

# 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

Acting Town Manager  
Robin Crosbie

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

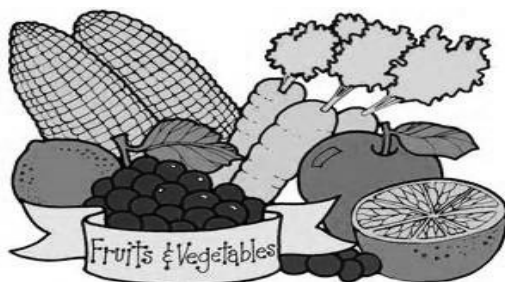
Please consider making a tax deductible \* donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director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

## Brunch with Bruce Tarr Tuesday, August 28 10:30 AM

State Senator Bruce Tarr, will be hosting a catered brunch at the Senior Center to meet with his constituents. Have some scrambled eggs and bacon and bring your questions for him about what's happening on Beacon Hill. Reservations are necessary , so please call Mary Beth at 978-468-5595 by August 17th.

## Summer Brings the Return of the Senior Center Produce Market

Deliveries of fresh produce during the growing season will begin as soon as seasonal produce is ready for harvest from gardens around Hamilton. The kinds and amounts of produce will vary from week to week depending on availability. Distribution will take place after Open House on Wednesdays at about 11:15. The program is being done jointly by the Hamilton COA and Hamilton Acord Food Pantry. Come see what you can use.



## Summer BBQ

### Friday, August 10 11:00 AM to 1:00 PM

Please save Friday, August 10th from 11:30 to 1:00 for Brad Hill's annual Summer BBQ for seniors. It includes hamburgers, hot dogs and all the fixings plus hot fudge sundaes by Cherry Farm Creamery. FREE to Hamilton Seniors. You need a reservation, so please call Mary Beth at 978-468-5595

## Council on Aging to Host Yard Sale September 8:

### Sign-up for your table now.



Sign up for a table now for just \$10. The Council on Aging will be hosting a yard sale on Saturday, September 8<sup>th</sup> from 8 to 12 PM at the senior center located at 299 Bay Road. Tables are going for \$10 each and are first come, first served. Set up will be on Friday, September 7<sup>th</sup> starting at 1 PM. Call Mary Beth to buy a table at 978-468-5595.

# Senior Center Activities

## COA WEDNESDAY OPEN HOUSE

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

**August 1**

*Bingo and Hot Dogs*

**August 8**

*Dan Tremblay will show slide show on Hoosic and Swift River Valley Towns*

**August 15**

*ACORD Food Pantry Cooking Demo*

**August 22**

*Home Aide Care Solutions - Jaqui Moynihan*

**August 29**

*Open Social Hour*

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

**Aug 2 "Lady Bird"** Saoirse Ronan, Laurie Metcalf

*Comedy/Drama.* This coming-of-age tale set in 2002 Sacramento centers on Christine McPherson, an eccentric teenager who prefers to go by the name "Lady Bird." Over the course of her senior year of high school, Lady Bird deals with the pangs of first love and clashes with her mother over her plans for the future. Written and directed by Greta Gerwig, who loosely based the story on her own life.

**Aug 9 "Wonder"** Jacob Tremblay, Julia Roberts, Owen Wilson

*Drama.* A ten-year-old boy with a facial deformity attends school for the first time when he begins the fifth grade. With the support of his mother and father, he learns how to make friends and adjust to his new environment. Meanwhile, those around him learn not to judge a book by its cover.

**Aug 16 "I Can Only Imagine"** J. Michael Finley, Dennis Quaid

*Drama.* "I Can Only Imagine" by the band MercyMe is the best-selling Christian song of all time. While lead singer Bart Millard wrote it in only ten minutes, it was a lifetime in the making. After his mom walks out, he endures years of abuse at the hands of his bitter father and uses music to escape. At age 18, Millard witnesses the transformative power of his faith when God begins to change his father's heart and heal their father-son relationship. Cloris Leachman and Trace Adkins co-star.

**Aug 23 "The Man Who Invented Christmas"** Dan Stevens

*Drama.* In 1843 London, legendary author Charles Dickens is desperate for another success after a string of flops, and soon finds inspiration in the people around him and his own desire to be a better person. He begins to write his iconic novella A Christmas Carol, which eventually helps transform Christmas from a minor holiday into a celebration of family ties and goodwill.

**Aug 30 "Goodbye Christopher Robin"** Domhnall Gleeson

*Drama.* This historical drama details the relationship between children's author A.A. Milne and his son Christopher Robin which was changed forever when Milne used his child and his stuffed animals as inspirations for the Winnie the Pooh stories. As the fanciful tales bring hope to England in the wake of World War I, the family deal with fame and unwanted attention.

