

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

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Joe Domelowicz

Center Staff

Mary Beth Lawton,

Director

Lucy Frederiksen,

Outreach

Council on Aging Board

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Steve Walsh, *Vice-Chairman*

Nancy Longval, *Secretary*

Betty Gray

Linda Spong

Stacey Verge

Penny Wingate

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.



Life Aboard a Whaling Ship

Wednesday, April 10 10:30 am
Hamilton Senior Center

Feel the ship roll and the sea spray as you follow the adventures of Mary Chipman Lawrence aboard the 19th century whaling ship *Addison*. Through Mary's eyes you'll see everyday life aboard a whaler, and experience the exotic places and fascinating people she saw on her 3 1/2 year voyage. She'll even perform some of her favorite sea chanteys she heard the sailors sing as they went about their daily tasks. SPELLBINDING!

HOLD THE DATE-May 21st.

The Council on Aging in Hamilton wants to start the discussion about becoming a Dementia Friendly Community. Dementia Friendly Massachusetts is a grassroots movement to make our state "dementia friendly". In dementia friendly communities, people with dementia feel safe and supported. There are many ways you can help. Full details in May newsletter.

We've Been Invited. . . **Element Care Tour** **Thursday, April 4 at 10:30am**

Element Care provides a program of all-inclusive care for the elderly. They will be hosting a tour of their facility at the Cummings Center on Thursday, April 4th starting at 10:30. They will send a bus to pick up seniors from the senior center at 10:30. After the tour everyone will be treated to lunch and take part in an activity after lunch. Call 978-468-5595 to sign up. It's FREE!

GORDON COLLEGE CENTER FOR BALANCE, MOBILITY & WELLNESS

Sunday, April 28 2 PM-5 PM

We want to say thank you at our 15th Anniversary Open House which will include: • Tour the Facility • Speak With Staff • Class & Equipment Demonstrations • Refreshments & Musical Entertainment • Door Prizes. EVEN MORE!

Thank you for entrusting the CBMW with your physical therapy and wellness needs for the last 15 years. Come celebrate, participate and hear about the evolution, progress, and future growth of the CBMW; learn about your friends and neighbors experiences at the center and talk about your own.

Find out more event details, be entered into our FREE MEMBERSHIP, PERSONAL TRAINING, CLASS OR PHYSICAL THERAPY TREATMENT raffle and RSVP today at <https://www.gordon.edu/balance-anniversary>.

Find us on facebook at Gordon center for balance, mobility and wellness. Gordon College Center for Balance Mobility and Wellness 26 R Hull St., Wrenham, MA 01984 Phone: (978) 867-4095

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

April 3

Bingo and Hot Dogs

April 10

Life Aboard a Whaling Ship by Ann Barrett

April 17

Ask a Vet

April 25

Dan Trembley - Gloucestermen

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

April 4 "Can You Ever Forgive Me" Melissa McCarthy, Richard E. Grant

Comedy, Drama. This true story begins with frumpy Manhattan celebrity biography Lee Israel as her luck begins to change. Her cat is unwell, her job has just been lost and she's received an eviction warning meaning that she needs to make some money, and fast. She turns her creative hand to forging letters from well-known writers to earn a living. It works, but after getting her best friend Jack to help her stave off the authorities, it seems this money-making deception is drawing glances from all the wrong places.

April 11 "Green Book" Viggo Mortensen, Mahershala Ali

Adventure Comedy, Drama. Burly Bronx bouncer Tony Lip is hired by refined African-American composer and musician Don Shirley to chauffeur him around the Jim Crow South in 1962 for an eight-week tour. The mismatched men form a friendship as Tony learns first-hand the disrespect and outright racism from white people across regional and class lines that Don must endure to perform.

April 18 "The Favourite" Olivia Colman, Rachel Weisz, Emma Stone

Drama, Historical. In 18th century England, the friendship between the failing Queen Anne and her close friend Lady Sarah Churchill, who governs state matters in her stead, is stirred by the arrival of ambitious servant Abigail Masham. Taken in by Sarah at first because of her charm, Abigail slowly endears herself to the Queen, at Sarah's expense. Bitter resentment ensues, culminating in a behind-the-scenes rivalry between Abigail and Sarah as to who will become the Queen's court favorite.

April 25 "If Beale Street Could Talk" Stephan James, Kiki Layne

Crime, Drama, Romance. African-American teen sweethearts Fonny and Tish are ripped apart when Fonny is wrongly arrested for the rape of a Puerto Rican woman because of the machinations of a racist cop. While seeking justice for Fonny, a pregnant Tish relies on her Harlem community, including her sister, mother Sharon, and future mother-in-law. Elizabeth unleashes her wrath on her romantic and political rival.

