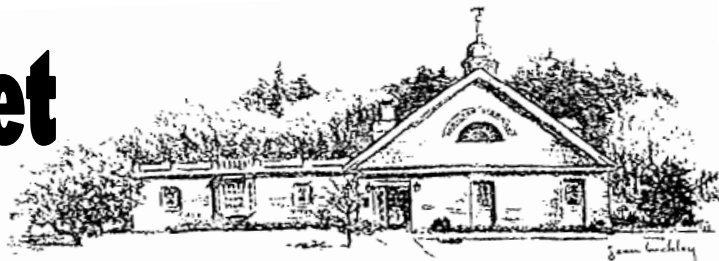


The Hamilton Hamlet

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

Council on Aging Board

Sherry Leonard, *Chairman*

Steve Walsh, *Vice-Chairman*

Penny Wingate, *Secretary*

Nancy Longval

Betty Gray

Linda Spong

Senior Van Service

Beauport Ambulance



Thursday, December 19th at 11:00

Join us at the Senior Center for the 2019 COA Christmas Party on Thursday, December 19th.

The party starts at 11:00 am with an appearance by Mrs. Claus who is coming especially to tell our Hamilton seniors what Santa has planned for them.

We will enjoy a luncheon of ham with brown sugar glaze, au gratin potatoes, green

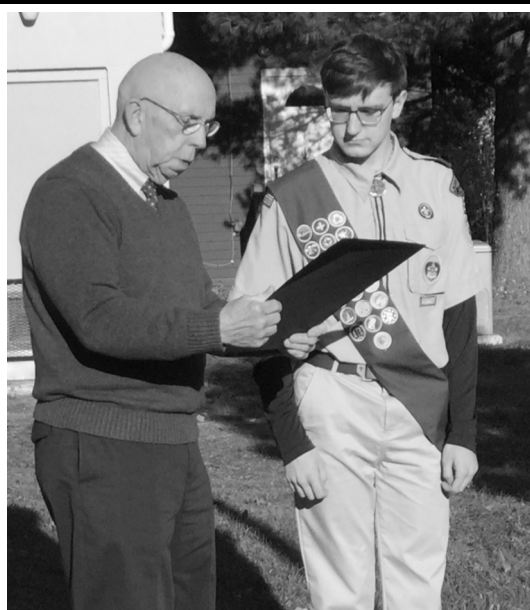
beans, parker house roll, and upside down berry cheesecake. Lunch is free for Hamilton residents who sign up.

A Yankee Swap will follow lunch.

Please call Mary Beth to make your reservation and let her know if you will be also participating in the Yankee Swap.

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.



Trent Blatz with Dick Curran

The Council on Aging honored Trent Blatz and his family on for the wonderful work he did building our patio at the Senior Center for his Eagle Scout project. Trent will be having his flying up ceremony later this year but we wanted to thank him for all his hard work. His mom and dad, Trent and Eric along with his brothers and grandparents were on hand along with Dick Curran, Constituent Representative for State Senator Bruce Tarr who presented Trent with a proclamation from Beacon Hill lauding his accomplishment.

While we aren't going to be able to enjoy the patio much before the snow flies, come spring 2020 we will be able to enjoy our patio with the furniture purchased with Trent's generous contributions from his donors on his Go Fund Me page. Thank you again, Trent, for all that you've done for the seniors in Hamilton.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

December 4

Bingo and Hot Dogs

December 12

Davis Bates— Christmas Entertainment

December 18

Moe Pratt
from the
Essex County Correctional Facility

LOW COST DENTAL CLINIC TUESDAY, JANUARY 14TH

POLISHED, a “come to you” dental cleaning service will be returning to the Senior Center this January. Appointments start at 8:30 and run every 50 minutes.

Cost for this service is \$49.

Please call Mary Beth to schedule your appointment

978-468-5595



Lunch is served at 12:00 pm daily
Monday through Friday.

Reserve your meal with Heidi at 978-468-2616

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

Dec 5 “Christmas at Holly Lodge” *Alison Sweeney, Jordan Bridges,*
Drama, Family, Romance .

Sophie runs Holly Lodge, a beautiful inn surrounded by snowy mountains, evergreen trees galore, and scenic views. There's a steady stream of regular patrons who visit the lodge every Christmas, but Sophie's behind on her mortgage payments, and a development company has taken an interest in the land. They send Evan to study the property, but before he makes his true intentions known to Sophie, the two start falling for each other.

Dec 12 “A Christmas to Remember” *Mira Sorvino, Cameron Mathison, Jesse Filkow*

Romance. Sophie runs Holly Lodge, a beautiful inn surrounded by snowy mountains, evergreen trees galore, and scenic views. There's a steady stream of regular patrons who visit the lodge every Christmas, but Sophie's behind on her mortgage payments, and a development company has taken an interest in the land. They send Evan to study the property, but before he makes his true intentions known to Sophie, the two start falling for each other.

