

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

Town Manager
Joe Domelowicz

Center Staff

Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board

Sherry Leonard, *Chairman*
Steve Walsh, *Vice-Chairman*
Penny Wingate, *Secretary*
Nancy Longval
Betty Gray
Linda Spong
Stacey 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.

Free Emergency Preparedness Training

Presented by Massachusetts
Office on Disability

August 14th

Hamilton Senior Center

Are you prepared for an environmental disaster or emergency? This training funded by the Department of Homeland Security gives you the knowledge and supplies you need to be ready. You will learn about emergency response resources and procedures with in the local community and the individual steps you can take to be prepared

- ◆ *Participants who qualify will receive a free emergency go kit!*



Call 978-468-5595
and sign up with
Mary Beth! The "Go
Packs" are limited,
so sign up today!

Low - Cost Dental Cleanings for Seniors Comes to You!

Polished,
a "come to you"
dental cleaning
service, will be
offering low
cost dental
cleanings for
seniors at the
Senior Center.



The clinic will happen four times a year: 9/19/19; 1/16/20; 4/23/20 and 7/16/20. Appointments will be every 50 minutes and will start at 8:30 AM. Cost for this service will be an incredibly low \$49. For anyone who has had their teeth cleaned recently you know that the average cost for cleanings runs between \$125 and a \$150 per visit.

Please call Mary Beth to schedule your appointment 978-468-5595. Also, please join us at Open House on August 28th at 10:30 when Ellen Gould, the owner of Polished, will be speaking with our residents about the upcoming clinics and the need to have good dental health.

It's A Party!



Please join us August 21st as we partner with SeniorCare of Gloucester to bring a Food Tasting Party to our senior residents and invited guests at the Senior Center located across from Patton Park at 299 Bay Road.

Senior Care, in conjunction with their caterer, SideKim, will be bringing a tasting menu for your enjoyment. Chris Carter will be on hand to provide acoustic guitar music as you sample from a menu featuring soups, salads, entrees and desserts. And IT'S FREE! Just call Mary Beth to make your reservation 978-468-5595. Space is limited so call early. There will door prizes and raffles so call to make a reservation so you don't miss out. See you at the Senior Center!

Senior Center Activities



Farewell But Not Goodbye— Lucy's Retiring

Please join us August 30th as we say good bye to our Social Services Coordinator, Lucy Frederiksen. As most of you know, Lucy has had some health issues over the past year and is taking her much-deserved retirement. She won't be away for long as she is coming back to volunteer once-a-week as our SHINE representative. We will be serving a luncheon in her honor and reservations are required. Please call Mary Beth 978-468-5595. The party starts at 11 and lunch will be served at noon.

COA WEDNESDAY OPEN HOUSE

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

August 7

Bingo and Hot Dogs

August 14

Emergency Preparedness Seminar (see page 1)

August 21

Senior Care Food Tasting Party (see pg 1)

August 28

Dental Health and information about our new upcoming dental clinic starting n September (see pg 1)

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Aug 1 "Arctic" Mads Mikkelsen, Maria Thelma Smáradóttir, Tintrina Thikhasuk

Adventure, Drama, Thriller. A man stranded in the Arctic after a helicopter crash must decide whether to remain in the relative safety of his makeshift camp or to embark on a deadly trek through the unknown in hopes of making it out alive.

Aug 8 "Second Act" Jennifer Lopez, Vanessa Hudgens, Leah Remini

Comedy, Drama, Romance. A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do.

Aug 15 "The Whole Gritty City" Bruce Davenport Jr., Kirk Dugar Jr., Brandon Franklin

Documentary, Music. The Whole Gritty City follows three New Orleans marching bands rising up in the aftermath of Hurricane Katrina. As the bands' directors teach their students music and prepare them to march in Mardi Gras parades, they also battle for their lives and souls. The film follows kids one step away from the lures and dangers of the streets, through moments of setback, loss, discovery, and triumph. What happens in their bands reveals the power and resilience of a culture.

Aug 22 "Stan and Ollie" Steve Coogan, John C. Reilly

Comedy, Drama. The true story of Hollywood's greatest comedy double act, Laurel and Hardy, is brought to the big screen for the first time. Starring Steve Coogan and John C. Reilly as the inimitable movie icons, Stan and Ollie is the heart-warming story of what would become the pair's triumphant farewell tour. With their golden era long behind them, the pair embark on a variety hall tour of Britain and Ireland. Despite the pressures of a hectic schedule, and with the support of their wives Lucille (Shirley Henderson) and Ida (Nina Arianda) - a formidable double act in their own right - the pair's love of performing, as well as for each other, endures as they secure their place in the hearts of their adoring public.

