

# 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**  
Michael Lombardo

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

**Council on Aging Board**  
Tom Hever, *Chairman*  
Steve Walsh, *ViceChairman*  
Nancy Longval, *Secretary*  
Betty Gray  
Linda Spong  
Martha Hale Farrell  
Sherry Leonard

**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.

## The Senior Center is OPEN

Even if it is snowing, the Senior Center is open unless the town manager closes the building. Our activities will go on as planned, but please be safe as you venture out.



## Are You Interested in an Acrylic Painting Class?

If you are interested in a bi-monthly acrylic painting class on Friday evenings, please call Linda Spong at 978-468-4700 or email lindaspong@yahoo.com with the subject “Senior Painting Class”. We have found a teacher for this class if there is interest. All levels of knowledge and ability would be welcome in this class. Non-Hamiltonians may also participate.



**We are always grateful for K-Cup Coffee donations. Any help you can give is appreciated!**

## “60-Somethings” Call to Action!

If you are between the ages of 60 and 69 and would like to see more programming for your age group at the Hamilton Senior Center, read on! There are 1,100 of you 60+ in Hamilton and the Council on Aging wants our Center to be relevant to you.

We will be scheduling a focus group in the very near future to help us create activities, classes, lectures, or whatever you would like to participate in 2017. Give Mary Beth a call at 978-468-5595 and let her know your contact information and what you might be interested in talking about.

We will set a day and time in the evening for either January or February. Your input and time is important and greatly appreciated!

*The Zentangle Method is an easy to learn, fun and relaxing way to create beautiful images by drawing structured patterns.*

## Zentangle: What’s It All About? Come, Learn More

Zentangle teacher and artist, Sharon Staples, will visit Open House on January 4 at 10:30 am, to show us what Zentangle is all about.

“As you cruise the internet looking for Zentangle art and ideas, you start to see the difference between “doodles”, Zentangle-ish art and Zentangle art by people who have had some training. Doodles are easily recognized as what they are because they are random and done in a thought-less way. Usually done while doing or thinking about something else. Unrelated. Talking on the telephone or daydreaming in a class or meeting.

Zentangles are unplanned, but deliberate. The patterns are built “one stroke at a time” and they build on each other. The tangler doesn’t “tune out”, but rather “tunes IN”. You become incredibly focused on what is evolving beneath your pen. You forget your worries for the moment.

The characteristics that make a piece look like Zentangle: black and white, dense patterns within shapes, some shading – are what make some artists shake their heads and say “that’s nothing new.” But, again, these characteristics are not what make a real Zentangle, they are just the “look” – the end result. Zentangle is not a technique like watercolor or oil painting.... it is all about the process, not the finished piece.” *Sandy Bartholomew (excerpt from the 2009 article Zentangle: Art, but not for Art’s Sake)*

# Activities at the Senior Center

## COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00

Program at 10:30

January 4

*Presentation on Zentangle - a creative way to relax*

January 11

*Bingo and Hot Dogs*

January 18

*Beauport owner, John Morris, visits to talk about ambulance service and senior transportation*

January 25

*Open House Social Time*

February 1

*Senator Bruce Tarr*

February 8

*Bingo and Hot Dogs*

February 15

*Town Manager, Michael Lombardo, visits to talk about town issues and affordable housing*

February 22

*Presentation by Town Planner, Patrick Reffett, liaison with the Zoning Board of Appeals, the Affordable Housing Trust and Community Preservation*

## Thursday Afternoon Movies *Showtimes on Thursdays 1:00 PM*

**Jan 5 "Wild Oats"** *Shirley MacLaine, Jessica Lange*

*Action, Comedy.* A widow heads to Spain with her best friend after she accidentally receives a life-insurance check for five million dollars. As the pals embark on an adventure, the insurance company attempts to retrieve their money.

**Jan 12 "Genius"** *Colin Firth, Jude Law, Nicole Kidman*

*Drama.* A biographical film of famous literary editor Max Perkins, which centers on his personal and professional relationship with eccentric author Thomas Wolfe. As Wolfe becomes consumed with his lengthy novels and begins to alienate his lover, Perkins struggles to reel in his talent in order to deliver another best-seller for Scribner Publishing during the 1930s.

**Jan 19 "Sully"** *Tom Hanks*

*Drama.* An exciting docudrama about airline pilot Chesley "Sully" Sullenberger, which depicts his successful emergency landing of an Airbus A320 on the Hudson River in January 2009. In the aftermath of this unprecedented and heroic feat, the traumatized pilot must endure second-guessing by investigators, the weight of sudden fame, and his own doubts about his actions that fateful day.