Dec 19 Movie Cancelled for Holiday Party

Dec 26 “A Veteran’s Christmas” *Sean Faris, Eloise Mumford, Mary Long*

Romance. A former Marine, Grace is driving to Cincinnati when her jeep breaks down and Judge Joe Peterson offers his guesthouse until it's repaired. As they spend time together, they fall in love but Grace worries Joe isn't over his ex, Marnie.

Heritage Films Historical

Presentations:

● *“Woodstock ”*

● **Tuesday, December 10 at 10:30am**

● 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.

Senior Center Activities

Artist's Open Studio

Wednesday Afternoons 1-4 PM

Artist's Open Studio meets from 1 to 4 on Wednesday afternoons EXCEPT FOR THE 2ND WEDNESDAY OF THE MONTH. 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. This is a drop-in open studio, so come when you can. Questions? Call or email katharinepickering11@gmail.com or 978-473-9818



Painting with Robbin

Wednesday, Dec. 11 at 2:30 PM

Robbin McMath has started a new painting class like the one Aleah used to teach. The first class is on Wednesday, October 9th at 2:30 pm and will run approximately 2 hours. Robbin will guide you step by step to create your painting. No experience necessary. The COA provides the canvases, paints, easels and brushes. The cost is \$10 for this 2 hour class. Please sign up with Mary Beth to reserve your place.



Quilt & Kvetch*

(plus knitting, crochet, embroidery, etc.)

Tuesdays at 1:00

The Quilting Group includes anyone who enjoys quilting, sewing, knitting, crochet, and other handiwork and it is as much about getting together as anything. 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.



Tech Time starts up again on the last Wednesday of the month from 9 to 10:30. The COA is partnering with the Miles River Middle School to bring this monthly tech seminar to Hamilton seniors. Bring your laptops, cell phones and tablets.

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.

BOOKS
aren't just made of
WORDS...
they're also filled with
PLACES
to visit and
PEOPLE
to meet.

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.

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!



Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.

*Donations
are greatly
Appreciated!*

The Senior Center needs:

- ◆ coffee and tea K-cups
- ◆ canes in good condition
- ◆ gently used wheel chairs

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

Please stay tuned for the podiatrist schedule for 2020 in January. 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 is on family leave at present but is expected to return in 2020.



How is Your Balance?

Free Assessment Monday, December 16

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.

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 **TAKE OFF POUNDS SENSIBLY** join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253



Exercise on Your Own

Don't want to pay for a gym membership? Your Senior Center has exercise equipment you can use for free on your own. Times of use are just limited to times when there is NOT another activity going on in the exercise area. We have a treadmill, recumbent bike, and other equipment to build strength. Come on in and check it out!

VETERANS AGENT TO HOLD CONSTITUENT HOURS AT SENIOR CENTER

Under Massachusetts General Laws M.G.L. CH. 115, the Commonwealth provides a needs-based means tested program of financial and medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. For applications, contact the local Veterans' Service Officer (VSO) in the city or town where the veteran lives.

Karen Tyler is the VSO for Eastern Essex County in Massachusetts. Karen will be holding constituent hours at the Hamilton Senior Center the 2nd. Wednesday of the month from 11:30 to 12:30.

The Hamilton Council on Aging will celebrate the winter holidays and cultural diversity by presenting award winning singer and storyteller Davis Bates in a performance of participatory of songs and stories for area seniors and their friends and families. Entitled Celebrating the Season, the program is a delight for all ages, and will include traditional and contemporary participatory folk songs and stories in the cultural traditions of Christmas, Hanukkah, Kwanza and the Winter Solstice. There will be plenty of sing-alongs, traditional and not-so-traditional carols, and more. Hear how a teacher in a one-room schoolhouse saved Santa Claus' life, about the origins of snow, a teaching tale from Zimbabwe, and be prepared to sing, move and clap your hands. There will even be a short lesson on how to play the spoons, and a guest appearance by a dancing wooden dog named Bingo.

Pete Seeger called Davis a "genius of a storyteller." Davis' traditional and participatory performance style empowers and encourages audiences to join in the fun, and to take the songs and stories home with them to share with others. He also encourages listeners to remember and share stories and songs from their own family and cultural traditions, and to find stories in the books and recordings provided by their local Council on Aging.

Davis Bates has been telling stories for over forty years, in schools, libraries, colleges and community settings around New England and across the country. He has also served as director and consultant for several local and regional oral history and folk arts projects, and has won a Parents' Choice Gold Award for his recording entitled Family Stories, which can be downloaded for free from his website, www.davisbates.com. Davis lives in the picturesque village of Shelburne Falls, MA,

The Hamilton-Wenham Low Vision Group has expanded to include Essex and each community's Senior Center will take turns hosting our group. It will continue to be moderated by Lucy Frederiksen.

The upcoming schedule for 2019 and 2020:

Dec. 19, March 19, April 16, Essex Council on Aging, 17 Pickering St, Essex, MA. Call 978-768-7932 for lunch reservations. Van transportation and carpooling are recommended as the building has only on-street parking.

May 14, June 18, July 16, Wenham Council on Aging, 10 School St., Wenham, MA. Again, van transportation and carpooling are recommended as the building shares parking spaces with the Buker Elementary School when school is in session.

