

# The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

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



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

## Hamilton Senior Center

**Town Manager**  
Michael Lombardo

**Center Staff**  
Mary Beth Lawton,  
*Director*  
Lucy Frederiksen,  
*Outreach*

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

**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.

## What is the Good Life?

The Gordon College Office of Service Learning works with faculty to provide students with experiences that intentionally link academic course outcomes with relevant service in collaboration with a community partner. This fall, students enrolled in “The Great Conversation” course will be volunteering at the Hamilton Council of the Aging. This course focused on developing the disciplines of listening and reading, speaking and writing, with readings and discussion focus on the question: “What is the good life?” These students hope to interact with the participants in programs at the Hamilton Council of the Aging and offer a weekly discussion program focused on areas of an Aging program including topics of: Exercise, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Fall Prevention. The weekly program will provide opportunities for seniors to interact with college students, share life stories, and build relationships.

Please call Mary Beth at 978-468-5595 to sign up for this FREE program on Wednesdays beginning October 11<sup>th</sup> from 3 to 4 PM.

- 10/11: Why’s My Face On A Book? Social Media 101
- 10/18: Holly Kuovo-Brains and Balance
- 10/25: Let’s Play Jeopardy
- 11/1: Pre-empted by flu clinic
- 11/8: Painting with Aleah
- 11/15: No meeting today
- 11/22: Break
- 11/29: Karaoke and Pizza Party
- 12/6: Make a Christmas Craft



**Please join us at the Senior Center on Thursday, December 14th for the Senior Center Holiday Party, with a special holiday meal provided by Senior Care, prepared by SideKim and sponsored by the Council on Aging and the Hamilton Police Department.**

Sing-along entertainment will be provided by Dave and Sandy from 11 to noon followed by a Holiday Menu carved, plated and served by the Hamilton Police Department.

Lunch will be followed by a Yankee Swap. Suggested gift cost for the Yankee Swap will be \$10.00. The event is **FREE** for the first 42 people to sign up.

Please call Mary Beth at 978-468-5595 to make your reservation and to let her know if you are going to be participating in the Yankee Swap.



The Council on Aging would like to thank the Institution for Savings and their patrons for their generous donation to support our activities. As part of their grand opening promotion, they made donations to several local non-profit organizations in the names of the

first 100 customers who opened checking accounts. Here Town Manager, Michael Lombardo, accepts a check on behalf of the Council on Aging from Jennifer A. Morgan, Assistant Vice-President.

# Senior Center Activities - November

## COA WEDNESDAY OPEN HOUSE

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

**November 1**

*Bingo and Hot Dogs*

**November 8**

*Gordon Balance Center*

**November 15**

*Enhanced 911 Presentation*

**November 22**

*Trivia Contest*

**November 29**

*Intro to "Get Outdoors" Walking/Hiking Program*

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

**Nov 2 "The Big Sick"** Kumail Nanjiani, Zoe Kazan, Holly Hunter  
*Comedy, Romance.* A Pakistani-American standup comedian falls for a white grad student, and decides to keep their uncertain romance a secret from his traditionalist, Muslim family. However, their relationship gets more serious when she develops a mysterious illness, which in turn forces him to bond with her parents.

**Nov 9 "Maudie"** Sally Hawkins, Ethan Hawke  
*Drama, Romance.* Biopic of Canadian artist Maud Lewis, who overcame rheumatoid arthritis to become one of the most revered folk painters in her country's history. After taking a job in Nova Scotia as a housekeeper for a lifelong bachelor, Lewis hones her painting skills while attracting national attention for her inspirational story.

**Nov 16 "Elsa & Fred"** Christopher Plummer, Shirley MacLaine  
*Comedy, Drama.* Aged, embittered widower Fred learns to enjoy life thanks to his elderly yet vibrant neighbor Elsa. Upon learning Elsa is terminally ill, Fred takes her to the Fontana di Trevi in Rome in order to reenact her favorite scene from "La Dolce Vita". **NO MOVIE 11/23**

**Nov 30 "The Beguiled"** Colin Farrell, Nicole Kidman, Elle Fanning  
*Drama.* In this Civil War drama, a deserter from the Union Army seeks refuge at an all-female boarding school in Virginia, where the ladies compete for his affections while tending to his injuries. His presence at the school slowly poisons the relationships between the various women, who eventually turn on the soldier.