**Jan 26 "Snowden"** *Rhys Ifans, Nicolas Cage, Shailene Woodley*

*Drama.* Oliver Stone directed this docudrama about whistle-blower Edward Snowden, who decided to leak classified information from the NSA in order to expose a massive, covert surveillance program orchestrated by the U.S. government. The film traces Snowden's career in both the NSA and CIA as he becomes disillusioned with his work and receives support from his idealistic girlfriend.

**Feb 2 "A Man Called Ove"** *Rolf Lassgard, Bahar Pars*

*Comedy, Drama.* Based on a best selling book, an irritable, elderly busy-body spends his days making his neighbors miserable with his grouching and demands for order, but his crabbiness hides a deep grief for his deceased wife, whom he hopes to soon join. His clumsy attempts at suicide bring him into contact with the Persian family next door, and his growing friendship with them helps him reconnect with life.

**Feb 9 "Ben Hur"** *Jack Huston, Toby Kebbell, Rodrigo Santoro*

*Action, Drama.* In this adaptation of Lew Wallace's 1880 novel "Ben-Hur: A Tale of Christ" (previously brought to the screen in 1925 and 1959), a Jewish prince spends years toiling in slavery after an old friend, now an officer in the Roman army occupying Jerusalem, falsely accuses him of a crime. In time, he wins his freedom and competes against his betrayer in a violent chariot race, but an encounter with Jesus Christ teaches him the importance of mercy and compassion.

**Feb 16 "Girl on the Train"**

*Emily Blunt, Luke Evans, Haley Bennett, Justin Theroux*

*Thriller.* A recent divorcée fantasizes about a couple whose house she passes each day on her commuter train ride. Soon, she becomes entangled in a mystery involving not only the couple, but her former husband and his new family.

**Feb 23 "The Dressmaker"** *Kate Winslet, Liam Hemsworth*

*Drama.* An accomplished dressmaker named Tilly Dunnage returns to her backwoods hometown in 1950s Australia, which she fled at a young age after she was accused of murdering a boy. While running a local dress shop, Tilly investigates the murder mystery that ruined her life, and plans her revenge on those responsible.

**Sen. Tarr's Aide visits Senior Center to meet with constituents on the second Tuesday of each month from 9:00 to 10:00 AM**

**Remember to bring in your aluminum can pull tabs for our collection to benefit the Shriner's Hospitals for Children.**

# Activities at the Senior Center

## January Luncheon Specials

**TRAVELING CHEF**  
**Wednesday, January 3**  
**"Asian Style Cuisine"**

The menu is Chinese Chicken Wing, Boneless Rib, Vegetable Fried Rice, Sesame Ginger Broccoli, Duck Sauce, Fortune Cookie, Fresh Pineapple. Please make your reservations with Kim at 978-468-2616 by 11 AM on December 30. Suggested donation for meal is \$3.

**SeniorCare Monthly Special**  
**Thursday, January 12 at Noon**  
**"Taste of the South"**

Menu is Ham with Pineapple Raisin Sauce, French Peas with Green Onion, Parsley and Butter Garnish, Sweet Potato Casserole, Banana Pudding over Vanilla Wafers, Hearty White Bread. Please make your reservations with Kim at 978-468-2616 by 11 AM on January 9. Donation asked for meal is \$2.

## February Luncheon Specials

**TRAVELING CHEF**  
**Tuesday, February 14**  
**"Valentino's Lasagna"**

The menu is Lasagna with Meat Sauce, Old Style Caesar Salad (Family Style), Garlic Bread, Carrot Cake. Please make your reservations with Kim at 978-468-2616 by 11 AM on February 10. Suggested donation for meal is \$3.

**SeniorCare Monthly Special**  
**Thursday, February 9 at Noon**  
**"Sweet Heart Celebration"**

Menu is Seafood Bake (Fish, Scallop, Shrimp) with a breadcrumb topping in a Cheddar Béchamel Sauce, Paella-Style Yellow Jasmine Rice with Peas, Baby Carrots, with Fresh Dill and Parsley, Strawberry Mousse with Valentines Sprinkles, Pull Apart Roll. Please make your reservations with Kim at 978-468-2616 by 11 AM on February 6. Donation asked for meal is \$2.



### Cribbage

Play Cribbage with COA Chairman, Tom Hever, after lunch on Mondays. Start time is 1:00 PM. Please see calendar for January and February dates.



### 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.*

The Hamilton-Wenham **Low Vision Group** will be on hiatus for January and February, to avoid snow and winter weather issues. We look forward to getting together again on Thursday March 9 at 11 am.



