

The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595
www.hamiltonma.gov/government/council-on-aging



“The mission of the Town of Hamilton Council on Aging is to create a friendly and safe community for seniors by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their well-being and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent.”

Hamilton Senior Center

Town Manager
Michael Lombardo

Center Staff
Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board
Sherry Leonard, *Chairman*
Steve Walsh, *ViceChairman*
Nancy Longval, *Secretary*
Betty Gray
Linda Spong
Stacy Verge
Caroline Mullen

Senior Van Service
Beauport Ambulance

DONATIONS TO THE COA

Please consider making a tax deductible * donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director at 978-468-5595 for further information *Please check with your tax expert to determine if this donation is right for you.

“GENERALS FOR GENERATIONS”



The Hamilton Council on Aging in partnership with the Hamilton-Wenham Regional High School is pleased to announce the start of a student-led volunteer program called “Generals for Generations”. This program will provide Hamilton seniors with much-needed help every week on Wednesday afternoons between 1:30 and 2:30.

If you are someone over the age of 60 in Hamilton and need help with chores like changing light bulbs, cleaning out a cabinet, raking leaves or shoveling snow, Nick and Will and their band of student volunteers stand ready to help.

Just call 978-468-5595 and tell Mary Beth what you need done or if you have any questions. Make sure you get your request in by the Friday before you need help.

Nutrition Program Offers Sandwich and Salad Lunch

Some of our Seniors have told us that they would like to have a sandwich & salad lunch occasionally instead of the regular hot meal. The COA has been able to work with Senior-Care Nutrition Program to make that possible.



On Tuesday, April 10, the sandwich will be a turkey and cheddar sandwich, with

lettuce leaf and mayo, tarragon potato salad and red pepper, corn and black bean salad, and chilled pears. On Wednesday, April 25, tarragon chicken salad sandwich with lettuce leaf, marinated vegetables, chickpea salad,

and an oatmeal raisin cookie. Sugg. \$2.00 donation . Call 978-468-2616 to make a reservation

Hello from your Council on Aging Board! Perhaps you are an active participant and enjoy each and every event? We would love to hear what makes the Senior Center special to you! Perhaps you are receiving this newsletter, but have not come into the Senior Center lately? It is time for a visit! The building has come a long way from being "the old library"! Over the last month the HCOA Board has charged themselves with developing programs for individuals wishing to participate in the evening hours. We will be actively seeking ways to defray costs and recruiting volunteers or residents who fit into the "lieu of taxes program" to lead these events and

activities. Please see Mary Beth if there is something you would like to "host" or you have a talent to share! Anyone is welcome to join the public query time at the start of the Board meetings- 8:30 first Wednesday of the month - for constructive conversation and creative ideas. If you are over age 60, start by coming in for a cup of coffee. If you are younger than 60, encourage a neighbor, friend, or loved one to try something new. The Senior Center is/can be as active, dynamic, and supportive as the participants and community wish it to be!

Sherry Leonard-Chairman, Council on Aging

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00 Program at 10:30

April 4

Bingo and Hot Dogs

April 11

Arthritis Class with Carol Pallazolla

April 18

Karen Hatcher from MA Commission on the Blind

April 25

Alan Trebat on Home Modification Program



PAINTING WITH ALEAH

**Wednesday, April 11
at 2:00 PM**

Stimulate your creative senses with a step-by-step painting class. Aleah Gates, a graduate from Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need will be provided (paints, canvas, brushes, etc.) for a fee of \$10.**

April Luncheon Specials

TRAVELING CHEF

Wednesday, April 11 at Noon
"French Crepes"

The menu is turkey, spinach and Swiss crepe; creamy mushroom sauce; wild rice pilaf; peas and asparagus; Parker House roll; Boston cream cake. . Please make your reservations with Kim at 978-468-2616 by 11 AM on April 9. Suggested donation for meal is \$3.

