

# 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

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Caroline Mullen

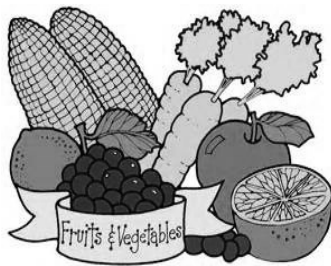
### Senior Van Service

Beauport Ambulance

## 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.

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.

## Meet Our New Audiologist

Cara Capozzi, Au.D., is a Wakefield, MA native and completed her Bachelor's degree in Speech Pathology/Audiology at Emerson College in 2011. She earned her Doctoral degree in Audiology at James Madison University in Harrisonburg, Virginia in 2015. Dr. Capozzi enjoys working with people of all ages, but has a fabulous background working with adult and elderly populations. She worked for two years as a traveling audiologist, providing hearing services to those in Assisted Living and Independent Living facilities. While she loved her time "on the road," she has recently settled into a private practice located in Beverly, MA where she can continue to provide comprehensive hearing healthcare. She also enjoys giving lectures on "Healthy Hearing" across the North Shore and beyond. In her spare time, Dr. Capozzi loves hiking and camping with her husband and dog. She looks forward to meeting you and improving your hearing health!

Dr. Capozzi will be conducting free hearing screenings on the first Monday of each month at the Senior Center at 9:00 AM.

### 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.



## Help Needed with Eagle Scout Project

The Council on Aging has been approached by a high school student in Hamilton who would like to complete his Eagle Scout project by doing something for the seniors at the Senior Center. He has several ideas but would like to hear from YOU to find out what would benefit the seniors in town the most. Please vote for one of the projects below or, if you would like to see him do something else, please write in your idea. Drop off your answers to Mary Beth at 299 Bay Road or email your response to [mLawton@hamiltonma.gov](mailto:mLawton@hamiltonma.gov). Thanks for your input on this project.

1. Bocce court (probably around 30 feet long and 6 to 8 feet wide)
2. Horseshoe pit
3. Patio area
4. Your idea: \_\_\_\_\_

# Senior Center Activities

## COA WEDNESDAY OPEN HOUSE

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

**July 4**

*Closed for Independence Day*

**July 11**

*Deb Davidson from SeniorCare will talk about the MIND Diet*

**July 18**

*Carol Pallazolla from Element Care/PACE- **Create with PACE:** This is a take-off on "Paint Nights" that are very popular right now! Every senior will tap into their own creativity and get to take home their very own masterpiece, while learning about what the PACE program is and how they can benefit through the wonder of art and colors.*

**July 25**

Stephen Collins will be performing a new program for us about the life of Herman Melville, author of Moby Dick. Collins' *style of teaching* has been described as a hybrid between teaching and performance, with each seminar providing an interactive learning experience for your community.

## July Luncheon Specials

### SeniorCare Monthly Special

Thursday, July 19 at Noon

SeniorCare Special this month is a menu of turkey club sandwich with bacon and mayo with lettuce leaf and tomato; country potato salad; coleslaw; Kaiser roll and watermelon. Requested donation for the meal is \$2.00. Please make a reservation with Kim at 978-468-2616 by July 16.

### SeniorCare Summer BBQ

Friday, July 20 at Noon

*"Summer BBQ"*

SeniorCare Special this month is a menu of hot dogs and hamburgers, potato salad, and all the extras. Requested donation for the meal is \$2.00. Please make a reservation with Kim at 978-468-2616 by July 17.

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

**July 5 "The Greatest Showman"** Hugh Jackman, Zac Efron  
*Musical.* This musical about the life of entrepreneur P.T. Barnum depicts how he found fame and fortune by starting a circus in 1870s America. The Greatest Showman posits Barnum as the creator of modern show business, and a man who believed in celebrating those who were different instead of scorning them.

**July 12 "The Post"** Tom Hanks, Meryl Streep, Ben Bradlee  
*Drama.* In the summer of 1971, the Washington Post faces a historic dilemma: whether or not to publish the Pentagon Papers, a top-secret document that reveals the U.S. government knew for decades the Vietnam War was unwinnable. Executive editor and publisher Kay Graham debate the best course of action in this docudrama.