Outreach Corner

Comcast Internet for Seniors

Comcast recognized that seniors are on a budget and cannot devote a lot of money to monthly internet service. That's why its Internet Essentials plan aims to offer quality service at an affordable price. It includes 15 Mbps and in-home WiFi for \$9.95/month plus tax. In order to qualify for this program, you need to meet the following requirements:

- ◆ Must be 62 years or older
- ◆ Must live in one of the current eligible areas
- ◆ Must receive state or federal public assistance specific to the area where you live
- ◆ Must not have any outstanding debt to Comcast that is less than one year old (if you have debt that is older than one year old, you may still be eligible)
- ◆ Must live in an area where Comcast internet service is available, but not have subscribed to it within the last 90 days.

With this program there is not term contract, no credit check, and no installation fee. Once you're approved for the Internet Essentials Program, you can also take advantage of a program that allow you to get a computer or laptop for \$149.99 plus tax. You may even be eligible for free computer and internet training classes.

If you do not qualify for the Internet Essentials Program, Comcast does offer other internet plans, such as the Performance Internet for \$39.99/month which gives you:

- ◆ Up to 60 MBPS download speeds
- ◆ Speed good for up to 5 devices at a time
- ◆ No term agreement
- ◆ 30 day money-back guarantee

This is the least expensive internet only package. There are other offers with faster speeds, but for many seniors who want basic internet service, the Performance Internet Service will do the job and is least expensive.

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.

SHINE COUNSELING

While Lucy is enjoying her much deserved retirement, she will still be back to volunteer as a SHINE counselor each Wednesday from 9 to noon at the Hamilton Senior center. Call 978-468-5595 to request an appointment with her.




“Generals for Generations” has returned to help seniors in Hamilton. This program is a partnership with the Hamilton-Wenham Regional High School. Honor Society students will be going to the homes of seniors weekly starting Saturday, October 6th from 10:00 to 11:00 AM to help with chores and small projects around the house. Please note that the day and time is a change from last year's programs. 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.

If you have a volunteer coming to work at your house outdoors, and it is inclement weather, it is up to the discretion of the volunteer as to whether or not they feel comfortable working in those conditions. We have many people who request help through this program and have a waiting list. It isn't fair to either the volunteer or the person whose request could have been filled and is on a wait list. Thank you for your cooperation and understanding that will allow this program to succeed in reaching the most seniors possible each weekend.

December 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30 Chair Yoga 12:00 <u>Lunch</u> - Salisbury Steak 1:00 Readers Club	3 12:00 <u>Lunch</u> - Oven Fried Chicken 1:00 Quilt & Kvetch	4 8:30 COA Board Mtg 9:00-12:00 Shine Counseling 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - Oven Broccoli Bake 1:00-Artist Open Studio	5 12:00 <u>Lunch</u> —Stuffed Peppers 1:00 Movie: "Christmas at Holly Lodge"	6 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> —Braised Pork
9 10:30 Chair Yoga 12:00 <u>Lunch</u> - Turkey Pot Pie 1:00 Cribbage	10 10:30 Heritage Films "Woodstock" 12:00 <u>Lunch</u> - Spinach and Cheese Frittata 1:00 Quilt & Kvetch	11 9:00-12:00 Shine 10:00 Open House 10:30-David Bates-Xmas Entertainment 11:30- Veterans Agent 12:00 <u>Lunch</u> - Beef Stew 2:30 <u>Painting with Robbin</u>	12 12:00 <u>Lunch</u> — Hot Dog 1:00 Movie: "A Christmas to Remember" 2:00 Craft Circle @Wenham COA	13 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Chicken w/ Honey Mustard
16 9:00 Balance Assessment 10:30 Chair Yoga 12:00 <u>Lunch</u> - Ribque 1:00 Cribbage	17 10:30 Heritage Films "Woodstock" 12:00 <u>Lunch</u> - Stuffed Shells 1:00 Quilt & Kvetch	18 9:00-Tech Time 9:00-12:00 Shine Counseling 10:00 Open House 10:30-Moe Pratt-Essex County Jail 12:00 <u>Lunch</u> - Chicken Mirabella 1:00 Artist Open Stu-	19 11:00 Low Vision Low Vision Group at Essex Senior Center 11:00 COA Christmas Party-Movie Cancelled	20 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Sloppy Joe
23 10:30 Chair Yoga 12:00 <u>Lunch</u> - Chicken Scampi 1:00 Cribbage	24 11:00 Balance, Bands, and Strength Class 12:00 <u>Lunch</u> - Meatball Sub 1:00 No quilting-Sr. Ctr. Closing at 1	25 Closed For Christmas Day	26 12:00 <u>Lunch</u> — Chicken Cordon Blue 1:00 Movie: "A Veteran's Christmas"	27 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> — Beef Burgundy
30 10:30 Chair Yoga 12:00 <u>Lunch</u> - Lasagna 1:00 Cribbage	31 12:00 <u>Lunch</u> - Turkey a la King 1:00 Quilt & Kvetch	 <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>		

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

Pre-Sorted Standard

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Hamilton, MA 01936

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.

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 24 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.