SeniorCare Monthly Special

Thursday, April 19 at Noon **"Seafood Bake"**

Senior Care Special this month is seafood bake (fish, scallop, shrimp), béchamel sauce, bread crumbs on top, paella style rice with peas and turmeric, zucchini & summer squash, strawberry mousse & whipped topping, pull apart roll. Please make your reservations with Kim at 978-468-2616 by April 17 at 11 AM. Suggested donation for meal is \$2.

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

April 5 "Marshall" Chadwick Boseman, Kate Hudson, Sterling K. Brown
Historical Drama. This historical drama depicts the early career of NAACP lawyer Thurgood Marshall who would eventually become the first African-American Supreme Court justice. In 1940 Connecticut, Marshall defends a black chauffeur who's accused of raping and trying to kill his white employer and is aided in his efforts by his co-counsel, Sam Friedman.

April 12 "Breathe" Andrew Garfield, Claire Foy, Hugh Bonneville
Drama, Romance. In 1950s England, Robin Cavendish and his wife Diana are enjoying a fairy-tale romance when Robin is paralyzed after contracting polio. When an inventor friend builds him a wheelchair with a respirator attached, Robin resolves to continue his adventures with his wife, and the couple eventually become advocates for disability rights.

April 19 "Loving Vincent" Douglas Booth, Robert Gulaczyk
Historical Drama. A young man journeys through France to investigate the death of painter Vincent Van Gogh. He encounters a variety of people along the way, including the doctor who treated Van Gogh in his last days and the doctor's mysterious daughter.

April 26 "Murder on the Orient Express" Penélope Cruz, Willem Dafoe, Judi Dench, Johnny Depp, Josh Gad, Derek Jacobi, Leslie Odom Jr., Michelle Pfeiffer, and Daisy Ridley

Drama, Mystery. In 1930s Europe, legendary detective Hercule Poirot probes a murder that occurs aboard the luxury train known as the Orient Express. As the thirteen passengers grow paranoid that the killer will strike again, Poirot realizes there's more to the case than meets the eye. An adaptation of the iconic murder-mystery novel by Agatha Christie.



The Council on Aging section of the Hamilton website can be found at: www.hamiltonma.gov/government/council-on-aging. You can also navigate to the Council on Aging page by following the "Your Government" menu on the main page of the Hamilton website: www.hamiltonma.gov

Senior Center Activities & Notices



Mother's Day Brunch

Friday, May 11
11:00 AM

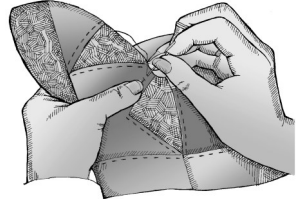
Hamilton ladies only. Please call Mary Beth 978-468-5595 to reserve your spot.



The Hamilton-Wenham **Low Vision Group** is back to meeting. The group will meet in April on Thursday April 12. Meeting starts at 11 am, followed by optional

free lunch at 12 noon.

This group is open to residents of Hamilton and Wenham who have low or no vision; family members welcome to attend also, and those from surrounding towns without a local low vision group. Our group combines "business with pleasure," by scheduling speakers and entertainment opportunities, monthly. We are also developing a resource book on local services for macular degeneration, glaucoma, and other vision disorders.



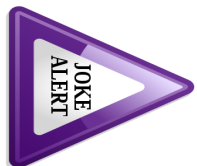
Quilt & Kvetch* Tuesdays at 1:00

QUILTING GROUP

The Quilting Group includes anyone who enjoys sewing and it is as much about getting together as it is about sewing. Led by experienced

quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use.

**We use the word Kvetch affectionately, meaning to get things off your chest, sound off, say what's on your mind.*



One day my Grandma was out, and my Grandpa was in charge of me. I was maybe 3 years old. Someone had given me a little 'tea set' as a gift, and it was one of my favorite toys.

Grandpa was in the living room engrossed in the evening news when I brought him a little cup of 'tea', which was just water. After several cups of tea and lots of praise for such yummy tea, my Grandma came home.

My Grandpa made her wait in the living room to watch me bring him a cup of tea, because it was 'just the cutest thing!' Grandma waited, and sure enough, here I came down the hall with a cup of tea for Grandpa, and she watched him drink it up.

