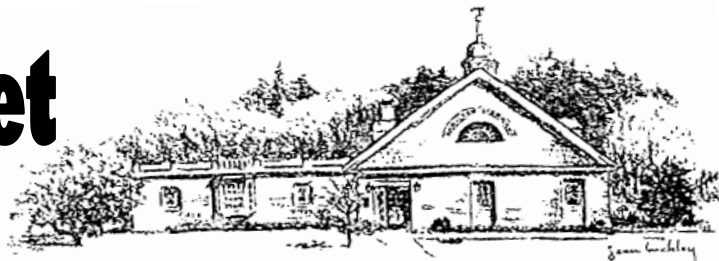


# The Hamilton Hamlet

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

Acting Town Manager

Robin Crosbie

### Center Staff

Mary Beth Lawton,

Director

Lucy Frederiksen,

Outreach

### Council on Aging Board

Sherry Leonard, *Chairman*

Steve Walsh, *Vice-Chairman*

Nancy Longval, *Secretary*

Betty Gray

Linda Spong

Stacy Verge

### Senior Van Service

Beauport Ambulance

## Rotary Plans Road Race to Benefit Elders and Youth in Hamilton and Wenham

The Hamilton-Wenham Rotary Club will be hosting a “Mini-Marathon” Road Race and fundraiser at the Wenham Country Club on Sunday, September 23<sup>rd</sup>. starting at 4:30 to benefit Elder and Youth Services in Hamilton and Wenham. Entry fee is \$25; VIP entry is \$50 and includes golf cart assistance; Seniors are \$10. There will be refreshments along the course as well as auction items available on which to bid.



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



Put September 8th. on your calendar to attend the Senior Center Yard Sale or you can **sign up for a table now for just \$10** and sell some of your own stuff.

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

## 13 Ways Strength Training Can Benefit People Who Are Older Than 60

It’s no secret that America is a sedentary society. The predictable result of this country’s inactive lifestyle is an almost-unavoidable increase in body weight. According to **Dr. Wayne Westcott**, as many as 80 percent of men and women in their 50s and older have too little muscle and too much fat, leading to obesity, osteoporosis, diabetes, high blood pressure, high blood cholesterol, heart disease, stroke, arthritis, low back pain, and numerous types of cancer.

Fortunately, muscle loss is reversible, and research reveals that resistance exercise is effective for increasing muscle mass at all ages. It is essential for men and women over 50 to engage in regular re-

sistance exercise because the rate of muscle loss nearly doubles after the fifth decade of life. Here are 13 benefits of strength training and the maintenance of a strong muscular system:

**1. Rebuilding muscle.** Dozens of studies have demonstrated that even a relatively brief program of resistance exercise (20 to 40 minutes per session, two or three days a week) can rebuild muscle tissue in people 50 to 90 years of age. Westcott says most of these research programs have resulted in a gain of (three to four pounds of muscle after just three to four months of strength training.

*(continued on page 3)*

### 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.

# Senior Center Activities

## COA WEDNESDAY OPEN HOUSE

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

**September 5**

*Bingo and Hot Dogs*

**September 12**

*Movie: "Being Mortal"*

**September 19**

*Riverbend hosts a pizza party*

**September 26**

*Victoria Masone will explain the Electric Aggregation Program*

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

**Sept 6 "Bombshell"** Mel Brooks, Diane Kruger

*Culture and Society.* This profile of 1940s movie star Hedy Lamarr sheds light on a mostly forgotten aspect of her life: her work as a trailblazing inventor. Lamarr developed an advanced communication system for the U.S. Navy in order to help defeat the Nazis; decades later, her innovations are still being used in Bluetooth and Wi-Fi.

**Sept 13 "It's a Mad, Mad, Mad World"**

*Comedy.* With this all-star Cinerama epic, producer/director Stanley Kramer vowed to make "the comedy that would end all comedies." Virtually every lead, supporting, and bit part in the picture is filled by a well-known comic actor: the lineup also includes Carl Reiner, Terry-Thomas, Arnold Stang, Buster Keaton, Jack Benny, Jerry Lewis, and The Three Stooges, who get one of the picture's biggest laughs by standing stock still and uttering not a word.