Aug 29 "A Dog's Way Home" Ashley Judd, Jonah Hauer-King

Adventure, Drama, Family. As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog meets a series of new friends and manages to bring a little bit of comfort and joy to their lives.

August Luncheon Specials

Traveling Chef is on hiatus for the summer



SeniorCare Special

Wednesday, August 14 at Noon
"Summer Cook-out"

The SeniorCare Special this month is a menu of traditional cook-out fare of hotdogs and hamburgers with all the sides and fixings. A special treat for dessert is being planned. Donation is \$3. Please make a reservation with Kim at 978-468-2616.

Can You Help? We Need:

- Coffee and Tea K-Cups
- Canes in good condition

Senior Center Activities

Sign Up Now to Join the COA

"Chopped Competition"

September 13

Join the Hamilton Council on Aging on Friday, September 13th, as we hold our second Chopped Competition at the Patton Homestead from 10 to noon. Four teams of two people will receive a mystery ingredient to use in making a meal.

ACORD Food Pantry will be partnering with us on this event and providing a pantry of food the teams can use to create their meal. Teams will have 30 minutes to create and cook their meal. Guest judges will choose the winning team and prizes will be awarded.

If you would like to sign up to be on a team, call Mary Beth at 978-468-5595 to sign up. Refreshments will follow the judging. Reservations are needed, so please stop by or call to make sure you reserve your spot.



Artist's Open Studio Wednesday Afternoons

1-4 PM

Artist's Open Studio meets from 1 to 4 on Wednesday afternoons. No experience necessary. Bring your own materials in any medium; Nothing provided, nothing expected except your commitment to work on your own project. Let's get creative. A supportive community is guaranteed. Questions? Call or email katherinepickering11@gmail.com or 978-473-9818



Cribbage

Play Cribbage after lunch
on Mondays.

Start time is 1:00 PM.
Please see calendar for
dates.

Heritage Films Historical Presentations This Month:

"Boston's North End"

August 13

Dan Tremblay's historical film on August 13 will be about the North End of Boston. The program starts at 10:45 and will run until 11:45.

The second Tuesday of every month Dan Tremblay brings a historical film to the Senior Center, which he himself has made, edited and narrated for the enjoyment of our seniors who have welcomed him with open arms at past Open House events.

If you like history even a little and love to see well-produced films about incredibly interesting true life subjects of all kinds, that will have you emotionally involved, and utterly amazed, check out Dan's films.

These events are FREE! Light refreshments will be served.



The Hamilton- Wenham Low

Vision Group will

meet on Thursday Aug
22 at 11 am, at the

Hamilton COA to hear Hamilton resident John Sanders talk about his experiences getting around his house blind. Lunch follows the meeting, optional, and reservations are required, please call Lucy at 978-467-5595, or Kim at 978-468-2616 as soon as possible, and at least a week before the event.

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.

Health and Wellness

**NEW
CLASS**

Balance, Bands and Strength Wellness Class 11 - 11:45 am

Join us on the 4th Tuesday of
every month at 11:00 -11:45 for a

brand new HCOA wellness offering in partnership with the Gordon College Center for Balance, Mobility and Wellness. Through the use of bands and your own body weight, you will become stronger, better balanced and will feel better as a result of this 45 minute offering. You will also learn exercises to implement at home for your continued stability and well-being. Taught by nationally Certified Personal Trainer Sara Twombly, BS, ACSM-CPT, you will leave each session energized and educated.

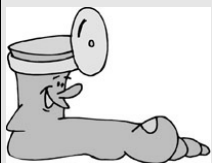


Chair Yoga Monday Mornings at 10:30

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.



Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Wenham Senior center August

28th 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. The last date for a podiatry appointment in 2019 is October 30th at the Hamilton



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.

How is Your Balance?

Free Assessment Monday, August 12

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 9:00 to 10:30 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.

Free Senior Swim Time Sunday Mornings 10 to 11

The Hamilton Recreation Department has set up a Free Swim Time for Seniors at the Town Pool on Sundays from 11am to 12pm.

If you already have a membership to the pool, you will receive a guest pass so that you can bring a friend or relative the next time you visit.