## November Luncheon Specials

### TRAVELING CHEF

Wednesday, November 22 at

Noon

#### "Brazilian BBQ"

Choice of Beef or Pork, White Rice, Fresh Bean Sauce, Beet Salad, White Dinner Roll, Flan. Please make your reservations with Kim at 978-468-2616 by 11 AM on November 17. Suggested donation is \$ 3.00.

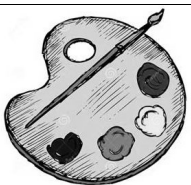


### SeniorCare Monthly Special

Thursday, November 16 at Noon

#### "Thanksgiving"

The menu is Turkey, Gravy & Cranberry Sauce, Whipped Potatoes, Stuffing, Butternut Squash, Dinner Roll, Apple Pie. Please make your reservations with Kim at 978-468-2616 by November 13 at 11 AM. Donation for meal is \$2.00



## PAINTING WITH ALEAH

Wednesday, November 8 at  
2:30 PM (notice time change)

Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need will be provided (paints, canvas, brushes, etc.) This class is FREE! (This date only)**



On Thursday, Nov. 9, the Low Vision Group will meet for "Lunch and Low Vision" at 11 am, with optional lunch at noon. We will be screening and discussing a twenty-minute DVD produced by the American Macular Degeneration Foundation, "A Brighter Tomorrow".

Macular Degeneration is an increasingly common eye disease that leads to central vision loss, affecting reading, writing, driving, and even simple tasks like dialing a telephone and reading a watch. Macular degeneration affects more 10 million Americans and is the leading cause of blindness in the US for those 55 and older. The DVD presents international research for a cure and interviews people with Macular Degeneration about how they lead full and independent lives despite the disease.

Please call with lunch reservations by Nov. 2 for the Nov. 9 event.

The Senior Center would appreciate donations of walking canes since we have given out all the canes we had to seniors who needed them. Quad Canes are especially needed.

# Senior Center Activities - December

## COA WEDNESDAY OPEN HOUSE

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

**December 6**

*Victorian Christmas Traditions*

**December 13**

*Choral Group from Brookdale*

**December 20**

*ALICE (Alert, Lockdown, Inform, Counter, Evacuate)*

*Presentation*

**December 27**

*Open Social Hour*

## December Luncheon Specials



### TRAVELING CHEF

**Thursday, December 21 at Noon**

*"Traditional"*

Clam Chowder with Oyster Crackers, Roast Turkey Sandwich with Cranberry Mayo, Luttuce Leaf & Tomato, Kaiser Roll, Boston Baked Beans, Whoopie Pie. Please make your reservations with Kim at 978-468-2616 by 11 AM on December 18. Suggested donation is \$ 3.00.

### SeniorCare Monthly Special

**Thursday, December 14 at Noon**

*"Winter Holiday"*

The menu is Turkey, Gravy & Cranberry Sauce, Whipped Potatoes, Stuffing, Butternut Squash, Dinner Roll, Apple Pie. Please make your reservations with Kim at 978-468-2616 by December 11 at 11 AM. Donation for meal is \$2.00



In December, members of the Low Vision Group will meet for lunch at Henderson's Café in Wenham, on

Thurs, Dec 7, an annual holiday tradition. Please call with lunch reservations Nov. 30 for the December 7th event.

# YOU'RE INVITED!

## Coral Group at Library

**Wednesday December 6 12:30 PM**

Girls and boys from Buker, Cutler and Winthrop Elementary Schools 4th and 5th grade Chorus invite the Hamilton and Wenham Council On Aging Seniors to an afternoon of song and merriment at the Hamilton-Wenham Public Library. Refreshments at 1:15-1:45.