**July 19 "Little Women"**

*Drama.* Originally published in 1868, *Little Women* is set against the backdrop as the Civil War as four sisters — Jo, Meg, Beth and Amy March — transition from childhood to adulthood. With their father at war, the foursome learn to navigate love and loss with help from their mother. Produced by BBC.

**July 26 "Call Me By Your Name"** Timothee Chalamet, Armie Hammer

*Drama.* In 1983 Italy, a 17-year-old boy (Timothee Chalamet) falls in love with a visiting American scholar who has been hired as a research assistant by his father. Over the course of a memorable summer, the two flirt as the teen discovers his sexuality.



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)

### 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.

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

# Senior Center Activities & Notices

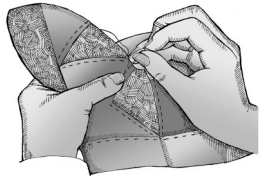
**BOOKS**  
aren't just made of  
**WORDS...**  
they're also filled with  
**PLACES**  
to visit and  
**PEOPLE**  
to meet.

## 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!



QUILTING GROUP

## Quilt & Kvetch\*

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-Wenham **Low Vision Group** will meet on Thursday, July 12. The meeting starts at 11 am, followed by an optional free lunch at 12 noon. Program: Gayle Yarnell will be talking about the FREE Talking Book

program, offered by Perkins School and Library of Congress. Lunch reservations are due one week before the event.

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.

Thursday, August 16  
**Lobster Roll Lunch**

Mark  
Your  
Calendar



## Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.



Would you like to work at the Senior Center and earn money to help defray your real estate taxes? If the answer is yes, then the Senior Tax Write-Off program is for you. The Council on Aging is looking for someone who can fill a few different roles: answering the phone, light computer work, perhaps planning programs and activities at the Senior Center. Maybe you have a experience working with a family member who has dementia or Alzheimer's. If you feel you can wear a few different hats, call Mary Beth at 978-468-5595 Monday thru Friday 8:00 AM to 4:30 PM.

## 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 July 3rd..

On Tuesday, July 3 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:

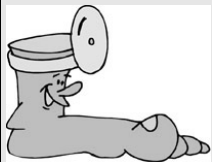
- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

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 - 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.. First screening date is July 2nd. at 9:00 AM



## 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

## July 30 - Wolfeboro , New Hampshire “ America ’s First Summer Resort”

We will travel to the beautiful Wolfeboro, New Hampshire area for a boat ride, luncheon and museum visit. We will cruise along the shore of Lake Winnepesaukee aboard the 65 foot riverboat style paddlewheeler called the "Winnepesaukee Belle "offering two decks for you to choose from and the main salon is air conditioned for your comfort. Your **1 ½ hour tour will be narrated**, and some of the things you will see are, one of the oldest boatyards on the lake, the former Chiang Kai-shek property, a loon refuge, and several islands with interesting stories.

Lunch today will be at **The Wolfeboro Inn** (2017: Yankee Magazine Editor's Choice for NH's Best Lakeside Inn). Your group will love the food and atmosphere of this lovely property. You may choose from Pesto Roasted Chicken Breast with Fresh Mozzarella and Bruschetta Topping or Cod Piccata with Lemon Caper Sauce.

**After lunch, you will visit the Wright Museum**, a unique place that showcases America at War and The Home Front 1939-1945.

- Cost is \$83.00 per person and Includes: Round trip deluxe motorcoach transportation, narrated boat tour, luncheon, dining room taxes and gratuities, museum admission and shopping.
- Please make checks payable to Royal Tours , LLC and drop off/ mail to Hamilton Senior Center
- Leave the Hamilton COA at 8:00 a.m. - Home approximately 6:00 p.m.

## September - Trip to Marblehead and Jeremiah Lee Mansion and Gardens

Join us for Wednesday trip to **Marblehead** to visit the **Jeremiah Lee Mansion and Gardens**. Lee was the wealthiest merchant and ship owner in Massachusetts. Preserved in its nearly original state, the 1768 Jeremiah Lee Mansion is a magnificent colonial Georgian. Beautiful and historically- inspired gardens surround the 1768 Jeremiah Lee Mansion. Designed according to 18th-century models and sources, the gardens have been conscientiously laid out and maintained by The Marblehead Garden Club since 1936 on behalf of the Marblehead Museum & Historical Society, which has owned and preserved the Mansion since 1909. After our **house and garden tour** we will welcome Don Doliber, local Marblehead historian, to board our "chariot" for a **narrated tour of Old Town, Marblehead Neck and other adventures**. Then we'll enjoy our **lunch (on your own) at the Three Cod Tavern** in the heart of Old Town and 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.



