

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
Chief Russ Stevens

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.

Mother's Day Brunch

**Friday May 11
11:00 am**

Hamilton Senior Mothers (ages 60+) are invited to a Mother's Day Brunch at the Senior Center on Friday May 11th at 11:00 AM. The Brunch will be prepared and served by a wonderful group of young mothers led by Martha Hale Farrell . Limited to 36 mothers. Please make reservation with Mary Beth at 978-468-5595.

Speaking Up to Bullies

Research by Gerontologist Robin Boniface estimates that between 10 and 20% of residents in senior housing and places that seniors congregate, including senior centers - may experience mistreatment by their neighbors and peer group.

Bullying is defined as a type of aggressive behavior in which one person tries to gain power over another by belittling him or her through name-calling, bossiness, loud arguments, physical intimidation, or actual violence. Bullies may actually be weak, sick, anxious, or feel powerless, so they may act out in an attempt to intimidate or control others. This behavior often creates an environment of fear, disrespect, and insecurity and may contribute to even more bullying.

Some forms of bullying may seem innocent - like crowding more people around a table than is

Seniors Helping Seniors



When: Tuesday, May 29

Time: 8:30 am - 12:30 pm

Once again, Seniors from the Hamilton-Wenham Regional High School, **Class of 2018** are giving back to the community.

On Tuesday, May 29 from 8:30-12:30, groups of students will be working at the homes of senior citizens in the towns of Hamilton and Wenham.

Light chores could include raking, spreading mulch, cleaning patio furniture, washing ground floor windows, etc.

If you have a small job that you need help with, call Ms. Lisa Heitz (978-468-0496) by Wednesday May 16, 2018

comfortable while other tables hold just a one or two people or saving seats for a group and leaving others out.

The Hamilton Senior Center employs Standards of Independence to address bullying behaviors exhibited by any of our participants and we welcome your ideas for maintaining a safe, positive environment. Please don't hesitate to let us know if you or someone you know is being bullied or harassed by another so we might provide support to address your concerns.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

May 2

Bingo and Hot Dogs

May 9

*Local historian, Dan Tremblay,
on the history of Danvers State Hospital*

May 16

Dr. George Beilin on Pain Management

May 23

Moe Pratt

May 30

Trivia Contest

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

May 3 "Baby Driver" Ansel Elgort, Lily James

Action. Baby Driver is a mix of car-chase action flick and jukebox musical. The movie's protagonist is a fresh-faced getaway driver who goes by the name of Baby. He works for a crew of bank robbers in Atlanta, and listens to music all the time (including during robberies) to drown out the severe tinnitus he developed from a childhood accident. Baby's solitary life changes after he falls in love with a waitress named Debora, but when he tries to escape from the criminal underworld and start over, he finds that getting out is easier said than done.

May 10 "United 93"

Drama. Told in real time and acted out by a cast of unknowns who were provided with detailed studies of their real-life counterparts, United 93 attempts to reconstruct the airborne tragedy from the view of the ground and flight controllers, the passengers, and their nervous families awaiting word on the fate of their loved ones. As the terrified travelers and crew gradually become aware of the historical events taking place on the ground so far beneath them, the 90 minutes in which a random collection of strangers realized their fate and came together to confront an unthinkable threat are re-created.

May 17 "Victoria and Abdul" Ali Fazal, Judi Dench

Historical Drama. An Indian clerk named Abdul Karim travels to London to present Queen Victoria with a ceremonial coin for her Golden Jubilee. The pair form an unexpected bond upon meeting, but the lifelong friendship that develops is threatened by the disapproval of Victoria's inner circle. As the Queen contemplates what her life of service has meant and the restrictions it has placed on her, Abdul brings her joy as he indulges her fascination with the country she rules over from half a world away.

May 24 "Darkest Hour" Gary Oldman

Historical Drama. This historical drama from director Joe Wright focuses on the trials of Winston Churchill soon after he becomes prime minister of the U.K. in 1940. With Nazi armies rolling through Europe, Churchill must figure out how to rally the nation to action while many of his contemporaries advocate peace talks with Hitler.

May 31 "3 Billboard Outside Epping, Missouri"

Frances McDormand, Woody Harrelson, Sam Rockwell

Drama, Crime. Frustrated with the lack of progress by the local police in finding those responsible for the brutal murder of her daughter, a mother installs three controversial billboards on the edge of town to goad the department into action. Her decision leads to a clash with both the chief of police and his unhinged second-in-command.

Alert: This film contains bad language.