## Greens Workshop at Wenham COA

**December, 13 at 10:30 AM**

The Hamilton Garden Club would like to invite Hamilton seniors to a Christmas greens workshop on December 13<sup>th</sup> at the Wenham Senior Center at 10:30 AM. It's FREE but you do need to call Mary Beth to make your reservation at 978-468-5595. Limited to the first 10 who call.

## Thursday Afternoon Movies

**Showtimes on Thursdays 1:00 PM**

**Dec 7 "Heavenly Christmas"** Eric McCormack, Kristin Davis *Drama*. Upon her untimely death, a workaholic who never put much value into the joys of Christmas finds herself recruited to be a Christmas Angel -- and is assigned a hard luck case that she accidentally falls in love with. **NO MOVIE 12/14**

**Dec 21 "December Bride"** Jessica Lowndes, Daniel Lissing *Comedy, Drama*. A holiday wedding brings no joy to the bride's cousin, who was literally left by the groom right at the altar. But she might find her true love there when she gains a fake fiancé in the process.

**Dec 28 "Before I Fall"** Zoey Deutch, Halson Sage *Drama*. A popular, selfish high schooler keeps reliving the same day over and over again, which ends with her and her friends getting into a fatal car accident. In time, she must learn how to prevent the accident while becoming a better, kinder person to those around her.



## PAINTING WITH ALEAH

**Wednesday, December 13**

**at 2:00 PM**

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.**

# Health and Wellness

## Do You Hate Exercising Alone?

As you know the Council on Aging has several exercise classes for seniors during the week. We would love to bring more in but honestly, we can't afford the cost of bringing an instructor to the senior center. (Remember, we are the second smallest department in Hamilton!)

So, if you're someone who used to like playing your Leslie Sansone Walking DVD to get in a work-out, but hated doing it by yourself, the COA can help.

As soon as we get the projector installed permanently in our activity area, we would like to introduce self-directed group classes using DVD workout videos.

We already have "Discover Tai Chi for Balance"; "Leslie Sansone-Walk Away the Pounds"; "Easy Yoga for Arthritis"; and "Cardio and Strength Training for Seniors". The idea is to work your way through the DVD programs over a six, or maybe 8 week, program and find a friend in the meantime.

Please stay tuned for this new work out program. We are hoping to have everything in place for early fall.

## What If You Like to Exercise on Your Own

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



## 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.

## Strength, Flexibility and Balance

Wednesday Afternoons  
at 1:00

Practice basic postures, form, and breath work with instructor, Heather Tharpe, for building physical strength, flexibility, and balance. Comfort and safety are ensured through the use of chairs, the wall, and other equipment to accommodate individual abilities affected by: Parkinson's ~ Arthritis ~ Multiple Sclerosis ~ Stroke Post-rehab conditioning ~ other functional instability.

A \$3 fee is per class is requested.



## 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.



TAKE OFF POUNDS SENSIBLY  
call 478-468-7253.

### 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

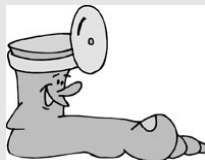


## Free Hearing Screenings

Audiologist, Sue Stein from Mass Audiology will not be conducting her monthly hearing screenings in November but will be back on Tuesday, December 12 at the Hamilton Senior Center.

No appointment needed.

Sue will be available from 9:30 to 10:30.



## Podiatry

The Podiatrist, Dr. Van Ess will visit the Hamilton Senior Center 11/29 & the Wenham Senior Center 12/27 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.



# Outreach Corner

Open Enrollment for Medicare continues through Dec. 7. I expect to have rates for all Medicare-approved supplemental and prescription drug plans offered in Essex County after Oct. 10 (last year, some providers' rates were delayed). Checking your plan choices annually for best coverage is important, especially if you have had changes in your financial or medical circumstances during the past year. Medicare's web site, [www.medicare.gov](http://www.medicare.gov), is an excellent source for answers to many of your questions; the site also has an online application called **Plan Finder**, to help identify and compare costs between plans, especially for prescription drug coverage. I have a set of instructions for how to use the online application to compare plans, if you are comfortable with computers and the internet; alternatively, I can do a Plan Search for you, or we can send your request to the Regional Office. The Plan Search application requires a Medicare ID and effective start dates, and your most recent medication list for the best success. A Plan Search takes about an hour to enter medications and compare the results and requires at least one appointment. Call Lucy with questions!!