## North Shore Technical School's Annual Luncheon

**Tuesday, February 14**

The Culinary Arts Program at Essex North Shore Agricultural and Technical School will be sponsoring their yearly luncheon for Hamilton seniors on Tuesday, February 14<sup>th</sup>. Lunch is prepared by the culinary students and served at the all new high school in their Maple Street Bistro. Cost is expected to be \$8.00 and a school bus will pick up participants at the Senior Center at 10:45 for an 11:15 meal. Call Mary Beth to make a reservation. 978-468-5595



### Meet for Breakfast

### Do-It-Yourself Breakfast

The Senior Center now has a **Do-It-Yourself Breakfast**. Belgian waffles are also available on Wednesday. The Senior Center opens at 8, so why not come in for a cup of coffee, turn on the news and relax. Suggested donation for breakfast \$1.00.

# Senior Health and Wellness

## Arm Chair Yoga

Monday Mornings at 10:30

First timers can try a class for free. \$8 for per class for drop-ins or \$40 for 8 week series.



## Parkinson's Fitness Group

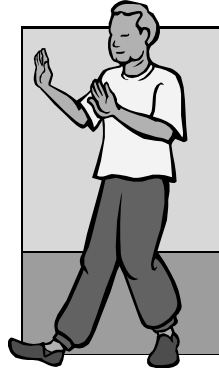
Tuesday Mornings at 10:00

Linda Hall, co-founder of Parkinson's Fitness, will be leading a fitness group specifically designed for seniors dealing with Parkinson's disease. Ability-based weekly classes will help participants challenge themselves and each other, increase endurance, strength, coordination, balance, self-confidence, and cognitive awareness using seated and upright exercises, aided by varied manual equipment items.



## Tai Chi for Balance

Thursday Mornings At 10:30



A new Tai Chi for Balance class started in December with a new (for us) instructor, Bruce Laing. Bruce is an experienced teacher of Tai Chi and Chi Gong. Class is FREE of charge, so come and see what it's all about and improve your strength & balance.

## 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.

**Note from the Editor:** Every effort is made to make sure that the information in the Hamilton Hamlet is correct and accurate. Sometimes mistakes and discrepancies happen for various reasons. If there is any content that confuses you, or is inconsistent, simply call Mary Beth to clarify.



## Chair Massage

Massage Therapist, Chris Cloutier, will be at the Senior Center on the 2nd and 4th Wednesday of each month to do 15 minute chair massages. Appointments start at 8:30 and finish at 10:00. Please make reservation with Mary Beth. \$15 for a 15 minute massage.

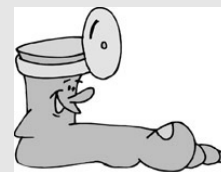


TAKE OFF POUNDS SENSIBLY

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.

## Free Hearing Screenings

Dr. Heidi Anderson will be conducting her monthly hearing screenings at the Hamilton Senior Center on the last Wednesday of each month. No appointment needed. Heidi will be available from 10 to 10:30.



## Podiatry

The Podiatrist, Dr. Van Ness will visit the Hamilton Senior Center in January and the Wenham Senior Center in February at 9:00 AM on the last Wednesday of the month. Appointments will be 15 minutes apart and the Wenham COA will book the appointments at 978-468-5534. Bring Insurance Card.

## Free Blood Pressure Screening

Nurses are on duty on the second and fourth Wednesdays from 10 to 11 AM at the Hamilton Senior Center. No appointment needed.



**REMINDER:** The Senior Center has a recumbent bicycle, a treadmill and an exercise chair available for individual exercise for you to use when classes are not in session. Also, you're welcome to bring a friend to play ping pong.

# Outreach Corner

Your heating costs are likely to become more expensive as the cold weather sets in. Fuel assistance is available for income-eligible households between Nov. 1 and April 30. To be eligible, the family or household annual income must be at or lower than 60% of the mean income in Massachusetts. For 2017 eligibility, your gross annual household income may not exceed \$34,001 for a single person; \$44,463 for a two-person household; and higher amounts according to the number of people in the house. Additional discounts for natural gas, heating oil, electricity, and phone service may apply as well. Action, Inc. in Gloucester also offers energy conservation and education programs to both homeowners and renters, which may include weatherizing your home through insulation and air-sealing, replacing inefficient light bulbs and refrigerators, and more. For homeowners only, Action Inc. may be able to pay for heating system repairs, cleanings, and replacements. If enough people are interested, an Action representative can come to Hamilton to take registrations, saving you a trip to Gloucester.