Then she said, (as only a grandma would know), "'Did it ever occur to you that the only place she can reach to get water is the toilet?'"

How is Your Balance?

Free Assessment Tuesday, April 3rd.

On Tuesday, April 3rd. from 10:30 to 11:30, Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center to do free assessments of your risk for falling and the factors that contribute to balance, stability and overall wellness. Learn how you can reduce your risk of falling, become or remain independent throughout your daily life. You will receive helpful handouts on:

- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

Screening is performed on a first come, first served basis and takes approximately 8 minutes.

The Center will be doing screening in Hamilton every month on the first Tuesday from 10:30 to 11:30.

DONATIONS GRATEFULLY ACCEPTED FOR COFFEE (K-CUPS), CANDY AND CANES! THANK YOU FOR THINKING OF US!



Cribbage

Play Cribbage after lunch on Mondays.
Start time is 1:00 PM.
Please see calendar for dates.

Readers Club First Mondays at 1:00



The Reader's Club is very informal. There's no pressure. No books are assigned to you. You can read any book you like and share your thoughts with the group. Many times members may have already read the books being discussed and can share their opinions, too, for a great discussion. At the end of meetings, we often chat about what's going on locally and in the world, or just talk about movies we have seen or restaurants we have found. We would love to welcome anyone to stop by the Senior Center and join us for a delightful two hours.

Call Ginny Seavey (978-468-1667) for more information or just pop in to say hello to see if the Readers Club is for you!

Health and Wellness



Chair Yoga Monday Mornings at 10:30

First timers can try a class for free. \$8 for per class for drop-ins or \$40 for an 8 week series.

Gentle Joints

Friday Mornings at 10:00

Gentle Joints is a **free** exercise class that is easy on your joints and will improve your strength and balance. Safe movements and proper body alignments are emphasized. All exercises can be done while seated or standing and everyone moves to their own ability. The Arthritis Foundation Exercise Program was developed especially for people with arthritis who wanted to maintain their fitness goals while reducing arthritis pain. Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants.

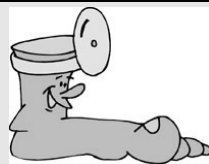


T.O.P.S. (Taking Off Pounds Sensibly) is now meeting at the Hamilton Senior Center. Come join us every Friday at 8:45 AM: we're usually finished by 10 AM. The first visit is free. \$32 per year to join and very small dues. Let's lose weight and have good fellowship together. For more information call 478-468-7253.



Free Hearing Screenings

Audiologist, Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on the second Friday of each month. No appointment needed. Sue will be available from 8:30 to 9:30.



Podiatry

The Podiatrist, Dr. Van Ess will visit the Wenham Senior Center in April at 9:00 AM on the last Wednesday of the month. Appointments will be 15 minutes apart and the Wenham COA will book the appointments at 978-468-5534. Bring Insurance Card.

Free Blood Pressure Screening

Nurses are on duty on the second and fourth Wednesdays from 10 to 11 AM at the Hamilton Senior Center.



No appointment needed.

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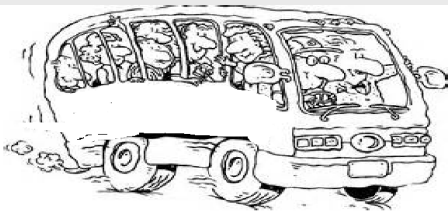
Our **Strength, Flexibility and Balance Class** on Wednesday Afternoon has been cancelled due to lack of funding to subsidize participant's fees. We hope to resume classes if a benefactor can be found.

Register at the Hamilton Recreation Department on Monday, Wednesday, or Friday between 9:30 and 11:30 to get a FREE pass to use the Gordon College Bennett Center's indoor walking track.