Another seasonal project – it is time to reapply or apply for the first time for fuel assistance, weatherization and energy efficiency programs, which runs November 1 through April 30, 2018. If you have already been enrolled for fuel assistance, you should have received your information packet to reapply. New enrollees must contact Action Inc. directly at by calling them at 978-282-1003. The eligibility guidelines are as follows: the limit for yearly income for a household of 1 is \$12,060 (100% federal poverty level) to \$34,380 (60% of median state income); for a household of 2, \$16,240 to \$44,958;

a household of 3, \$20,420 to \$55,537; and a household of 4, \$24,600 to \$66,115. Benefits vary within each income range. In addition, Action Inc. can determine eligibility for discounts on your utility bills, heating system repairs and replacement, weatherization for your home, appliance management program, and advocacy and support. If there are enough people interested in being screened for the first time, we can arrange for a representative from Action Inc. to come to the Senior Center and save you all a drive to Gloucester. Call Lucy if you are interested in having an Action Inc. representative come to Hamilton.

And finally, are you ready for winter? Seniors are more severely impacted by bad weather when transportation vans aren't running, Meals on Wheels aren't delivered, roads aren't clear, and power is out. Plus the added burden and potential health risk of shoveling snow to clear access to one's OWN home! Emergency preparedness sites suggest keeping a supply of food on hand that can be eaten without cooking, for humans and pets, and developing a personal support network of family, friends, and neighbors – including the guy who plows or shovels your driveway and walkways, if you have one. If you have a health need that requires electricity, or issues with mobility, vision and hearing, or live alone, or have a service animal, please contact the Hamilton Fire Department at their non-emergency number (978) 468-5560; they keep track of citizens with functional needs. Plan ahead! Pay attention to the weather reports, winterize your home, and stay warm! I have more information on preparedness and winter safety tips; just call! Lucy Frederiksen, Coordinator of Social Services and Outreach, 978-468-5595

## Day Trips & Transportation

**Newport, Rhode Island**      **Tues, December 5, 2017**  
**\$85.00 per person**

- Tour of Marble House
- Lunch at Johnny's Restaurant
- Local Guided Bus Tour

Departure from the Hamilton COA at 7:30 a.m.  
Arrive Home at approximately 5:30 p.m.

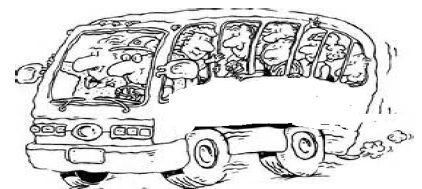
For this trip we'll travel to Newport, Rhode Island where we will **tour Marble House** one of the grandest mansions that Newport has to offer, all decorated for the Holidays. Here are a few of the wonders you will get to experience at Marble House: Aside from all of the elegance and opulence that this house offers, fresh flowers, evergreens, and wreaths filling the rooms with Yuletide splendor, tables set and decorated with period Silver & China for the Holiday Dinner, and several Christmas Trees beautifully decorated throughout the mansion.

After our tour is finished, we will travel to Middletown where we will have a **delicious lunch at Johnny's Restaurant**, part of the newly renovated Atlantic Resort. After lunch, we will have a **local, narrated bus tour of Newport**, learning about the history and lore of this scenic area.

Includes: round trip luxury motor coach transportation, 1 mansion tour, luncheon with your choice of chicken picatta or baked schrod, including salad, vegetable, potato, desert, coffee/tea, dining room taxes and gratuities, and local guided bus tour.