**TAKE OFF POUNDS
SENSIBLY**

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 call 978-468-7253

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.



Outreach Corner

Preparing for Weather and Weather Emergencies

Preparation for weather and weather emergencies is a real thing as you age, whether it is heat or storms, or hurricanes! Are you ready?

The annual hurricane season is upon us. Annually, the hurricane season begins in June and goes through November; historically, New England doesn't get hurricanes until later in the season. But now, the same emergency preparation information applies to pop-up thunderstorms and microbursts that can occur during the summer and take out power locally. Your level of need to prepare depends on your specific needs. As older residents, your first area of concern should be preparedness for your health and safety. If you require electricity to run medical equipment, make sure you have a generator or access to a generator if the power goes out. Check with Hamilton's local emergency services about generators to loan or rent, and the location of the town's emergency shelters. If you are without electricity to run AC, remember that the Hamilton COA is a "cooling center" – generators will be running to keep the building cool.

For staying in your own home, prepare for power outages. Charge everything that you can before a storm arrives. Make sure you have a flashlight or two, all working, and a battery-operated radio, with spare batteries for both. It is recommended that you keep three days' worth of non-perishable, non-cook food and water (a gallon a day per person in your household) for drinking and washing. When you know a storm is coming, plan ahead with medication refills, so you don't run out during the storm and its aftermath. Also keep your car full of gas and get a supply of cash – if power is out, gas pumps and ATMs may not be working. If you don't have a cellphone for emergency information put out by the town and state, and to reach out to your own family, speak to Mary Beth about getting one. The Senior Center is collecting old cellphones for this very reason.

And, if you have pets or children living with you, make sure you have food, water, medications and supplies for them as well. A first aid kit is also recommended for your home. If you have to evacuate your home, take with you your medical information (names of doctors, list of medications and allergies) and actual medications, your personal emergency contact information (phone numbers for doctors and family members), and your wallet with IDs and cash. When going to an emergency shelter, bring a blanket, a washcloth, a toothbrush and toothpaste, plus a change of clothes at a minimum.

If you have a cell phone and charger, bring them as well. It is relatively easy to pack these items well before a storm hits the area.

Even without storms, summer heat holds its own risks. UV rays and heat also can bring the dangers of sunburn, eye damage, dehydration, heat exhaustion, and more, especially if you are older. Be aware that seniors don't "feel the heat" the way younger people do. Physiologically, as people age, they lose some natural ability to regulate body temperature, making seniors more susceptible to temperature changes in the environment.

Do you know how to keep safe during a hot spell? A number of homecare sites list how to keep safe during the summer months, with simple choices in beverages, clothing, and scheduling.

Drink plenty of fluids: Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases with age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity, including gardening. Of those fluids you are drinking, avoid ones that are alcoholic and caffeinated, because those choices will only further your dehydration.

Pick the right outfit and accessories: When possible, wear loose, lightweight, light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Wide-brimmed hats keep the sun off of your face and neck, and full coverage (wrap-around) sunglasses provide the best eye protection. Glasses that block UVA and UVB rays help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.

Turn on your air conditioning: Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air conditioning; for example, someone's house, shopping mall, senior center, or movie theater. The Hamilton Council on Aging/Senior Center serves as a cooling station for seniors age 60 and up, so come join us for a program, a good book, a cold beverage, or a chat.

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

A Free Emergency Preparedness Training will be held at the Senior Center on Wednesday, August 14th starting at about 10:15 am during Open House. Sign up with Mary Beth to receive a free "go bag" ASAP. See page one.



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.

August 22

Portland Land and Sea Tour

Step-on-Guide bus tour, lunch, lighthouse lover's boat tour, lunch at Old Port Sea Grill with Stacy from Royal Tours

Date: Thursday, August 22 Time: 7:30am -5:30pm Cost \$89

Today's tour begins with a trip to Portland, Maine for a **guided area tour** of this intriguing and historic city. On this tour of Portland, Maine's largest city-by-the-sea, you'll see views of Longfellow's boyhood home, sea captain houses and the elegant Victoria Mansion as you drive through historic neighborhoods overlooking the islands of Casco Bay in Portland Harbor. Once your tour is done, you will be having **lunch at the Old Port Sea Grill**. Located in the heart of Portland's historic old port district - we will love the food and excellent service here. We'll have **New England Clam Chowder, your choice of Baked Stuffed Chicken Marsala or Baked Schrod, Vegetable, Roasted Potatoes, Chef's Choice Dessert, Coffee, Tea or Soda**. After lunch, we will have a **1-hour Lighthouse Lovers Cruise**. Enjoy this narrated 60-minute scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals, and seabirds! Come aboard; take in the salt air, and spectacular sights, while enjoying the best narrated cruise around!