Neighbors Helping Neighbors

The Hamilton Foundation (THF) was created to help meet unexpected, urgent, and short-term needs of Hamilton residents due to job loss, death, divorce or catastrophic illness. All requests are confidential. Contact Coordinator, Jane Wetson, 978-233-1816. The Hamilton Foundation, c/o Town Hall - P.O. Box 429, Hamilton, MA 01936. Through financial support and referrals, THF helps Hamilton residents when unexpected emergencies occur. THF provides up to \$750 for urgent, short term problems such as: Mortgage or rent assistance, Emergency home repairs, Emergency heating and utilities, Temporary transportation, Food and nutrition, Home health care, Prescription medicine and medical supplies. THF also provides referrals to government agencies and private social service organizations that can provide additional services or longer term support.

Day Trips



Currier Museum of Art April 16

Join us on our luxury motorcoach to the Currier Museum of Art

in Manchester, NH.

The Currier features European and American paintings, decorative arts, photographs and sculpture, including works by Picasso, Monet, O'Keeffe, Wyeth and LeWitt. **We'll have a private guided tour** which includes collection highlights, museum history, and exploration of special exhibitions. We'll

also have a **private, guided tour of the Frank Lloyd Wright-designed Zimmerman House.** It is the only Wright-designed building in New England that is open to the public.

After our tours we'll head out for a well deserved **lunch at Fratellos**, an elegantly restored mill that features exposed brick, beams and wooden columns, highlighting it's original charm. Lunch choice will be Baked Haddock or Chicken Marsala.

Cost is \$90.00pp and includes 2 guided tours, lunch, dining room taxes and gratuities and round trip deluxe motorcoach transportation. Depart around 10am, return around 4:30pm.

Upcoming Trips

May

We're planning another small local North Shore narrated tour with Beauport 14 passenger mini-bus through Essex, Annisquam and Rockport, Paper House, lunch in Rockport. Around \$30 plus lunch. Leave around 10am, be home around 3pm

June 27 Falmouth, MA

HIGHFIELD HALL & GARDENS with Coonamessett Inn

Bring your appetite to the quaint **Coonamessett Inn** in Falmouth, where you'll enjoy a **delicious luncheon** with your choice of Baked Chatham Scrod, encrusted with fresh herb crumbs, chives and tomato beurre blanc, or Chicken Picatta with mashed potato and seasoned vegetable. Each selection also includes a cup of New England Clam Chowder and strawberry shortcake with coffee, tea or iced tea. Then get ready to experience the yesteryear of Cape Cod at the beautiful **Highfield Hall & Gardens.** This thriving historic landmark and cultural center boasts an exquisite estate, spectacular gardens and over 400 acres of nature trails. Learn the dramatic history of the estate, enjoy the changing art exhibitions, walk through the newly-restored gardens, or simply take in the serene ambiance of it all. Your **guided 1 ½ hour walking tour** will include both the inside of estate and outside gardens (weather permitting). **Please be advised: While the estate is equipped with elevators and is fully accessible, this tour also involves some amount of walking and is not recommended for those with difficulty in mobility. Benches are provided in the garden area.**

Cost is \$89.00pp and includes Guided tour of Highfield Hall and Gardens, lunch at the Coonamessett Inn, shopping in lovely downtown Falmouth, deluxe motorcoach transportation. Leave around 9am.

July 30 Wolfeboro, New Hampshire

Winnepesaukee boat tour, lunch at Wolfeboro Inn, Wright Museum, time for shopping/people watching, deluxe motorcoach transportation. \$83 per person. Leave around 8am, return around 6pm

August 25 Sea'ing the South Shore

Luxury motorcoach to Scituate Light with an historical talk about the history of the light, special luncheon at the Barker Tavern, narrated bus tour of Plymouth, narrated harbor tour aboard an old fashioned paddle-wheeler. \$101 per person. Leave around 8:30am, return around 6pm

YOU DO NOT HAVE TO BE FROM HAMILTON TO JOIN ANY TRIP!

For more information, please contact Ann Chivakos at 978-468-4404 or email to: charles.chivakos@verizon.net

FREE DVD AND BOOK LENDING LIBRARIES FOR SENIORS.

Senior Center Movie DVD Library list is posted on entry bulletin board. Seniors may borrow movies for 3 days. We also have a large take-home book library. Come and check it out!