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

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



# November 2017 Calendar



## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <ul style="list-style-type: none"> <li><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</li> <li><u>Underlined</u> items require sign-up or reservation</li> </ul> </div>		<p>8:30 <b>COA Board Mtg</b> 1</p> <p>10:00 Open House</p> <p>10:30 <b>Bingo and Hot Dogs</b></p> <p>12:00 <u>Lunch</u></p> <p>3:00 <b>Flu Clinic</b></p>	<p style="text-align: right;">2</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "The Big Sick"</p>	<p style="text-align: right;">3</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: right;">6</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Reader's Club</p>	<p style="text-align: right;">7</p> <p>9:00 <b>Sen Tarr</b> <b>Constituent Visit</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">8</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 <b>Gordon Balance Center</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Parkinson's Class</p> <p>2:30 <u>Painting with Aleah</u></p>	<p style="text-align: right;">9</p> <p>11:00 <b>Low Vision Group</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Maudie"</p>	<p style="text-align: right;">10</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p><b>Sign-up</b> 13 <b>for SeniorCare Special</b></p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">14</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">15</p> <p>10:00 Open House</p> <p>10:30 <b>Enhanced 911</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Parkinson's Class</p>	<p style="text-align: right;">16</p> <p>12:00 <b>SeniorCare Luncheon Special</b> <b>"Thanksgiving"</b></p> <p>1:00 Movie : "Elsa &amp; Fred"</p>	<p style="text-align: right;">17</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p><b>Sign-up</b> 20 <b>for Traveling Chef</b></p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">21</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">22</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 <b>Trivia Contest</b></p> <p>12:00 <b>Traveling Chef</b> <b>"Brazilian BBQ"</b></p> <p>1:00 Parkinson's Class</p>	<p style="text-align: right;">23</p> <p>Sr. Ctr. Closed</p>	<p style="text-align: right;">24</p> <p>Sr. Ctr. Closed</p> <div style="text-align: center; margin-top: 20px;">  </div>
<p style="text-align: right;">27</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">28</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">29</p> <p>9:00 <u>Podiatrist</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 <b>"Get Outdoors" Program</b></p> <p>12:00 <u>Lunch</u></p> <p>12:30 <b>Legal Clinic</b></p> <p>1:00 Parkinson's Class</p> <p>3:00 <b>Karoke &amp; Pizza Party</b></p>	<p style="text-align: right;">30</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "The Beguiled"</p>	



# December 2017 Calendar

## Hamilton Senior Center Programs and Activities

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<p><b>Sign up for Traveling Chef</b></p> <p style="text-align: right;"><b>18</b></p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;"><b>19</b></p> <p>12:00 <u>Lunch</u> 1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;"><b>20</b></p> <p>10:00 Open House 10:30 <b>ALICE Presentation</b> 12:00 <u>Lunch</u> 1:00 Girl Scout Carolers at Sr. Ctr.</p>	<p style="text-align: right;"><b>21</b></p> <p>12:00 <u>Traveling Chef "Traditional"</u> 1:00 Movie:     <b>"December Bride"</b></p>	<p style="text-align: right;"><b>22</b></p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><b>Sr. Ctr. Closed</b></p> <div style="text-align: center;">  </div>	<p style="text-align: right;"><b>26</b></p> <p>12:00 <u>Lunch</u> 1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;"><b>27</b></p> <p>9:00 <u>Podiatrist @Wenham</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 <b>Social Hour</b> 12:00 <u>Lunch</u> 12:30 <u>Legal Clinic</u> 1:00 Parkinson's Class</p>	<p style="text-align: right;"><b>28</b></p> <p>12:00 <u>Lunch</u> 1:00 Movie:     <b>"Before I Fall"</b> 2:00 Knitting @     Wenham COA</p>	<p style="text-align: right;"><b>29</b></p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>

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

Pre-Sorted Standard  
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Hamilton, MA 01936



**FREE  
FLU CLINIC  
at the Senior  
Center  
November 1st**

Deliver to addressee or current resident



**Saturday,  
November 4  
9AM  
Winthrop School**



Girl Scout Troop 78215 will be visiting the Senior Center on December 20<sup>st</sup> at 1:00 PM to visit and share their love of caroling with our seniors.



## 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.*