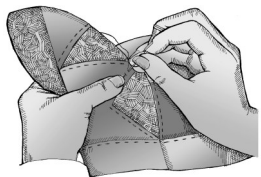
September 25

Telephones, Lakes and Native Americans!

Date: Wednesday Sept 25 Cost: \$102.00 Time: 7:45AM - 6:30 PM

The tour operator for this trip is Cheryl Tobey from **All Around New England**. We will begin our day with a visit to the **New Hampshire Telephone Museum**. Next we board the **MV Kearsarge**, a replica of a Victorian era steamboat, which has been sailing the waters of Lake Sunapee for over 30 years. Lunch will be on board, which will consist of a salad bar, baked stuffed chicken breast, vegetable lasagna, potato, assorted cakes, & coffee. Our last stop, the **Mt. Kearsarge Indian Museum**.

All trips leave from and return to the Hamilton COA. For more information and to register, please contact Ann Chivakos at 978-468-4404 or email Ann at: charles.chivakos@verizon.net. Please be aware that there are **NO** refunds when you cancel your reservation. You are responsible for finding someone to take your place and be reimbursed by them directly. The COA maintains a "wait list" for our full trips and will make every effort to put you in touch with someone who wants to go on that trip.



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.

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.

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. You must meet the Circuit Breaker guidelines to be eligible for a free cell phone.

August 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <p>Bolded items are activities or programs which are unique or not scheduled weekly</p> <p><u>Underlined</u> items require sign-up or reservation</p> </div>				
			1	2
			12:00 <u>Lunch</u> - 1:00 Movie: "Arctic"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> -
5	6	7	8	9
9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> - Salmon or Braised Pork Loin 1:00 Readers Club	12:00 <u>Lunch</u> - Tarragon Chicken 1:00 Quilt & Kvetch	8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - Vegetable Pinwheel 1:00 Artist's Open Studio	12:00 <u>Lunch</u> - BBQ Chicken 1:00 Movie: "Second Act" 2:00 Craft Circle @Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Steak & Cheese Sub
12	13	14	15	16
9:00-Balance Assessment 10:30 Chair Yoga 12:00 <u>Lunch</u> - Breaded Chicken Drumstick 1:00 Cribbage	10:45 Heritage Films: Boston's North End 12:00 <u>Lunch</u> - American Chop Suey 1:00 Quilt & Kvetch	10:00 Open House & BP Screening 10:30 Emergency Preparedness Training 12:00 <u>SeniorCare Special</u> "Summer Cook-out"	12:00 <u>Lunch</u> — Beef Stew 1:00 Movie: "The Whole Gritty City"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Chicken Cordon Bleu
19	20	21	<u>Portland Land and Sea Tour</u> 22	23
10:30 Chair Yoga 12:00 <u>Lunch</u> - Carolina Pulled Pork 1:00 Cribbage	12:00 <u>Lunch</u> - Chicken with Lemon Picatta Sauce 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Food Tasting Party 12:00 <u>Lunch</u> - Stuffed Shells 1:00 Artist's Open Studio	11:00 Low Vision Group 11:00 <u>Lunch</u> Turkey and Cranberry Apple Salad 1:00 Movie: "Stan and Ollie" 2:00 Craft Circle	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Beef & Broccoli
26	27	28	29	30
10:30 Chair Yoga 12:00 <u>Lunch</u> - Honey Balsamic Chicken 1:00 Cribbage	11:00 Strength and Balance Class 12:00 <u>Lunch</u> - Salisbury Steak 1:00 Quilt & Kvetch	9:00 <u>Podiatrist@ Wenham</u> 10:00 Open House & BP Screening 10:30 Dental Health 12:00 <u>Lunch</u> - Turkey Pot Pie 1:00 Artist's Open Studio	11:00 Low Vision Group 11:00 <u>Lunch</u> - Beef Hot Dog 1:00 Movie: "A Dog's Way Home"	11:00 <u>Farewell— Retirement Party for Lucy</u>

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,
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, 9 am until 3 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, Rowley, Rockport, Gloucester, Manchester, Essex.

Please note that trips to Salem, Peabody and Danvers have been discontinued.

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.