Meanwhile, here are some tips for keeping warm while still saving money. Keep thermostats set only as high as needed for comfort. Wear sweaters or add an attractive lap blanket if you are sitting to watch TV. Get a programmable thermostat to help adjust the temperature when you leave the house so that heat — and money — are not wasted when nobody is home. Turn your thermostat down and come to the

Senior Center for hot coffee or tea and join one of our activities listed in the newsletter: exercise, open house, a movie, or games!

Utility companies suggest identifying drafty areas around doors and windows and stopping the leaks with weather stripping; also they have payment plans and home heating assistance programs to help families on a tight budget with their heating costs. From the National Grid web site, I have printed off lists of offered services and rebates for gas and electric devices.

If you are checking on an elderly friend or family member, make sure their heating system is working correctly and is set at a reasonable temperature; and that they are using portable heaters safely. Also check that they have an adequate food supply and a safe way to prepare meals, and whether they have a way of easily calling for help if they need it, if the weather makes it difficult for them to get out. Checking on older family members and neighbors still living in the community on a regular basis, particularly when the weather turns bitter and slick, is a recommended practice.

*Lucy, Coordinator of Social Services and Outreach*

**Make an appointment with Lucy at 978-468-5595. She is on duty from 9 to 1 on Tuesday, Wednesday and Thursday.**

# Upcoming Day Trips

## THE COMMONWEALTH MUSEUM

**Friday, February 24**

The first public schools, the first battles for American independence, the first abolitionist newspaper, Massachusetts has always been a leader in the quest for equal rights and opportunities. The Commonwealth Museum brings the story to life with state of the art interactive exhibits. Its dramatic "treasures gallery" holds the great historic documents that protect our liberties. We'll stop for lunch (on your own) at the Continental on the way home.

\$25 includes transportation by Beauport Mini-bus from the Senior Center and guided tour. Leave at 9:30 am, return around 3:30 pm

## BOSTON SPORTS MUSEUM

**Monday, March 27**

There are over a half mile of exhibits featuring the best of Boston Sports and over 100 years of history.

We'll stop for lunch (on your own) at Spuds on the way home. \$25 includes transportation by Beauport Mini-bus from the Senior Center. Please bring \$6 for the guided tour. Leave at 9:30 am, return around 3:30 pm.

*You can sign up for trips at the Wednesday Open House or you can call Ann at 978-468-4404.*

## WORCESTER ART MUSEUM




**Thursday, April 27**

The Worcester Art Museum is world-renowned for its 35,000-piece collection of paintings, sculpture, decorative arts, photography, prints, drawings and new media. The works span 5,000 years of art and culture. View paintings by Cassatt, Gauguin, Goya, Monet, Sargent and Whistler; admire floor mosaics from the ancient city of Antioch; see cutting-edge contemporary art; and discover the Museum's many other treasures. Special exhibitions showcase the masterworks, seldom-seen gems, and important works on loan. The museum is the second largest in New England and also has a cafe, museum shop and library. Lunch (on your own) in the Museum Café. \$25 includes transportation by Beauport Mini-bus from the Senior Center, please bring \$14 for admission to the museum and "Footprints from the Past" guided tour. Leave at 9:30 am, return around 3:30 pm.

