

The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595



"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

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Nancy Longval, Secretary
Betty Gray
Linda Spong
Martha Hale Farrell
Sherry Leonard

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.



The Town of Hamilton has a new website that is more attractive and user-friendly.

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.

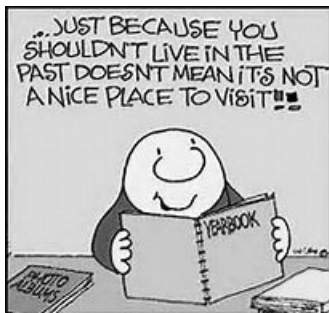
On the Council on Aging pages, you will find:

- our newsletters,
- the congregate meal program's menu for the month,
- a photo gallery, and
- much more information that pertains to Hamilton residents 60 years of age and older.

We hope you'll pay us a visit!

Looking for Class Photos

If you have visited the Senior Center in the last two years, you will have noticed that we are collecting class photos from our Senior Citizens. We are currently have the following years hanging on the wall:



1930, 1935, 1936, 1937, 1939, 1940, 1946, 1947, 1948, 1949, 1953, 1954, 1955, 1956, 1957, 1959, 1960, 1961, and 1962

We are hoping that you have your own class photo that you would let us borrow to make a copy and then hang the copy in the Senior Center.

If you have a photo not already on display of classes before 1974, please contact Mary Beth at 978-468-5595.

Low Cost Preventative Dental Care coming to Hamilton on Wednesday, July 26. See details on page 4 and make your appointment for a \$49 screening and cleaning.



Chess Club?

Are you or a friend interested in participating in a Chess Club at the Senior Center? We have a couple of gentlemen who would like to meet on Thursday mornings from 10:30 to noon. Ladies welcome too.

Call Mary Beth at 978-468-5595 if you are interested.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

July 5

Bingo and Hot Dogs

July 12

*Audiology Presentation
from our new Audiologist, Sue Stein*

July 19

Hamilton Finance Director, Marissa Baptista

July 26

Trivia Contest

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

July 6 "A Dog's Purpose" Dennis Quaid, Peggy Lipton

Comedy-Drama. An adaptation of the best-selling novel of the same name, which follows a dog as he is reincarnated as different breeds belonging to various owners. Over the course of multiple lifetimes, the canine's existence intersects with that of a young boy who rescued him in 1962.

July 13 "Hidden Figures" Octavia Spencer, Taraji Henson

Drama. Three female African-American mathematicians provide crucial calculations for NASA's space race against the Soviets, all while dealing with the racist and sexist assumptions of their white co-workers.

July 20 "The Founder" Michael Keaton, Nick Offerman

Drama, Historical Film. This biopic of businessman Ray Kroc chronicles his work transforming McDonald's from a small burger chain in 1950s California to a global franchise. Along the way, he wrests control of the company from its actual founders, the McDonald brothers, who believe that Kroc's business decisions are stripping the restaurant of its heart and soul.

July 27 "The Shack" Sam Worthington, Octavia Spencer

Drama, Inspirational Film. After a loving father endures a family tragedy that rocks him to his core, he receives a mysterious invitation to "The Shack," a decrepit shelter where an unimaginable horror once took place. But, much to his surprise, his visit prompts a divine intervention from a series of strangers and the group soon lead him on a theological inquiry in the hope of getting him unstuck from his grief by reminding him of the all-encompassing love of God. Based on the best-selling allegorical novel by William Paul Young.



**Meet
for
Breakfast**

The Senior Center has a **Do-It-Yourself Breakfast** daily. Belgian waffles are also available on Wednesdays. The Senior Center opens at 8, so why not come in for a cup of coffee, turn on the news and relax.

JULY Luncheon Specials

SeniorCare Monthly Special

Thursday, July 13 at Noon

"Summer Picnic"

The menu is Tarragon Chicken Salad, Egg Salad, Sweet Potato Salad, Cole Slaw with Vinagrette, Fruit Salad. Requested donation for meal is \$2.00. Please make your reservations with Kim at 978-468-2616 by July 10 at 11 AM.