May Luncheon Specials



TRAVELING CHEF

Thursday, May 17 at Noon

"American Carvery"

The menu is roast beef with gravy, baked potato w/sour cream, whole buttered green beans, pound cake w/mixed berry sauce, Parker House roll. Please make your reservations with Kim at 978-468-2616 by 11 AM on May 14. Suggested donation for meal is \$3.

SeniorCare Monthly Special

Thursday, May 10 at Noon

"Mother's Day Special"

SeniorCare Special this month is broccoli & cheese stuffed chicken breast, baby carrots w/fresh dill, fresh parsley garnish, au gratin potatoes, strawberry shortcake w/whipped topping, multigrain bread. Please make your reservations with Kim at 978-468-2616 by May 7 at 11 AM. Suggested donation for meal is \$2.

Soup and Sandwich or Salad Lunches

May 9 Chicken Pesto Sandwich with Corn Chowder and Vanilla Pudding.

May 15 Turkey and Cheddar Sandwich with Mushroom Soup and Chilled Pears.

May 31 Chef Salad (Turkey, Egg, Cheese) with Hearty Vegetable Soup and Chilled Fruit.

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.

Senior Center Activities & Notices



PAINTING WITH ALEAH

Wednesday, May 9
at 2:00 PM

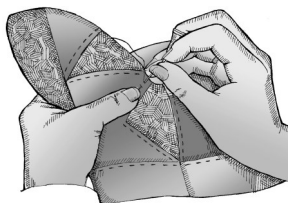
Stimulate your creative senses with a step-by-step painting class. Aleah Gates, a graduate from Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need will be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



The Hamilton-Wenham **Low Vision Group** will meet on May 24. Meeting starts at 11 am, followed by optional free lunch at 12 noon. Program is TBD. Lunch

reservations due 1 week before the event. Thank you!

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

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 WENHAM GARDEN CLUB PLANT SALE

On the lawn of the Hamilton Senior Center
Saturday, May 19
8:30 AM to 12:30 PM



The Hamilton Wenham Garden Club will hold their annual plant sale Saturday, May 19, 2018 from 8:30am until 12:00pm. The sale will be held outside the Hamilton Council on Aging building at 299 Bay Road (Route 1A), Hamilton, MA.

Come early for the best selection! You will find a great variety of perennials, annuals, and herbs, for full sun to full shade. Gardening consultants will be on hand to assist you and answer any questions you may have about the plants. Children are welcome and guided activities will be available to them.

The plant sale is free and open to the public, both cash and checks will be accepted. Funds raised through the sale are used to support scholarships, programs and projects sponsored by the HWGC. Please find us on Facebook, or visit us at www.hwgardenclub.org for more information about the organization.



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, a 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.



Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.

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.

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.

How is Your Balance?

Free Assessment Tuesday, May 1.

On Tuesday, May 1st. 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!

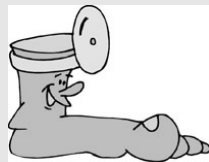
Screening is performed on a first come, first served basis and takes approximately 8 minutes.

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



Free Hearing Screenings

Audiologist, Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on the 2nd. Friday of each month. No appointment needed. Sue will be available from 8:30 to 9:30. She will be bringing her otoscope to take a picture of the inside of your ear.



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.

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

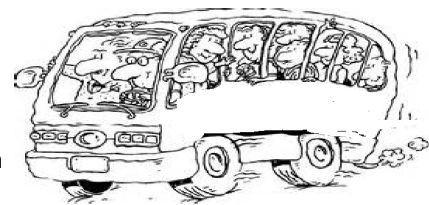
For more information, please contact Ann Chivakos at 978-468-4404 or email her at: charles.chivakos@verizon.net. YOU DO NOT HAVE TO BE FROM HAMILTON TO JOIN ANY TRIP!

May 9 – Essex, Annisquam, Rockport and lunch – Oh my!!

Another local North Shore narrated tour by our “own” Fred Hammond. We will learn a bit about Chebacco Lake, Shipbuilding in Essex, Conomo Point, granite, Dogtown, Lanesville and more. Reserved Lunch at the Blue Lobster Grill (on your own) in downtown Rockport, shopping, strolling Main Street and Dock Square.

- Beauport 14 passenger mini-bus.
- Cost is \$25 per person plus lunch.
- Checks payable to Town of Hamilton
- Leave around 10am, be home around 3pm

May 22 – Hamilton Estates Tour with Ray Whipple



We'll visit 3 “hidden gem estates,” a narrated tour between the estates

with Hamilton Historian and “gem”, Ray Whipple and lunch (on your own) at Myopia Hunt Club.