**Sept 20 "Little Women Part 1"**

*Drama.* Christmas, 1861. The March sisters – Meg, Jo, Beth and Amy – prepare for a Christmas without presents or their father, a Union army chaplain who is away at war. Learning to appreciate the smaller things in life, the sisters strike up a friendship with their charming new neighbor Laurie, and his tutor John Brooke. As autumn of 1862 sets in, the family receives the terrible news: Mr March has been taken ill in an army hospital in Washington D.C. The girls anxiously await news of their father's fate, as their mother Marmee, accompanied by John, rushes to his side.

**Sept 27 "Little Women Part 2"**

*Drama.* Marmee waits by her husband's sickbed, the March sisters must fend for themselves at home. In an army hospital in Washington D.C. The girls anxiously await news of their father's fate, as their mother Marmee, accompanied by John, rushes to his side.

## September Luncheon Specials



### SeniorCare Special

**Thursday, September 6 at Noon**  
"Little Italy"

SeniorCare Special this month is a menu of chicken parmesan fresh marinara sauce, fettuccini noodles, zucchini & summer squash with roasted garlic oil and oregano, tiramisu. Garlic bread.. Cost is \$2. Please make a reservation with Kim at 978-468-2216 by September 3rd.

### Traveling Chef

**Tuesday, September 11**  
"Breakfast for Lunch"

Traveling Chef offers a frittata with sausage, peppers and onions; spinach salad with mandarin oranges and citrus dressing; home fries; blueberry muffin and fruit salad. Make your reservation with Kim at 978-468-2216 by Sept 6th. Suggested donation for of this meal is \$3.

### Soup/Salad & Sandwich

Soup and Sandwich Program will resume in October. For dates and menus, check at Front Desk or call Kim at 978-468-2616 for dates and menus.

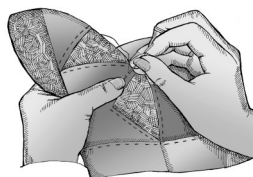
### FREE DVD AND BOOK LENDING LIBRARIES FOR SENIORS.

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!



### Cribbage

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



### QUILTING GROUP

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

The Quilting Group includes anyone who enjoys sewing and it is as much about getting together as it is about sewing. Led by experienced quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use. \*We use the word Kvetch affectionately, meaning to get things of your chest, sound off, say what's on your mind.

# Senior Center Activities & Notices



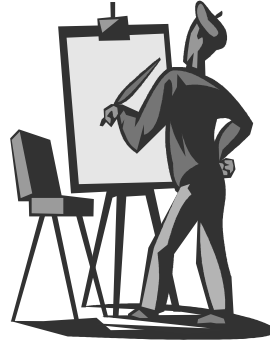
The Hamilton-Wenham **Low Vision Group** will meet on Thursday, Sept. 27. This month's speaker will be Catherine Bly, Assistive Technology Regional Center Program Manager/Vision Specialist from Easter Seals, talking about the state MassMATCH program to match disabled consumers with used assistive technology or to financial loan options for purchasing assistive technology.

Lucy has articles to share on Age-Related Macular Degeneration and genetic testing and heredity; cataract surgery and what to expect afterwards; and Medicare and Vision from our June meeting, call Lucy if you would like copies.

## PAINTING WITH ALEAH

Wednesday, September 12  
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.**

## 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.



*13 Ways - continued from page 1)*

**2. Recharging metabolism.** Resistance training has a dual impact on a person's metabolic rate because it increases energy use during both the exercise session and the muscle recovery and rebuilding period—up to three days after each workout.

**3. Reducing fat.** Most people accumulate fat as they age, even if their eating patterns remain the same. Fortunately, the same strength training studies that showed a three- to four-pound increase in muscle also demonstrated a three- to four-pound decrease in fat weight.

**4. Reducing resting blood pressure.** Hypertension is a major risk factor for cardiovascular disease. Around one-third of American adults have high blood pressure. Westcott says it is encouraging, then, that numerous studies have shown significant reductions in resting blood pressure readings after two more months of standard or circuit-style strength training.