See Mary Beth.

LAW CLINIC

Attorney Matt Karr's Law Clinic is at 12:30 PM on the last Wednesday of the month.
Call or email Mary Beth for appointment.

Outreach Corner

April is tax month! Are you ready? When the Tax Cuts and Job Reform legislation was signed, some changes may affect your tax return, and you should discuss this with your tax preparer. The Daily Signal (dailysignal.com) identified some changes with possible impacts:

The tax bill doubled the size of the standard deduction.

There are deductions for blind and elderly.

The legislation introduced new individual income tax brackets and rates on earnings and pensions.

State and local taxes and mortgage interest deductions are capped at \$10,000. The mortgage interest deduction is capped at \$750,000 but only for new home purchases.

Property tax reductions: check with your tax preparer if your senior citizen status allows you any property tax or school tax exemptions. Also check with the Hamilton Assessor's office for paperwork on Senior Tax Exemptions, CPA exemptions, and the Senior Tax Circuit Breaker.

Investments: If you have investments as a source of income and are retired, you may have possible deductions you can use related to investment, such as brokering fees, accounting fees, etc.

Medical expenses: If you itemize your deductions and

your medical expenses exceed 7.5% of your adjusted gross income, then you can deduct them.

Above all, you may be eligible for free tax return preparation sponsored by the IRS and AARP through several volunteer assistance programs. Free tax preparation is offered by appointment only - and call early as the slots go fast - at the Hamilton-Wenham Public Library, the Ipswich Town Hall, Beverly Council on Aging, and Beverly Bootstraps, and other locations in Topsfield, Danvers, Manchester, Peabody, Marblehead, Gloucester, and Salem. VITA (Volunteer Income Tax Assistance) sites, such as Beverly Bootstraps, provide service to those with incomes under \$54,000, with disabilities, and limited English. TCE (Tax Counseling for the Elderly) sites, often sponsored through AARP, are for those aged 60 and up.

Fuel assistance runs through April 30, 2018. New enrollees must contact Action Inc. directly by calling them at 978-282-1003. The eligibility guidelines are as follows: the limit for yearly income for a household of 1 is \$12,060 (100% federal poverty level) to \$34,380 (60% of median state income); for a household of 2, \$16,240 to \$44,958; a household of 3, \$20,420 to \$55,537; and a household of 4, \$24,600 to \$66,115. Benefits vary within each income range.

Lucy, Coordinator of Social Services and Outreach

The Senior Circuit Breaker Tax Credit is for low to moderate income seniors, age 65 or older, whose real estate payments are greater than 10% of their income. Homeowners and non-subsidized renters can claim the credit. For 2017 tax returns, total income for single people cannot exceed \$57,000 and \$86,000 for a married couple. For homeowners, the assessed value of their primary residence cannot be more than \$747,000. Many seniors do not file a MA income tax return because they do not have to, based on income: however, they should file just to receive the refund which could total \$1,080/year and is retroactive 3 years.

MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)
NAME OF BENEFICIARY
JANE DOE
MEDICARE CLAIM NUMBER
000-00-0000-A
SEX
FEMALE
IS ENTITLED TO
HOSPITAL (PART A) 07-01-1986
MEDICAL (PART B) 07-01-1986
SIGN HERE → Jane Doe

New Medicare Cards and New Scam

New Medicare cards will be sent out from April 2018 to April 2019 to remove existing Social Security numbers which are currently on cards. Medicare is

warning us now about possible scams.

Here's what you need to know to protect yourself, family and friends throughout the US. Starting 4/1/18, Medicare will start a year-long project to replace all current Medicare cards for beneficiaries to convert to alphanumeric ID numbers. Currently the ID number is your social security number. This is starting to hit the media. Scammers are watching and are opportunistic. First of all the new Medicare card will come to you in the mail. You don't need to request it or do anything. It will show up.

WHAT'S THE SCAM? Somebody from "MEDICARE " will call to

say you are getting a new Medicare card. But until it comes you will need a temporary card. Fee for the card is between \$5-50. They want personal information, bank account or credit card so they can process your temporary card.