SeniorCare Barbeque

Thursday, July 27 at Noon

"Traditional Barbeque"

The menu is Hot Dogs and Hamburgers, Potato Salad, Beet & Onion Salad, Strawberry Shortcake, Lemonade. Requested donation for meal is \$2.00. Please make your reservations with Kim at 978-468-2616 by July 24 at 11 AM.

Button-Cell Battery Rebate Program

The Council on Aging is collecting your used button-cell batteries and the Hamilton Senior Center will benefit by being paid \$100 per pound of batteries that are collected. There is a box at the Senior Center where you can drop off your batteries. You'll be helping the environment too. Donating your old batteries not only helps our seniors, but keeps millions of button-cell batteries from hearing aids, watches, and other electronics (with 9mg mercury each) out of landfills.

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!

Sen. Tarr's Aide visits Senior Center to meet with constituents on the second Tuesday of each month from 9:00 to 10:00 AM

Remember to bring in your aluminum can pull tabs for our collection to benefit the Shriner's Hospitals for Children.

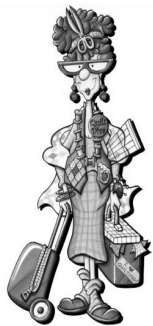
Senior Center News & Activities



Cribbage

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

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.*



The Hamilton Council on Aging and Senior Center hosts a monthly Low Vision Group for local residents with low or no vision, and their family or caregivers. The group is open to Hamilton and Wenham residents, as well

as people from surrounding towns that might not otherwise have access to a low vision group. The intention of the group is to combine "business and pleasure," offering educational material and guest speakers, and fun trips away.

This month's meeting is Thursday, July 13 at 12 noon, lunch at Henderson's in Wenham; Joe Gentleman of the Essex County Lion's Club may join us. Please call Lucy with your reservation by July 6. **This event is for those with low vision ONLY.** If you need transportation, in Wenham, please call the Wenham van at 978-468-5534. In Hamilton, please call the Beauport van dispatch, at 978-281-6955, toll free 1-800-563-7798.

The Acord Food Pantry has donated pre-packed boxes of basic non-perishable food that Seniors can pick up (free of cost) at the Senior Center for their own use or for others that they know who might be in need.



Benefits of Podiatry for Seniors

Let's face it; aging is tough on the body, particularly joints, and especially your feet. As you age, arthritis can affect your joints, particularly those that are weight-bearing; again especially, your feet. Feet often become larger as you age, causing you to buy new footwear; if you don't, you can increase your foot problems with calluses, corns, and blisters. As you age, your skin grows thinner and dryer, and provides less protection for your feet as well as elsewhere. In addition to the calluses, corns, and blisters, you are at higher risk from bacterial and fungal infections from skin lesions from dry skin cracking. Your toenails grow thicker and more brittle, making them harder to cut. And if you have certain health conditions, reaching your toes becomes difficult or impossible because of lack of flexibility, or dizziness when bending to reach one's toes. And finally, if you have arthritis in your hands, or poor vision, you may have difficulty wielding toenail clippers or scissors, and nail files, on your own toes.

Research has shown that good care of your feet has some clear benefits. First, good hygiene, including washing and moisturizing, can help you avoid skin lesions and possible infections. Wearing appropriate size footwear reduces the risk of calluses, corns, blisters, and other pressure-related injuries. You may benefit from orthotics, to help maintain proper support for your feet and ankles. Above all, if your feet don't hurt, you are likely to keep moving, in activities of daily living and socializing, and risk falling less. Your feet will look better, and you will feel better!

A podiatrist can help you maintain your health by helping you take care of your feet. Podiatrists have equipment to handle thickening nails, corns, calluses, heel spurs, blisters, plantar warts, and plantar fasciitis, even shin splints; and can advise on treating fungal and bacterial infections. They also can advise on correct footwear, and prescribe special shoes and orthotics.

Medicare recommends a foot exam every six months for people with diabetes and circulatory conditions that are known to lead to edema (swelling), neuropathy (nerve damage often with loss of sensation), and reduced immunity (risk of infection). Medicare Part B also covers medically necessary treatment of bunions, hammer toes, heel spurs, and diseases of the feet, with the key words being "medically necessary".