*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.*




# January 2017 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:30 Chair Yoga <b>2</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Reader's Club</p> 	<p style="text-align: center;"><b>3</b></p> <p>10:00 Parkinson's Fitness</p> <p>12:00 <b>Traveling Chef</b> "Asian Style Cuisine"</p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: center;"><b>4</b></p> <p>8:30 COA Board Mtg</p> <p>10:00 Open House</p> <p>10:30 <b>Zentangle</b> Presentation</p> <p>12:00 <u>Lunch</u></p>	<p style="text-align: center;"><b>5</b></p> <p>10:30 Tai Chi</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Wild Oats"</p>	<p style="text-align: center;"><b>6</b></p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>10:30 Chair Yoga <b>9</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p> 	<p style="text-align: center;"><b>10</b></p> <p>9:00 <b>Sen Tarr</b> Constituent Visit</p> <p>10:00 Parkinson's Fitness</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: center;"><b>11</b></p> <p>8:30 <u>Chair Massage</u></p> <p>10:00 Open House</p> <p>10:30 <b>Bingo and Hot Dogs</b></p> <p>12:00 <u>Lunch</u></p>	<p style="text-align: center;"><b>12</b></p> <p>10:30 Tai Chi</p> <p>12:00 <b>SeniorCare Monthly</b> Special "Taste of the South"</p> <p>1:00 Movie: "Genius"</p> <p>2:00 Knitting @ Wenham COA</p>	<p style="text-align: center;"><b>13</b></p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;">Senior Center Closed for Martin Luther King, Jr. Birthday</p>	<p style="text-align: center;"><b>17</b></p> <p>10:00 Parkinson's Fitness</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: center;"><b>18</b></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 <b>Beauport Owner, John Morris</b></p> <p>12:00 <u>Lunch</u></p>	<p style="text-align: center;"><b>19</b></p> <p>10:30 Tai Chi</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Sully"</p>	<p style="text-align: center;"><b>20</b></p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>10:30 Chair Yoga <b>23</b></p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p> 	<p style="text-align: center;"><b>24</b></p> <p>10:00 Parkinson's Fitness</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p style="text-align: center;"><b>25</b></p> <p>8:30 <u>Chair Massage</u></p> <p>9:00 <u>Podiatrist@ Hamilton</u></p> <p>10:00 Audiology Clinic</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 <b>Social Hour</b></p> <p>12:00 <u>Lunch</u></p> <p>12:30 <u>Law Clinic</u></p>	<p style="text-align: center;"><b>26</b></p> <p>10:30 Tai Chi</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Snowden"</p> <p>2:00 Knitting @ Wenham COA</p>	<p style="text-align: center;"><b>27</b></p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: center;"><b>30</b></p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: center;"><b>31</b></p> <p>10:00 Parkinson's Fitness</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <ul style="list-style-type: none"> <li><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</li> <li><b>Underlined</b> items require sign-up or reservation</li> </ul> </div>		

# February 2017 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		8:30 COA Board Mtg 10:00 Open House 10:30 <b>Sen. Bruce Tarr</b> 12:00 <u>Lunch</u>	10:30 Tai Chi 12:00 <u>Lunch</u> 1:00 Movie: <b>"A Man Called Ove"</b>	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club 	9:00 <b>Sen Tarr</b> <b>Constituent Visit</b> 10:00 Parkinson's Fitness 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	8:30 <u>Chair Massage</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 <b>Bingo and Hot Dogs</b> 12:00 <u>Lunch</u>	10:30 Tai Chi 12:00 <b>SeniorCare</b> <b>Monthly Special</b> <b>"Sweetheart Celebration"</b> 1:00 Movie: <b>"Ben Hur"</b> 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage 	10:00 Parkinson's Fitness 12:00 <b>Traveling Chef</b> <b>"Valentino's Lasagna"</b> 1:00 Quilt & Kvetch	10:00 Open House 10:30 <b>Town Manager, Michael Lombardo</b> 12:00 <u>Lunch</u>	10:30 Tai Chi 12:00 <u>Lunch</u> 1:00 Movie: <b>"Girl on the Train"</b>	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Closed for President's Day</b>	10:00 Parkinson's Fitness 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	8:30 <u>Chair Massage</u> 9:00 <u>Podiatrist@ Wenham</u> 10:00 Audiology Clinic 10:00 Blood Pressure Clinic 10:00 <b>Open House</b> 10:30 <b>Town Planner, Patrick Reffet</b> 12:00 <u>Lunch</u> 12:30 <b>Law Clinic</b>	10:30 Tai Chi 12:00 <u>Lunch</u> 1:00 Movie: <b>"The Dressmaker"</b> 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> <u>Commonwealth Museum Trip</u>
<b>27</b>	<b>28</b>			
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage 	10:00 Parkinson's Fitness 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch			

- **Bolded** items are activities or programs which are unique or not scheduled weekly
- Underlined items require sign-up or reservation

Hamilton Council on Aging  
299 Bay Road  
Hamilton, MA 01982

Pre-Sorted Standard  
U.S. Postage Paid  
Permit #24  
Hamilton, MA 01982

## ATTENTION 60 TO 69 YEAR OLDS!

**Please see page 1!**

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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.*

### 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 book library. Come and check it out!



## Hamilton Senior Van Transportation Information

**Provider:** Beauport Ambulance Service

**Booking Line Phone Number:** 978-281-6955, 24-hour open dispatch line

**Cost:** **FREE** for medical appointments. **\$3.00** round-trip for non-medical trips. 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.**



*The Hamilton Hamlet is the official newsletter of the Hamilton Council on Aging with information specifically about its programs and activities. In addition, the printer of this publishes the Hamilton Connection free of charge with additional information that may be of interest to seniors.*

**Attorney Matt Karr's Law Clinic** at 12:30 PM on the last Wednesday of the month. Call or email Mary Beth for appointment