**5. Improving blood lipid profiles.** Almost half of American adults have undesirable blood lipid levels, increasing their risk for heart disease. But regular strength training can result in favorable increases of 8 to 21 percent in HDL (good) cholesterol, favorable decreases of 13 to 23 percent in LDL (bad) cholesterol, and favorable reductions of 11 to 18 percent in triglycerides.

**6. Enhancing post-coronary performance.** For older adults who have had problems with cardiovascular health, resistance exercise has proven to be a productive means for attaining and maintaining desirable body weight, increasing muscle mass and strength, improving physical performance, speeding recovery from the cardiovascular event, and enhancing self-efficacy.

**7. Resisting diabetes.** "People who have desirable body weights and moderate to high levels of muscular fitness have a very low risk of developing type 2 diabetes," Westcott explains. Studies have shown significant improvements in insulin sensitivity and glycemic control after several weeks of strength training.

**8. Increasing bone density.** Muscle loss is closely associated with bone loss, but fortunately, strength training increases both muscle mass and bone mass. Substantial increases in bone mineral density have been seen after several months of regular resistance exercise. "Regular resistance training is the most productive means for developing a strong and injury-resistant musculoskeletal system," Westcott proclaims.

**9. Decreasing physical discomfort.** While a large percentage of people with lower-back pain can reduce discomfort by strengthening

*(continued on page 6 - 13 Ways)*

# 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, September 4th.

On Tuesday, September 4th.+ 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:

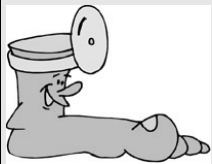
- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

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

The Center will be doing screening in Hamilton every

## 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 - 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.



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)

## 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.

DONATIONS GRATEFULLY ACCEPTED FOR :  
Coffee K-Cups, Candy, Canes

# Day Trips

For more information, please contact Ann Chivakos at 978-468-4404 or email her at: charles.chivakos@verizon.net.

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



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

*rocky peninsula itself."*

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

Cost will be \$25 for round trip Beauport mini-bus transportation, \$9 tour of Lee Mansion and Gardens, and narrated bus tour of Marblehead.

## OCTOBER TRIP Tuesday, 10/2

### Conway Scenic Railroad with Lunch at the White Mountain Hotel A Fall Foliage Day Trip you won't want to miss !! *All Aboard!*

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

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

**\$79.00** per person includes: Round trip luxury motorcoach transportation, driver's gratuity, train ride, lunch, dining room taxes and gratuities

## Friday, November 16 - Boston Public Library

Join us for a 1 hour "Art and Architecture" walking tour of the Boston Public Library highlighting the architecture of its famed Central Library buildings by Charles Follen McKim and Philip Johnson as well as the art treasures within, including works by Daniel Chester French and John Singer Sargent.

After the tour we'll enjoy a light lunch (on your own) at the Newsfeed Café - a unique cafe-within-a-television/radio-studio-

within-a-library satellite studio of WGBH's Boston Public Radio. We'll see and hear a live broadcast featuring Jim Braude and Margery Eagan in conversation with the leaders and thinkers shaping Boston

Cost will be \$23 for Beauport mini-bus round trip transportation, \$8 for tour.

## Saturday, December 8 - HOLIDAY TRIP TO CONNECTICUT

We thought this would be a wonderful time of year to see **Mark Twain's home**, hear about his life, and at the same time celebrate the holidays. Throughout this joyful season, Twain's 19-room, Tiffany-decorated mansion is adorned as it was for holiday celebrations from 1874 to 1891, when the author, his wife and three daughters lived in the house. You will get the feeling that you have stepped back in time and have walked into Mark Twain's home on Christmas day. Next door to the Twain House is another famous author's home—**Harriet Beecher Stowe**. We will also tour the house where she spent many years of her life, as well as have the opportunity to learn more about the author of Uncle Tom's Cabin, her social activism, and, of course at this time of year, how she decorated her home and spent the holidays. The guides at the house will compare Stowe's civil rights crusade with today's social activism.