## August Luncheon Specials

**SeniorCare Special**

**Thursday, August 16 at Noon**

**"Lobster Roll Special" OR Roast Beef Sandwich**

SeniorCare Special this month is a menu of Lobster Roll, Cole Slaw & Pasta Salad. Cost is \$8.00 and must be pre-paid. You don't have to pre-pay if you want roast beef. Please make a reservation with Kim at 978-468-2616



**No Traveling Chef in August**  
**See Page 1 for descriptions of Summer BBQ and Brunch with Bruce and Brad.**

### 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!



The Council on Aging section of the Hamilton website can be found at: [www.hamiltonma.gov/government/council-on-aging](http://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](http://www.hamiltonma.gov)

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

# Senior Center Activities & Notices



The Hamilton-Wenham **Low Vision Group** will meet on Thursday, August 23. We will be going out to lunch! I have articles to share on Age-Related Macular Degeneration and genetic testing and heredity; cataract surgery and what to expect

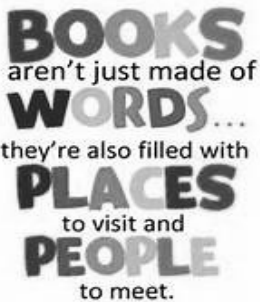
afterwards; and Medicare and Vision from our June meeting, call me if you would like copies.

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.



## Cribbage

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



## Readers Club

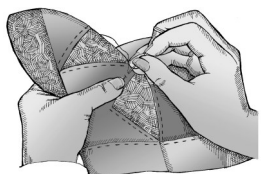
**First Mondays at 1:00**

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!

## FOOD PANTRY DRIVE AT SENIOR CENTER AUGUST & SEPTEMBER

The Council on Aging will be holding a food drive over the next two months to help the ACORD Food Pantry fill its coffers. Some of the items they need are: individual portion snack items, such as raisins or pretzels; canned food such as chili; toothpaste; cereal; toilet paper; cans of coffee. Drop your donations off to the Senior Center at 299 Bay Road. As you know, the food pantry provides our seniors with fresh produce each Wednesday so it is with a sense of gratitude that we are trying to return the favor.



QUILTING GROUP

## Quilt & Kvetch\* Tuesdays at 1:00

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 of your chest, sound off, say what's on your mind.

## Hamilton Fire Department - Lock Boxes Available

The Hamilton Fire Department is happy to announce a new seniors program that is available on request. This program is a grant offered through the Hamilton Wenham Rotary Club and is being distributed by the Hamilton Fire Department. We currently have forty lock boxes to loan out and install on seniors homes at no cost. All you need to do is allow us to install this device on your house and place your Spare Key inside the box. The box then would be accessed only by the Hamilton Fire Department and could be used to gain access in case of a fire, medical or any other type of emergency. Just call us at (978)-468-5558 between the hours of 8am and 5pm Tuesday through Friday to set up an appointment. Thank you in advance for letting us keep you safe.

# Health and Wellness



## Chair Yoga

Monday Mornings at 10:30

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

## Gentle Joints

Friday Mornings at 10:00

Gentle Joints is an 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.

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

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.

## How is Your Balance?

### Free Assessment Tuesday, August 7

On Tuesday, August 7 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 hand outs on:

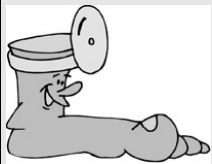
- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

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.

## Do You Have a Cell Phone?

**Please let Mary Beth know if you do not have a cell phone. We are trying to ensure that all of our senior residents have a way to be contacted when the power goes out and a Code Red message can be sent on their cell phone to let them know of updates and that the shelter is open.**



## Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Hamilton COA - June 6 and October 10; Wenham COA - August 8 and December 12. Appointments are scheduled 15 minutes apart starting at 9:00 am on the last Wednesday of the month. The Wenham COA will book all 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.

## Audiology

Our new audiologist, Dr. Cara Capozzi, will be conducting monthly hearing screenings at the Hamilton Senior Center on the first Monday of each month. No appointment needed. Screenings will be available starting at 9:00.



## 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.

## 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.

# Day Trips



## Sea'ing the South Shore

August 25

We have an exciting summer day planned! Our nautical adventure will begin with a **visit to Scituate Light**. Here we will have a local historian **talk about the**

**history** of the light & its link to the War of 1812, the area, the storms, and the people who lived here. We will see more than twenty graphic panels on the history of the lighthouse lining the walkway from the house to the tower. If available that day, you can also climb up the lighthouse!

Next we will enjoy a **special luncheon at the Barker Tavern** in Scituate. The Williams-Barker house is said to be **the second oldest standing house in the United States**. In this charming setting we will enjoy your choice of **Chicken Marsala** sautéed with Marsala, mushrooms and sweet butter; **or Herb Crusted Haddock** broiled with a lemon caper beurre blanc; **or Steak** charbroiled with mushroom sauce. All of these will be served with Salad, Proper accompaniments, Coffee, Tea and Dessert.