- Beauport 14 passenger mini-bus.
- Cost is \$20 per person plus lunch, payable to Town of Hamilton
- Leave around 10am, be home around 2pm

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 Piccata 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
- Checks payable to Joanne Tours LLC and drop off/mail to Hamilton Senior Center

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.

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.

room 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.
- 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.

Outreach Corner

Changes in Driver's License Renewals



License renewal changes in Massachusetts may affect you! In March, the Mass Registry of Motor Vehicles closed for four days to install a new computer system. This system makes the Registry compliant with the

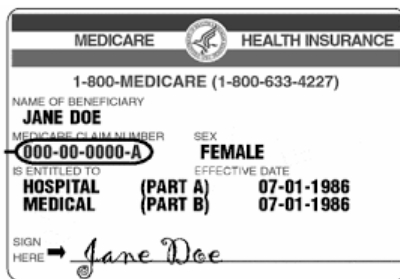
requirements of the REAL ID legislation passed by Congress in 2005, to reduce the opportunity for fraudulent id at the federal level. As of **Oct. 2020**, all US residents must show REAL ID to board domestic air flights. As of March 26, 2018, all NEW applications for driver's licenses, learner's permits, and non-driver's license identification require proof of citizenship and residency. Renewal requires signing in online with your current information before accessing the application to renew license, registration or id. Any application for a REAL ID REQUIRES a visit to a Registry office.

MA residents now have the option of renewing a driver's license as REAL ID or standard. Obtaining a REAL ID driver's license REQUIRES a visit to a Registry of Vehicles office (or AAA office for AAA members) to show proof of US citizenship; you can renew a standard driver's license online. To shorten your wait time and keep your visit to one, please be prepared with the application and the required forms. The application process for renewing license and id STARTS ONLINE at <http://www.massrmv.com/> or www.mass.gov/atlas-myrmv.massdot.state.ma.us/myrmv/. You must have ac-

cess to a computer with your current license, id, or registration numbers to start the process.

The documents you can use to apply for a REAL ID driver's license or id include a birth certificate, unexpired passport, Social Security card, a W2 form, a SSA-1099 or non-SSA-1099, or pay stubs containing your name and social security number. Those who are not US citizens must show proof of "lawful presence" in the USA, such as naturalization documents or "green card". You will also need TWO proofs of MA residency for a REAL ID driver's license (only one is required for a standard driver's license). Allowed documents include the license renewal letter from the Registry of Motor Vehicles, and most documents issued to you by the state, federal, or municipal government, or for a federal program or agency, such as documents that come to you by first-class mail, professional licenses with photos, Medicare statements, jury duty summonses, court correspondence, property and excise tax bills within 60 days; bills from credit cards, utilities, and medical charges within 60 days; financial documents, such as statements you're your bank with images of personal check, W-2, pension or retirement statements, pay stubs, Social Security statements, loan statements within 60 days; and school documents, within 60 days, such as transcripts, proof of enrollment, and tuition bills.

Please check the expiration dates on your license, MA id, and vehicle registration and BE PREPARED!



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.

May 2018 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:30 Balance Assessments 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u>	12:00 <u>Lunch</u> 1:00 Movie: "Baby Driver" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
Sign up for SeniorCare Special 7 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club	8	9	10	11
	9:00 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 <u>Cape Ann Trip</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Danvers State Hospital History 12:00 <u>Soup and Sandwich Lunch</u> 2:00 <u>Painting with Aleah</u>	12:00 <u>SeniorCare Special</u> 1:00 Movie: "United 93"	8:30 Audiology Clinic 8:45 TOPS 10:00 Gentle Joints 11:00 Mother's Day Brunch 12:00 <u>Lunch</u>
Sign up for Traveling Chef 14 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	15	16	17	18
	12:00 <u>Soup and Sandwich Lunch</u> 1:00 Quilt & Kvetch	10:00 Open House 10:30 Pain Management 12:00 <u>Lunch</u>	12:00 <u>Traveling Chef "American Car-very"</u> 1:00 Movie: "Victoria and Abdul" 2:00 Knitting @ Wenham COA	19
				Garden Club Plant Sale
21	22	23	24	25
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	10:00 <u>Hamilton Estate Tour</u> 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Moe Pratt 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: "Darkest Hour"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
28	29	30	31	
CLOSED FOR MEMORIAL DAY 	8:30 - 12:30 <u>Seniors Helping Seniors</u> 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Open House 10:30 Trivia Contest 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u>	12:00 <u>Soup and Sandwich Lunch</u> 1:00 Movie: "Billboard Outside Epping, Missouri"	 Bolded items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or reservation

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.