Next we will continue our holiday excursion at the **Wadsworth Atheneum**. We will enjoy an **included**

**catered lunch** in the museum, consisting of various sandwiches, salad, beverage and dessert. This museum boasts that it is the country's oldest public art museum, and you will see why they are proud as you peruse the halls after lunch. There are works by world class artists are around every corner, plus we will be there to enjoy the annual **Festival of Trees & Traditions**. Every year community members, artists and organizations decorate holiday trees and wreaths to be displayed in the galleries. All items are for sale, and profits help fund the museum's special exhibitions, educational programs, and operating expenses. You can even purchase a tree or wreath for your home or donate it to a local charity.

*We will depart after our visit in a definite Holiday mood!*

\$109 per person includes deluxe round trip motorcoach transportation, Tour of the Twain and Stowe homes, Lunch, Wadsworth Atheneum, Driver gratuity, Escort and some holiday surprises!

# Outreach Corner

September represents the end of summer and the coming of fall; it holds memories of back to school for ourselves and/or our family members! It is a month for a couple of observances where YOUR Senior Center is actively engaged: falls prevention and hunger.

The National Council on Aging (NCOA) observes Falls Prevention Awareness Day annually on the first day of fall, Sept. 22! In recognition of the day, the NCOA has prepared a number of handouts addressing several issues related to falls among older citizens. I have copies of the complete set, if anyone is interested in reading any of the one-to-four page infographics: 6 Steps to Prevent a Fall, Falls Prevention Fact Sheet, Falls Prevention Programs, Debunking the Myths of Older Adult Falls, Osteoarthritis and Falls, and Osteoporosis. The best ways to protect yourselves and your older relatives from falls are fairly simple: Talk to your doctors and family, review medications for side effects and interactions, get your vision checked, exercise, and keep your home safe. As you age, make the necessary changes in your lifestyle and environment to keep yourself safe, mobile and independent! At the Hamilton COA, you can get your balance assessed for free on the first Tuesday of the month with the specialists from Gordon College's Center for Balance, Mobility, and Wellness. No appointment necessary! Make this your first step toward your own safety!

September is Hunger Action Month. The organization Feeding America created Hunger Action Month™, which takes place each September, a nationwide campaign to mobilize the public to take action on the issue of hunger, bring greater attention to hunger in the U.S, and promote ways for people everywhere to get involved in the movement to fight it. For

the month of September, the Hamilton Senior Center will continue sponsoring a food drive for Acord Food Pantry! When you go shopping, pick up an extra box or jar of something and bring it here to the Senior Center. The Food Pantry brings us fresh produce during the summer months, so any donation is a way of saying thank you as well! The ACORD website, <http://acordfoodpantry.org/>, has a complete list of donations needed: as well as non-perishable and unexpired packaged and canned foods, especially single portion snack items, consider donating toothpaste and toilet paper and other household items.

The COA is hosting a Yard Sale on Saturday Sept. 8. You can reserve a table for \$10 to sell your stuff. This is a good opportunity to declutter or downsize your home and possessions and pass on that excellent stuff to people who may have a greater need of it. The COA has hosted several programs on decluttering and hoarding, which in extreme circumstances can cause health and safety concerns (falling) for seniors wishing to stay in their homes. The COA has also hosted programs about downsizing, either because one is selling a family home, or actually moving to a new, possibly smaller residence. Lucy has information and resources for referrals on hoarding, decluttering, and downsizing.

**SHINE (Serving the Health Information Needs of Elders)** advice and information on Medicare and public benefits. Tues, Wed., and Thurs morning appointments at the Hamilton COA. Home appointments are available for those who are homebound. Hamilton residents only, call Lucy to make an appointment, 978-468-5595.

Lucy, Coordinator of Social Services and Outreach

their lower-back muscles, resistance exercise has also proven helpful for people who have arthritis and fibromyalgia.