**After lunch we will hear about the history of the Pilgrims on the coach**. We will see Plymouth Rock and board the Pilgrim Belle for a **narrated cruise of the harbor aboard an old fashioned paddle-wheeler**.

- **\$101.00 per person** includes Luxury motorcoach round trip transportation, talk at Scituate Light, Lunch at Barker Tavern, Tour of Plymouth, Narrated cruise of Plymouth Harbor , gratuity to driver, and lots of fun!
- Motorcoach leaves at 8:30 am from the Hamilton COA and returns around 6pm.
- Seating is limited for this trip!
- Please make all checks payable to All Around New England and mail or bring the check to the Hamilton Senior Center.

**You do not have to be from Hamilton to join trips!**

**For more information, please** contact Ann Chivakos at 978-468-4404 or email her at: [charles.chivakos@verizon.net](mailto:charles.chivakos@verizon.net).

**All trips leave from and return to the Hamilton COA.** For more information and to register, please contact Ann Chivakos at 978-468-4404 or email Ann at: [charles.chivakos@verizon.net](mailto:charles.chivakos@verizon.net). *Please be aware that there are **NO** refunds when you cancel your reservation. You are responsible for finding someone to take your place and be reimbursed by them directly. The COA maintains a "wait list" for our full trips and will make every effort to put you in touch with someone who wants to go on that trip.*

## Wednesday, September 19- Trip to Marblehead and Jeremiah Lee Mansion and Gardens

*"Call it unique, picturesque, cussed, distinctive, pixilated, fascinating. Its people and history, its crooked lanes and irregular houses, its customs and humor defy conformity and dullness. The irreligious settlers, the adventurous fishermen, the zealous patriots of 1776, the daring privateers of 1812, the clipper ship captains and yesteryear's fish peddlers imbued their town with a spirit as hardy as the rocky peninsula itself."*

We'll have a guided tour of the Jeremiah Lee Mansion, a narrated bus tour of Old Town, Marblehead Neck and hidden treasures and lunch (on your own) at the 3 Cod Tavern, in the heart of Old Town and just steps from the harbor.

Cost will be \$25-30 for round trip Beauport mini-bus transportation, \$10 tour of Lee Mansion and Gardens, and narrated bus tour of Marblehead. Lunch on your own. Limited to 12 participants.

## OCTOBER 2nd. TRIP

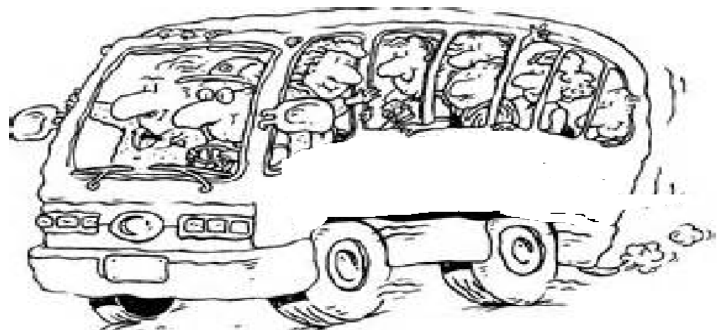
### Conway Scenic Railroad with Lunch at the White Mountain Hotel

#### A Fall Foliage Day Trip you won't want to miss !! *All Aboard!*

Join us for a delightful scenic foliage ride to Conway , New Hampshire . We'll enjoy an old-fashioned railroading experience as we journey along historic rail routes in vintage passenger cars traveling from the 1874 train station in North Conway Village to Bartlett and back again. We will literally go "over the river and through the woods."

After our train we'll head to the White Mountain Hotel for a delicious lunch and incredible views. Nestled beneath scenic White Horse Ledge and Cathedral Ledge, this beautiful resort is truly world class. Choice of Chicken Piccata or Broiled Schrod .

**\$90.00** per person includes: Round trip luxury motorcoach transportation, driver's gratuity, train ride, lunch, dining room taxes and gratuities



# Outreach Corner

It is the dog days of summer but the Hamilton COA is thriving. We are air-conditioned if you would like to come by, browse our small library, put in a few jigsaw puzzle pieces, check out a program, have lunch, watch a movie, or just grab a cup of coffee.

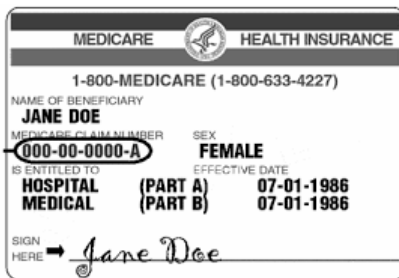
This summer, the COA is partnering again with ACORD Food Pantry to distribute FRESH PRODUCE on Wednesday mornings! This is part and parcel of the COA's mission, which includes nutrition and nutrition education.