The Hamilton and Wenham Senior Centers share a podiatrist who comes once a month, alternating between each Center, on the last Wednesday of the month. In July, Dr. Van Ess will be at the Wenham Council on Aging from 9 am to 12 noon. For reservations, call 978-468-5534. Bring your insurance card; you may be eligible for coverage. Even if you're not, you and your feet will feel better!

Health and Wellness



Polished, a Preventative Dental Care Program

Wednesday, July 26th

9:00am - 5:00pm

Polished, a Preventative Dental Care Program, will be at the Hamilton Public Safety Building, Conference Room (behind the Senior Center) on Wednesday, July 26th from 9am to 5pm providing adult dental screenings and cleanings for \$49 by appointment only. This program is free for children. For questions and to schedule an appointment contact Ellen at 508-237-5378 or email: gould.ellen@gmail.com. The Hamilton Council on Aging brings this program to you to provide our community with preventative dental care. For more information please visit www.polishedteeth.com.



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.

Parkinson's Fitness Group

Wednesday Afternoons
at 1:00



Heather Thorpe will be leading a fitness group specifically designed for seniors dealing with Parkinson's disease. Experience movement with a greater sense of ease. Learn basic balance postures, form, and breath work, while building physical strength, flexibility, and balance. Ensure comfort and safety, using a chair, wall, and other props for individual variations and modifications. Close your practice with a restorative moment paired with mindful breathing. Come experience the unlimited benefits of the Parkinson's Fitness Group.



Exercise on Your Own

The Senior Center has a "Cubii" which allows you to pedal from a regular chair, a recumbent bicycle, a treadmill and an exercise chair available for individual exercise. You can use the equipment when classes are not in session.

You can also bring a friend to play Ping Pong.



TAKE OFF POUNDS SENSIBLY

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.

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.

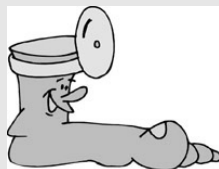


Free Hearing Screenings

Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center the 2nd. Tuesday of every month.

No appointment needed.

Sue will be available from 10 to 10:30.



Podiatry

The Podiatrist, Dr. Van Ess will visit the Hamilton Senior Center in July 26 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.

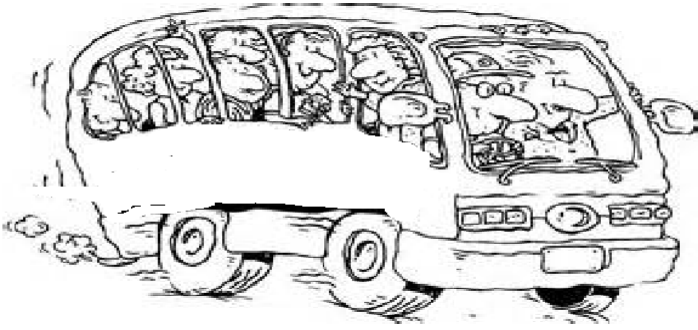
Free Blood Pressure Screening

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

No appointment needed.



Day Trips



Kennebunkport

Date: Monday, July 17 Time: 9:30 AM – 5:30 PM

\$69.00 includes: Deluxe motor coach round trip transportation, stop at When Pigs Fly Bakery, lunch at Clay Hill Farm, dining room gratuities and taxes, Guided bus tour, time for shopping on your own. Please register by June 17.

We will be traveling to the southern coast of Maine to Kennebunkport, starting with a visit to **When Pigs Fly Bakery** where old-world artisan breads are made fresh every day. Next, it's on to **lunch at Clay Hill Farm**. After lunch, you will have a **guided tour of the Kennebunkport area by bus**. Hear about famous authors, presidents, and more on this unique tour. A delightful way to spend a day!

Block Island

Date: Thursday, August 10 Time: 7:30 AM – 7:30 PM

\$105.00 includes: deluxe motorcoach round trip transportation, ferry ride, lunch at the National Hotel, dining room taxes and gratuities, bus tour of island and time for shopping and exploring. Please register by July 10.

