aprons, blankets and much 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!

# *Information & Assistance Programs*

## Transportation Services

The Hamilton Senior Center provides transportation to medical appointments and some food shopping within our borders. Service is for Hamilton Senior residents. Not available on weekends.

CALL: 609-890-3686 to reserve transportation

Mercer County T.R.A.D.E. provides transportation to the Hamilton Senior Center. They also offer transportation medical appointments, beauty appointments, banks, and local malls throughout Mercer County.

CALL: 609-530-1971

## Legal Assistance:

Mercer County Legal Services provides assistance with Housing, Consumer Fraud, Family Legal Issues, Last Will & Testaments.

CALL: 609-695-6249 for eligibility & to make an appointment.

Mercer County Bar Association: 609-585-6200

## Medical Insurance Assistance:

Meet with a counselor to help you with information & forms regarding Medicare, PAAD, Senior Gold and other medical insurance.

CALL: 609-890-3686 for an appointment.

## Re-Assurance Program:

Register FREE with the Hamilton Police Division to call in and be checked on your well being everyday. Great program for individuals that live alone.

CALL: 609-581-4033 to register.

## 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: 609-890-3686.

## Notary:

If you are in need of a notary, contact the office in the Hamilton Senior Center. CALL: 609-890-3686

# Winter Wordsearch

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

Blizzard  
 Bundle up  
 Chicken Noodle Soup  
 Chilly  
 Cold  
 Fireplace

Flakes  
 Freezing  
 Frost  
 Gloves  
 Hat  
 Hot Cocoa

Ice  
 Icicle  
 Scarf  
 Sleet  
 Sleigh Rides  
 Slushy

Snow  
 Snow Day  
 Snowman  
 Snowball fights  
 Winter

# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3	4 Aging in Place by Angelion Mobility 12:15pm - APR	5	6 Covid-19 Vaccine Clinic 3:30pm-5:30pm	7	8
9	10	11 Aging in Place by Angelion Mobility 12:15pm - APR	12	13 Covid-19 Vaccine Clinic 3:30pm-5:30pm	14 Covid-19 Vaccine Clinic 9:30am - 12:30pm	15
16	17 <b>Center Closed</b> <i>Martin Luther King Jr. Day</i>	18	19	20 Covid-19 Vaccine Clinic 3:30pm-5:30pm	21	22
23	24	25	26	27 Covid-19 Vaccine Clinic 3:30pm-5:30pm	28 Covid-19 Vaccine Clinic 9:30am - 12:30pm	29
30	31	<p>“I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You’re doing things you’ve never done before, and more importantly, you’re doing something.” - Neil Gaiman</p>				



# FEBRUARY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 <i>Wear Red Day!</i> 	5
6	7	8	9	10	11 Covid-19 Vaccine Clinic 9:30am - 12:30pm	12
13	14 Super bowl Wrap Up Contest	15	16	17	18 <b>Center Closed</b> <i>Presidents Day</i>	19
20	21 <b>Center Closed</b> <i>Presidents Day</i>	22	23	24	25	26
27	28	<b>American</b>  <b>Heart Month</b>				

**NOTE:**

THE USE AND OR DISPLAY OF HARASSING BEHAVIOR & PROFANE LANGUAGE IS NOT PERMITTED ON THE SENIOR CENTER PREMISES. PLEASE RESPECT OTHERS AS YOU WISH TO BE RESPECTED. THANK YOU FOR YOUR COOPERATION.

# MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11 Covid-19 Vaccine Clinic 9:30am - 12:30pm	12
13	14	15	16	17 <i>Happy St. Patrick's Day</i>	18	19
20	21	22 Home Safety Program by Capital Health 10am - APR	23	24	25	26
27	28	29	30	31		

Please look out for flyers posted on our News Board or our Website, [www.hamiltonnj.com/Seniors](http://www.hamiltonnj.com/Seniors) for updates and information.