Since the COA already partners with SeniorCare on nutrition for Meals on Wheels and the daily congregate lunch program, in July, Deb Davidson of SeniorCare's Nutrition program gave a lively presentation to Open House attendees on the MIND Diet: Brain Gain. The goal of the diet, a cross between the Mediterranean Diet and DASH (Dietary Approaches to Stop Hypertension) Diet, is to support cognitive health by reducing one's risk for Alzheimer's disease. Using components from both diets, the MIND Diet focuses on whole fruits, vegetables, and grains; reduces salt intake; emphasizes extra virgin olive oil and "healthy" fats; and encourages the anti-inflammatory effects of eating berries, fish, leafy greens, nuts, wine, and dark chocolate. Truly, something for everyone! The diet recommends high-quality protein found in skinless white chicken and turkey meat and fish rich in Omega 3 fatty acids (salmon, mackerel, herring, and tuna). One should avoid as much as possible the following: red meats, butter and margarine,

cheese, pastries and sweets, fried foods, and fast foods. Sugar is the new enemy that causes inflammation of joints and arteries, including those supporting your brain! The MIND Diet also suggests eating beans or legumes at least three times a week: this category includes chickpeas, lentils, kidney beans, pinto beans, navy beans, tofu and soybeans, edamame, hummus, and good old lima beans. Of note, research has shown that 53% of those who followed these diet guidelines had a decreased risk of developing Alzheimer's, and those who followed the guidelines only some of the time still cut their risk by 35%!

Thank you, Deb Davidson and SeniorCare! I have copies of her MIND Diet handouts in my office, if you missed the July presentation and food sampling and would like more information! And come by on Wednesdays around 10:30 for Open House and first-come, first-serve access to the produce delivery. So far, we have had lettuce, fennel, and cucumbers, but the produce harvest season has just begun! Thank you, ACORD Food Pantry and local produce farmers!

Lucy, Coordinator of Social Services and Outreach



## 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.

# August 2018 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Bolded</b> items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or reservation	<b>1</b> 10:00 Open House 10:30 <b>Bingo and Hot Dogs</b> 11:15 Produce Market 12:00 <u>Lunch</u>	<b>2</b> 12:00 <u>Lunch</u> 1:00 Movie: <b>"Lady Bird"</b>	<b>3</b> 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>	
<b>6</b> 9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club	<b>7</b> 9:00 <b>Sen Tarr</b> <b>Constituent Visit</b> 10:30 <b>Balance</b> <b>Assessments</b> 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	<b>8</b> 9:00 Podiatrist at Wenham 10:00 <b>Blood Pressure Clinic</b> 10:00 Open House 10:30 <b>Dan Tremblay Slide Show</b> 11:15 Produce Market 12:00 <u>Lunch</u>	<b>9</b> 12:00 <u>Lunch</u> 1:00 Movie: <b>"Wonder"</b> 2:00 Knitting @ Wenham COA	<b>10</b> 8:45 TOPS 10:00 Gentle Joints 11:00 <b>Brad Hill <u>Summer BBQ</u></b>
<b>13</b> <b>SeniorCare Lobster Roll</b> 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	<b>14</b> 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	<b>15</b> 10:00 Open House 10:30 <b>ACORD Cooking Demo</b> 12:00 <u>Lunch</u>	<b>16</b> 12:00 <u>Lunch</u> 12:00 <b>SeniorCare Lobster Roll Special</b> 1:00 Movie: <b>"I Can Only Imagine"</b>	<b>17</b> 8:45 TOPS 10:00 <b>NO</b> Gentle Joints
<b>20</b> 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	<b>21</b> 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	<b>22</b> 10:00 <b>Blood Pressure Clinic</b> 10:00 Open House 10:30 <b>Home Aide Care Solutions</b> 11:15 Produce Market 12:00 <u>Lunch</u>	<b>23</b> 11:00 <b>Low Vision Group</b> 12:00 <u>Lunch</u> 1:00 Movie: <b>"The Man Who Invented Christmas"</b> 2:00 Knitting @ Wenham COA	<b>24</b> 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> <hr style="width: 100%;"/> <b>25</b> 8:30 <b>Scituate Trip</b>
<b>27</b> 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	<b>28</b> 10:30 <b>Brunch with Bruce Tarr</b> 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	<b>29</b> 10:00 Open House 10:30 <b>Open Social Hour</b> 11:15 Produce Market 12:00 <u>Lunch</u> 12:30 <b>Law Clinic</b>	<b>30</b> 12:00 <u>Lunch</u> 1:00 Movie: <b>"Goodbye Christopher Robin"</b>	<b>31</b> 8:45 TOPS 10:00 <b>NO</b> Gentle Joints 12:00 <u>Lunch</u>



Hamilton Council on Aging  
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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](http://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.*