For a unique day trip, visit beautiful Block Island. You will meet the **high-speed ferry** at Point Judith, Rhode Island. After a 30-minute ride, you will arrive at Block Island, where you will embark on a **tour of the Island** via the Block Island Ferry Bus. The tour includes a stop at the historical Southeast Light. After the tour, you will have **lunch at the historic National Hotel**. Listed on the National Register of Historic Places, this Block Island landmark offers breath-taking ocean views from their iconic front porch and restaurant. You will have time for shopping and exploring.

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

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. *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.*

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.

Looking Ahead to the Fall :

**Salem Trolley Tour and optional lunch at Red's Sandwich Shop
Thursday, September 7**

Price will be \$10 person and lunch will be on your own.

We'll have a private narrated one hour trolley tour of beautiful and historic Salem starting at 11am. The eight mile ride around the city takes you past the Charter Street Burial Ground, the House of the Seven Gables, Witch Dungeon Museum, Salem Witch Museum, the historic waterfront area and other locations, including Chestnut Street considered to be one of the most beautiful streets in America. Our professional driver and talented local tour guide will entertain us with factual history and interesting tidbits about Salem.

You'll need to get to Salem on your own. The most convenient parking garage s Museum Place at 1 New Liberty Street which I believe is 75cents per hour. You'll get the trolley at the National Park Service Visitors Center at 2 New Liberty Street. The tour starts and ends at this location.

Red's is about a 5 minute walk from the Visitor's Center if you decide to join us for lunch.

Fruitlands Museum Foliage Trip Wednesday, October 18

A beautiful foliage ride up Route 2 thru Concord and on to Harvard to visit the Fruitlands Museum. We'll have a 2 hour guided History and Highlights Tour including the Alcott's Farmhouse, Shaker Museum, Native American Museum and the Art Gallery.

Price will probably be around \$25 per person for transportation by Beauport 14 passenger mini-bus, \$11 per person for the tour and money for lunch. We'll either eat at the Museum Café or grab something on the way home. Probably leave around 9am and be home around 3pm.

Holiday Trip to Maine Late November or early December

We'll tour Portland's Victoria Mansion all dressed up for the holidays, lunch at the Muddy Rudder in Yarmouth, then off to the Saco Museum of Art's Festival of Trees. Transportation will be by luxury motor coach and will probably be leaving around 8:30am and returning around 5:30pm. Cost will be around \$90 per person.

Outreach Corner

Although we all love to be outdoors in the warmer weather, especially after this long, cold winter and cool, rainy spring, the summer sunshine, UV rays and heat also can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, and heat exhaustion. Be aware that seniors don't "feel the heat" the way younger people do, so you might not know that you can't handle heat the way you used to. Physiologically, as people age, they lose some natural ability to regulate body temperature, making you more susceptible to temperature changes in the environment. One such change is that the subcutaneous layer of fat beneath the skin, which acts as a natural insulation to heat and cold, dwindles. Also because seniors perspire less, it's harder for you to keep cool, which also increases your risk of becoming overheated.

Do you know how to stay safe during a hot spell? A number of homecare sites list safety precautions for the summer months, with simple choices in beverages, clothing, and scheduling.