## August 25 – Sea’ing the South Shore

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.

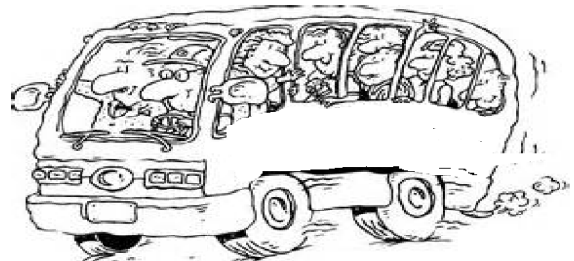
**After lunch we will hear about the history of the Pilgrims on the coach**. We will see Plymouth Rock and board the Pilgrim Belle for a **narrated cruise of the harbor aboard an old fashioned paddlewheeler**.

- **\$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.

**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.*



# Outreach Corner

What is the mission for the Hamilton Council on Aging? For those who receive this newsletter, the answer is printed on the masthead of the newsletter; and for those who visit the Council on Aging (COA), it is printed on the wall over the doors to the kitchen and the Director's office. Here it is again: "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."

So what does this actually mean? You may think the COA is here to offer food and fun and a few exercise classes, but think again! Yes, at the COA building, we provide programs to help people stay healthy, offer opportunities for socializing at Open House and on day trips, host SeniorCare's congregate lunch and Meals on Wheels programs, and organize other special events for education and fun. However, the primary mission is to ensure that seniors in town are safe! Safe in their homes, safe from abuse or neglect, and safe in getting their needs met.

The Town of Hamilton takes seriously the safety of local seniors. The impetus for establishing a COA in town was to support safety of seniors, expanding on the social and recreational programming already established by a group of ded-

icated volunteers to include staff to work on safety and referral concerns. The Hamilton Police Dept. works with seniors with wellness checks; however, they cannot share information with COA staff because of privacy laws. Our best option for reaching out to seniors with unmet needs is YOU! If your parent, or neighbor, or friend might not be safe, for any reason, or might benefit from support services of some kind, please give us a call! We can reach out to an individual and work with them and their family to help them stay safe and healthy in their home.

The COA staff is set up to provide several levels of intervention and support. If a person's safety is immediately threatened, COA staff work with SeniorCare, our local aging services provider, which has a responsive staff for protective services and assessment. On a less immediate level, the COA's outreach services can connect people with contacts and/or applications for affordable housing, fuel assistance, Food Stamps, insurance benefits and changes, legal help, veterans' benefits, in-home services, and state and local tax exemptions, to name a few options. A SHINE Counselor is on staff to provide Medicare counseling: SHINE means Serving the Health Information Needs for Everyone on Medicare!

So, yes, it sometimes takes a village to support a senior as well as to raise a child!

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.

# July 2018 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club	3 10:30 Balance Assessment 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	4 Closed for Independence Day  	5 12:00 <u>Lunch</u> 1:00 Movie: "The Greatest Showman"	6 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
9 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	10 9:00 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	11 10:00 Blood Pressure Clinic 10:00 Open House 10:30 MIND Diet 11:15 Produce Market 12:00 <u>Lunch</u>	12 11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: "The Post" 2:00 Knitting @ Wenham COA	13 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
16 Sign up for SeniorCare Special  10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	17 Sign up for SeniorCare BBQ  12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	18 10:00 Open House 10:30 Create with PACE 11:15 Produce Market 12:00 <u>Lunch</u>	19 12:00 <u>SeniorCare Special</u> 1:00 Movie: "Little Women"	20 8:45 TOPS 10:00 Gentle Joints 12:00 <u>SeniorCare BBQ</u>
23 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	24 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	25 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Performance from Herman Melville's Life 11:15 Produce Market 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u>	26 12:00 <u>Lunch</u> 1:00 Movie: "Call Me by Your Name" 2:00 Knitting @ Wenham COA	27 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
30 8:00 <u>Wolfeboro, NH Trip</u> 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	31 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</p> <p><b>Underlined</b> items require sign-up or reservation</p> </div>		

Hamilton Council on Aging  
P O Box 429  
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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.*