THINGS TO REMEMBER: Medicare will never call you unless you ask them to. Medicare does all communications by mail unless you ask them to call.

HOW TO PROTECT YOURSELF FROM THIS ONE?

First of all spread the word. Feel free to share these notes. Use your answering machine to screen calls or just don't even answer a number you don't recognize. If it has happened to you or your friends or loved ones and personal info had been given out (happens considerably more often than you think) immediately take action to protect yourself against identity theft. Contact your local police department to let them know what happened with as much information as you can provide.



April 2018 Calendar



Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club</p>	<p style="text-align: right;">3</p> <p>10:30 Balance Assessments 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">4</p> <p>8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u></p>	<p style="text-align: right;">5</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Marshall" 2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">6</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p>Sign up for Traveling Chef 9</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">10</p> <p>9:00 Sen Tarr Constituent Visit 12:00 <u>Soup and Sandwich Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">11</p> <p>10:00 Blood Pressure Clinic 10:00 Open House 10:30 Arthritis Class 12:00 <u>Traveling Chef</u> "French Crepes" 2:00 <u>Painting with Aleah</u></p>	<p style="text-align: right;">12</p> <p>11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: "Breathe"</p>	<p style="text-align: right;">13</p> <p>8:30 Audiology Clinic 8:45 TOPS 10:00 Gentle Joints 12:00</p>
<p style="text-align: right;">16</p> <p><u>Trip to Currier Museum of Art</u> Leaves at 10:00</p> <p style="text-align: center;">Center Closed for Patriot's Day</p>	<p>Sign up for SeniorCare Special 17</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">18</p> <p>10:00 Open House 10:30 Commission on the Blind 12:00 <u>Lunch</u></p>	<p style="text-align: right;">19</p> <p>12:00 <u>SeniorCare Monthly Special</u> 1:00 Movie: "Loving Vincent" 2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">20</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">23</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">24</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">25</p> <p>9:00 Podiatrist Wenham 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Home Modification Program 12:00 <u>Soup and Sandwich Lunch</u> 12:30 <u>Law Clinic</u></p>	<p style="text-align: right;">26</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Murder on the Orient Express"</p>	<p style="text-align: right;">27</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">30</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <ul style="list-style-type: none"> Bolded items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or reservation </div>			

Hamilton Council on Aging
P O Box 429
Hamilton, MA 01936

Please call or email if you do not want to be on
this mailing list. (978)468-5595, mlaw-
ton@hamilton.ma.gov

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Deliver to addressee or current resident

The Town of Hamilton provides the Senior Center for you if you are 60 years old or more. The Council on Aging invites your participation in all that is offered and encourages your input and involvement.



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

Booking Line Phone Number: 978-281-6955, 24-hour open dispatch line

Cost: \$3.00 round-trip for non-medical trips. **FREE** for medical appointments and trips to and from the Senior Center. Long distance outings offered at discounted rates.

Hours of Operation: Monday through Friday, 8 am until 4:00 pm (late appointment accepted if necessary)

Booking a Pickup: Can be done 24 hours a day. 24-hour notice needed (though exceptions can be made if possible.)

BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP

Points: Beverly, Hamilton, Wenham, Ipswich, Salem, Rockport, Gloucester, Manchester, Essex, Danvers, Peabody

Daily Senior Lunches

SeniorCare serves daily lunches at the Hamilton Senior Center for all those age 60+ and their spouse of any age. Meals include an entrée, side dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. Reservations are necessary and must be made by 10 AM - 2 days before the day you wish to eat lunch by calling Kim at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 48 hours of your reservation. You can make multiple reservations at the same time.) There is a voluntary donation of \$2.00 per meal.



Lunch Menus are at the front desk of the Senior Center and can be found on-line at www.hamiltonma.gov/government/council-on-aging

"The Hamilton Hamlet" is the official newsletter of the Hamilton Council on Aging with information specifically about its programs and activities. In addition, the Hamlet's publisher, produces "The Hamilton Connection" free of charge with additional information that may be of interest to seniors.