- **Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases with age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity, including gardening. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated, because these choices will only increase your dehydration.
- **Pick the right outfit and accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Wide-brimmed hats keep the sun off of your face and neck, and full coverage (wrap-around) sunglasses provide the best eye protection. Glasses that block UVA and UVB rays help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.
- **Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air conditioning, including a friend's house, shopping mall, senior center, or movie theater. [The Hamilton Council on Aging/Senior Center is air-conditioned, so come join us for lunch, a program, a movie, a good book, a cold beverage, or just a chat.](#)
- **Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the early morning and the evening, when the temperature is lower and the sun is less intense.
- **Watch for heat exhaustion and heat stroke:** Heat exhaustion is a non-life-threatening condition caused by loss of salt and fluid from the body that results from prolonged exposure to extreme heat. Some characteristic symptoms of heat exhaustion include headache, blurred vision, nausea, upset stomach, ashen appearance, low blood pressure, vomiting, sluggishness, fatigue, thirst, rapid weak heartbeat, profuse sweating and moderate increase in body temperature. If a person is in distress and exhibiting the symptoms of heat exhaustion, immediately take action to cool them down. Move them to a cool, dry place to lie down and rest. Loosen or remove clothing. Apply cool water to the skin and fan the wet skin. Applying ice wrapped in a towel to the head, neck armpits and groin areas can bring down the body temperature, too. Also have them drink cool, not iced, water. Electrolyte drinks are also good for someone experiencing heat exhaustion. Heat exhaustion can lead to heat stroke, a **life-threatening** condition that requires immediate medical attention. Heat stroke occurs when the body cannot cool itself, usually because sweating stops and the body's core temperature becomes too high. Conditions like obesity, cardiovascular disease and diabetes, some medications commonly prescribed to seniors, dehydration, and alcohol consumption during elevated temperatures can all contribute to an increased risk of heat stroke. Symptoms of heat stroke include headache, dizziness, elevated or lowered blood pressure, disorientation, agitation, confusion, sluggishness, fatigue, seizures, hot dry skin, fainting, loss of consciousness, increased body temperature, rapid heartbeat and hallucinations.
- **Review your medications:** Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review your medications and check with a doctor or pharmacist if you have any questions.
- **Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays and also has a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure. If you're enjoying water activities, be sure to reapply your sunscreen frequently. It only takes about 15 minutes for the sun to damage unprotected skin. You may not notice it immediately, but the damage is there.
- **Check on friends and family:** Use the rising temperatures as an opportunity to catch up with elderly neighbors and relatives, especially those who do not have air conditioning. Plan outings together in places that have air conditioning: the Hamilton Senior Center has some good programs to choose from! Check the newsletter for some "cool" ideas!

Lucy Frederikson, Outreach Coordinator




July 2017 Calendar



Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">3</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club</p>	<p align="center">4</p> <p align="center">Closed for Independence Day</p>	<p align="center">5</p> <p>8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness</p>	<p align="center">6</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "A Dog's Purpose"</p>	<p align="center">7</p> <p>8:45 TOPS 10:00 NO GENTLE JOINTS TODAY 12:00 <u>Lunch</u></p>
<p><i>Sign-up for SeniorCare Special</i> 10</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p align="center">11</p> <p>9:00 Sen Tarr Constituent Visit 10:00-Audiologist 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p align="center">12</p> <p>10:00 Blood Pressure Clinic 10:00 Open House 10:30 Audiology Presentation 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness</p>	<p align="center">13</p> <p>12:00 Low Vision Group at Henderson's 12:00 SeniorCare Monthly Special - Summer Picnic 1:00 Movie: "Hidden Figures" 2:00 Knitting @ Wenham COA</p>	<p align="center">14</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p align="center">17</p> <p>9:30 <u>Kennebunkport Trip</u> 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p align="center">18</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p align="center">19</p> <p>10:00 Open House 10:30 Hamilton Finance Director, Marissa Baptista 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness</p>	<p align="center">20</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "The Founder"</p>	<p align="center">21</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p><i>Sign-up for SeniorCare Barbeque</i> 24</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p align="center">25</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p align="center">26</p> <p>9:00 - 5:00 <u>Dental Clinic</u> 9:00 <u>Podiatrist</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Trivia Contest 11:00 Free Produce Market 12:00 <u>Lunch</u> 12:30 <u>Legal Clinic</u> 1:00 Parkinson's Fitness</p>	<p align="center">27</p> <p>12:00 SeniorCare BBQ - Traditional BBQ 1:00 Movie: "The Shack" 2:00 Knitting @ Wenham COA</p>	<p align="center">28</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p align="center">31</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>				



- **Bolded** items are activities or programs which are unique or not scheduled weekly
- **Underlined** items require sign-up or reservation

Hamilton Council on Aging
299 Bay Road
Hamilton, MA 01982

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.

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 book library. Come and check it out!



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

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

Cost: **FREE** for medical appointments. **\$3.00** round-trip for non-medical trips. 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.

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