**10. Enhancing mental health.** Westcott has conducted several studies on the psychological changes associated with regular resistance exercise, noting significant improvements in depression, physical self-concept, fatigue, revitalization, tranquility, tension, positive engagement, and overall mood disturbance among adults and older adults.

**11. Revitalizing muscle cells.** Circuit-style strength training characterized by short rests between successive exercises can increase mitochondrial content and capacity. Westcott says positive results have led researchers to conclude that resistance exercise can reverse specific aging factors in muscle tissue.

**12. Reversing physical frailty.** "Even people well past the age of 60 can benefit from sensible strength training," Westcott stresses. He says reasonable amounts of resistance exercise can enable elderly adults to regain strength, fitness, and physical abilities so that they


do less wheelchair sitting and more walking. They'll also be able to do other physical activities such as bicycling.

**13. Combating cancer.** Strength training is well tolerated by adult cancer patients and may provide a variety of health and fitness benefits during and after treatment, such as reduced fatigue, increased muscle strength, improved body composition, and enhanced physical function (especially shoulder mobility in patients recovering from breast cancer).



# September 2018 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p><b>CLOSED FOR LABOR DAY</b></p>	<p style="text-align: right;">4</p> <p>10:30 <b>Balance Assessment</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">5</p> <p>10:00 Open House</p> <p>10:30 <b>Bingo and Hot Dogs</b></p> <p>11:15 Produce Market</p> <p>12:00 <u>Lunch</u></p>	<p style="text-align: right;">6</p> <p>12:00 <b>Senior Care Special</b></p> <p>– “Little Italy”</p> <p>1:00 Movie: “Bombshell”</p>	<p style="text-align: right;">7</p> <p>8:45 TOPS</p> <p>10:00 <b>NO</b> Gentle Joints</p> <p>12:00 <u>Lunch</u></p> <hr style="border: 1px solid black;"/> <p style="text-align: right;">8</p> <p>8:00 - 12:00 <b>COA</b></p> <p style="text-align: right;"><b>Yard Sale</b></p>
<p style="text-align: right;">10</p> <p>9:00 Audiologist</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Readers Club</p>	<p style="text-align: right;">11</p> <p>9:00 <b>Sen Tarr</b></p> <p style="text-align: center;"><b>Constituent Visit</b></p> <p>10:30 <b>Balance Assessments</b></p> <p>12:00 <b>Traveling Chef</b></p> <p style="text-align: center;"><b>“Breakfast for Lunch”</b></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">12</p> <p>10:00 <b>Blood Pressure Clinic</b></p> <p>10:00 Open House</p> <p>10:30 <b>“Being Mortal”</b></p> <p>11:15 Produce Market</p> <p>12:00 <u>Lunch</u></p> <p>2:00 <b>Painting With Aleah</b></p>	<p style="text-align: right;">13</p> <p>11:00 <b>Low Vision Group</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: “It’s a Mad, Mad, Mad, Mad World”</p> <p>2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">14</p> <p>8:45 TOPS</p> <p>10:00 <b>NO</b> Gentle Joints</p> <p>11:00 <u>Lunch</u></p>
<p style="text-align: right;">17</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">18</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">19</p> <p><b>Trip to Marblehead</b></p> <p>10:00 Open House</p> <p>10:30 <b>Pizza Party</b></p> <p>12:00 <u>Lunch</u></p>	<p style="text-align: right;">20</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: “Little Women Part 1”</p>	<p style="text-align: right;">21</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: right;">24</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">25</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: right;">26</p> <p>10:00 <b>Blood Pressure Clinic</b></p> <p>10:00 Open House</p> <p>10:30 <b>Electric Aggregation Program</b></p> <p>11:15 Produce Market</p> <p>12:00 <u>Lunch</u></p> <p>12:30 <b>Law Clinic</b></p>	<p style="text-align: right;">27</p> <p>11:00 <b>Low Vision Group</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: “Little Women Part 2”</p> <p>2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">28</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
 <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>				

Hamilton Council on Aging  
P O Box 429  
Hamilton, MA 01936

Please call or email if you do not want to be on  
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[mLawton@hamiltonma.gov](mailto:mLawton@hamiltonma.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.*