April Luncheon Specials



SeniorCare Special

Thursday, April 11 at Noon

"Seafood Bake"

SeniorCare Special this month is a menu of Seafood Bake (fish, scallop, shrimp) with Newberg sauce and bread crumbs, paella style rice with peas, zucchini and summer squash blend, white chocolate mousse with whipped topping, pull apart roll. Donation is \$2. Please make a reservation with Kim at 978-468-2616 by 10am on April 10.

Traveling Chef

Friday, April 12 at Noon

"Taco Bar"

Traveling Chef offers soft shell taco, shredded beef, red beans, rice, shredded cheese, sour cream, pico de gallo, guacamole, lettuce, tres leche cake. Make your reservation with Kim at 978-468-2616 by 10 am on April 11. Suggested donation for of this meal is \$3.



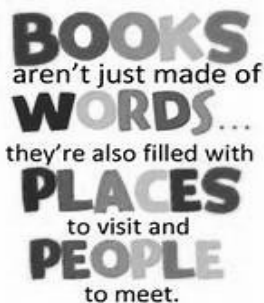
Preview of May Luncheon Specials

If you are interested in the April specials, it is never too early to make your reservation with Kim.

Traveling Chef - Wednesday, May 15 American Carvery

SeniorCare Special - Thurs, May 9 Mother's Day Special

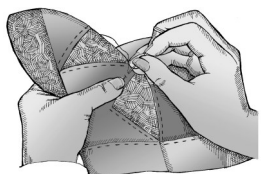
Senior Center Activities



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* 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 off your chest, sound off, say what's on your mind.*

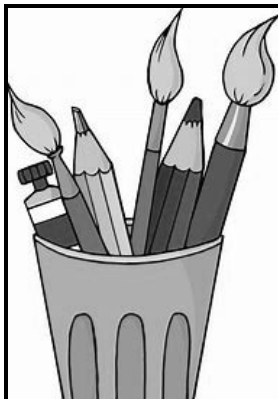
The Hamilton-Wenham Low Vision Group will meet on Thursday, April 18, at 11:00 am for "Lunch and Low Vision".



GROUP

Reservations are required for lunch. Gayle Yarnall of Perkins Library Talking Book Program will join us for her annual visit and update on the Talking Book program for vision- and physically-impaired individuals who cannot see or hold hardcopy books.

This group is open to residents of Hamilton and Wenham who have low or no vision; family members are 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 have also developed and maintain a resource book on local services for macular degeneration, glaucoma, and other vision disorders, and providers in the North Shore.



Artist's Open Studio "A Supportive Place to Create" Wednesday Afternoons 1 - 4 pm

Artist's Open Studio runs from 1 to 4 on Wednesday afternoons (except for second Wednesday of the month.) No experience necessary. Bring all your own materials in any medium: pencils, watercolors, oils, pen and ink, pastels, acrylics. Nothing provided and nothing expected except your commitment to work on your own project. Let's get creative! A supportive environment is guaranteed. Questions? Call or email katharinepickering11@gmail.com or (978) 473-9818.

Senior Center Technology Clinic

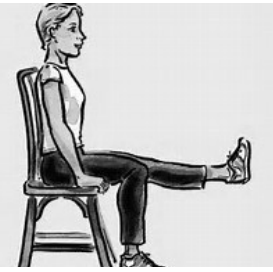
The Council on Aging is partnering with the Miles River Middle School to bring a monthly tech seminar to Hamilton seniors. **On the last Wednesday of every month students and their advisor, Johanna Wilson will be at the senior center to work with seniors from 10 to 11 AM.** You have been asking for our tech program to be a regular feature and now it is! So, bring your laptops, cell phones and tablets and let our students work with you to help you understand better the technology you own.



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.

How is Your Balance?

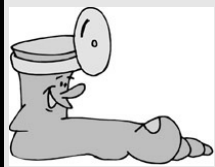
Free Assessment Tuesday, April 2

On Tuesday, April 2 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.



Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Wenham COA - April 24; Hamilton COA - June 26. Appointments are scheduled 15 minutes apart starting at 9:00 am. 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 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.



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.



T.O.P.S. (Taking Off Pounds Sensibly)

Meets at the Senior Center every Friday at 8:45 AM and usually finished by 10 AM. The first visit is free. \$32 to join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253.

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.

Outreach Corner

Welcome to April! Remember, April is tax month. AARP SeniorCare volunteers are meeting with people at the Hamilton Wenham Regional Library on Wednesdays at 10 and 11:30 am, and 1 pm, by appointment only. Call 978-468-5577 to make an appointment. Appointments go fast, so don't wait! The Internal Revenue Service (IRS) has information on its website applicable for seniors; check out this link, <https://www.irs.gov/individuals/seniors-retirees>.

If you need help managing your financial information, and meet the income eligibility guidelines, SeniorCare, in Gloucester, has a Money Management program, where trained volunteers come to your home to assist you. **The Money Management Program**, jointly sponsored by SeniorCare Inc., Mass Home Care, the Massachusetts Executive Office of Elder Affairs, and AARP Massachusetts, is a free, confidential service provided by volunteers who are carefully selected, trained and supervised to assist low-income elders who have difficulty writing checks, balancing checkbooks, and managing their money. A Money Management Program Volunteer can help balance a checkbook, prepare checks for signature, sort and prioritize mail, fill out forms and paperwork, develop a budget, and negotiate with creditors on behalf of eligible par-

ticipants. This helps elders, especially those with low vision, confusion, other disabilities, or are homebound, with no local family to help, to maintain their independence.

Fuel assistance is still available for income-eligible households through April 30, 2019, with a possible extension through May 15. New enrollees must contact Action Inc. directly at www.actioninc.org, or call them at 978-281-3900. Eligibility guidelines for fiscal year 2019 are as follows: the limit for yearly income for a household of 1 is \$12,140 (100% federal poverty level) to \$35,510 (60% of median state income); for a household of 2, \$16,460 to \$46,437; a household of 3, \$20,780 to \$57,363; and a household of 4, \$25,100 to \$68,289. Benefits vary within each income range. In addition, Action Inc. can determine eligibility for discounts on your utility and phone bills, heating system repairs and replacement, weatherization for your home, appliance management program, and advocacy and support.

Lucy Frederiksen, Coordinator of Social Services and Outreach, 978-468-5595

"Generals for Generations"

Do you need help around your house or yard?

The "Generals for Generations" program is a partnership with the Hamilton-Wenham Regional High School. **Honor Society students will be going to the homes of seniors weekly from 11:00 AM to noon to help with chores and small projects around the house.** We are very proud of the fact the National Honor Society has recognized this worthy club at the High School and the good work these students are performing for our seniors. Please call Mary Beth at 978-468-5595 to make your request for a student to help you.

Senior Circuit Breaker Tax Credit

The Senior Circuit Breaker Tax Credit is for low to moderate income seniors, age 65 or older, whose real estate tax payments plus 50% of water/sewer payments are greater than 10% of their income. Homeowners and non-subsidized renters can claim the credit. The 2018 tax returns, total income for single filers cannot exceed \$58,000 or \$88,000 for a married

couple. For homeowners, the assessed value of their primary residence cannot be more than \$778,000. Many seniors do not file a MA income tax return because they do not have to, based on income; however, they should file just to receive the refund, which could total \$1,100/yr and is retroactive 3 years.

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.



Day Trips

Here are the trips being planned for 2019. More information is available. Please call Ann at 978-468-4404 or email charles.chivakos@verizon.net for more details or pick up the information at the COA from the Day Trips binder.

April 30

Lawrence Heritage State Park - 1 hour Guided Museum Tour, then Step-on-bus guide "for a closer look at the mills, dam, and waterpower infrastructure - free. Then **lunch on our own at Salvatores** on the Merrimack and, if time permits, a stop at Canal Street Antique Market located in an historic mill with elevator and drop off at the door. This would be a 14 passenger Beauport mini-bus trip. 25\$ pp plus lunch.

May

Another **"Estates Tour"** planned by Jeff Hubbard with different properties than last year. This would be a 14 passenger Beauport mini-bus trip. Since this is a small bus trip preference will be given to Hamilton residents until April 15. More details will follow as they come in.

June 15

Essex, Connecticut Rail and Sail -
8:15am - 8:00pm Saturday, June 15 - \$108 pp

This trip is by large luxury motorcoach. We only have 16 seats for this trip. We're sharing this trip with the Ipswich COA.

We will head south to Essex Connecticut, where we will enjoy **lunch at the Griswald Inn, one of the oldest continuously operating inns in the country.** Next we head off on our rail and sail afternoon! **Our rail journey begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley.** The steam locomotive pulls vintage coaches through the quintessential New England towns of Deep River and Chester. **At Deep River Landing, we will be escorted onto the Becky Thatcher riverboat for a 1 & 1/4 hour cruise along the Connecticut River.** The visual serenity of the river alley is on full display from Becky's multiple decks. Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes us for the return trip back to Essex Station. Please join us as we kick off summer in style! **The tour operator for this trip is Cheryl Tobey from All Around New England** (think homemade cookies and prizes and surprises). *For more details or pick up the information at the COA from the Day Trips binder.*

July 23

A Day in Sandwich, MA -
Heritage Museum and Gardens tour, Daniel Webster Inn, Sandwich Glass Museum
7:30am - 5pm \$90pp

Heritage Museums & Gardens is the largest public garden in Southern New England. It is located on 100 acres of magnificent grounds and trails on the banks of Shawme Pond in Historic Sandwich. We will have a **1 hour guided walking tour** featuring 50 artifacts and memories about its history, its people, and hopes for its future selected by people with a deep appreciation for Heritage. You will also have time to browse the beautiful gardens and grounds which cover 100 acres, spend more time in the Antique car collection or even ride the 1908 Antique Carousel! The Sandwich Historical Society and its **Glass Museum** collects, preserves, and interprets the history of the Town of Sandwich, MA, the oldest town on Cape Cod. Named one of the top 1% of restaurants in the country, **the Daniel Webster Inn** is always a renowned experience. **The Buffet lunch includes Green Salad with House Dressing, Chicken Coq au Vin, Pasta Primavera, Broiled Scrod, Potato, Seasonal Vegetable, Chocolate Tuxedo Mousse Cake, Coffee or Tea.** For a fun and memorable day, join us! This trip is by large luxury motorcoach. Checks payable to Royal Tours, LLC.

August 22

Portland Land and Sea Tour

Step-on-Guide bus tour, lunch, lighthouse lover's boat tour, lunch at the Old Port Sea Grill with Stacy
from Royal Tours - \$89 pp – 7:30am to 5:30pm

Email charles.chivakos@verizon.net for more details or pick up the information at the COA from the Day Trips binder.

September 25

Telephones, Lakes and Native Americans

\$102.00pp - 7:45AM - 6:30 PM

Email charles.chivakos@verizon.net for more details or pick up the information at the COA from the Day Trips binder.

March 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Audiologist 1 10:30 Chair Yoga 12:00 Lunch - Meatball Stroganoff 1:00 Readers Club	10:30 Balance Assessment 2 12:00 Lunch - Hoisin Chicken Stir-fry 1:00 Quilt & Kvetch	8:30 COA Board Mtg 3 9:00 Audiologist 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 Lunch - Salisbury Steak 1:00 Artist's Open Studio	10:30 Trip to Element Care 4 12:00 Lunch - Lasagna 1:00 Movie: "Can You Ever Forgive Me?"	8:45 TOPS 5 10:00 Gentle Joints 12:00 Lunch - Baked Fish or Braised Pork Loin
10:30 Chair Yoga 8 12:00 Lunch - Chicken Mirabella 1:00 Cribbage	9:30 - 10:30 Sen Tarr Constituent Visit 9 12:00 Lunch - Hot Dogs for Red Sox Opening Day 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10 10:00 Open House 10:30 Life Aboard A Whaling Ship 12:00 Lunch - Lazy Chicken Cordon Blu	12:00 SeniorCare Special Lunch - "Seafood Bake" 11 1:00 Movie: "Green Book" 2:00 Craft Circle @Wenham COA	8:45 TOPS 12 10:00 Gentle Joints 12:00 Traveling Chef - "Taco Bar"
Closed for Holiday 15	12:00 Lunch - Chicken w/Winter Veggies 16 1:00 Quilt & Kvetch	10:00 Open House 17 10:30 Ask a Vet 12:00 Lunch - American Chop Suey 1:00 Artist's Open Studio	11:00-Low Vision 18 12:00 Lunch - Roasted Turkey w/Gravy 1:00 Movie: "The Favourite"	8:45 TOPS 19 10:00 Gentle Joints 12:00 Lunch - Broccoli & Cheese Bake
10:30 Chair Yoga 22 12:00 Lunch - Meat loaf w/Gravy 1:00 Cribbage	12:00 Lunch - Meatball Sub 23 1:00 Quilt & Kvetch	10:00 Tech Seminar 24 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Lawrence-A History by Dan Trembley 12:00 Lunch - Chicken Pot Pie 1:00 Artist's Open Studio	12:00 Lunch - Pot Roast w/Gravy 25 1:00 Movie: "If Beale Street Could Talk" 2:00 Craft Circle @Wenham COA	8:45 TOPS 26 10:00 Gentle Joints 12:00 Lunch - Balsamic Chicken
10:30 Chair Yoga 29 12:00 Lunch - Honey Rosemary Pork 1:00 Cribbage	Lawrence Heritage State Park 30 12:00 Lunch - Cranberry Orange Glazed Chix 1:00 Quilt & Kvetch	Rib BBQ or Pulled Pork	Stuffed Peppers	Omelette

Bolded items are activities or programs which are unique or not scheduled weekly

Underlined 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
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mlawton@hamiltonma.gov

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IN THIS ISSUE	
Life Aboard Whaling Ship	1
Yard Sale	1
Element Care Invitation	1
Center for Balance 15th	1
April Open House	2
April Meal Specials	2
Movies	2
Low Vision News	3
Exercise Programs	4
Health & Wellness	4
Outreach Column	5
Day Trips	6
April Calendar	7

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.