

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

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.

“POLISHED”, Low - Cost Dental Cleanings for Seniors Comes to You! Tuesday, January 14



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

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.

New Podiatrist and Audiologist Coming to COA

The COA welcomes a new audiologist and a new podiatrist this year.

Audiologist, Dr. Lisa Winton-Rogers will be coming to the Senior Center monthly on the first Monday from 9 to 10:00 am to conduct free hearing tests. No appointment is necessary.

Podiatrist, Dr. Robert Uhrich will be alternate his visits between Hamilton COA and Wenham COA. He will be starting in Hamilton on January 15. The Wenham COA will be handling the podiatrist’s appointments; call 978-468-5534. You will need your Medicare card.

Chapter 9 Senior Exemption Application Deadline – January 31

To qualify for a property tax reduction:

- ◆ The home must be owned and occupied by the applicant
- ◆ The applicant must have lived in the town for at least 10 consecutive years.
- ◆ The applicant must occupy the home for more than 7 months each year.
- ◆ The age of one of the homeowners must be 65 or greater.
- ◆ The total household income cannot be more than \$47,520 if single or \$71,280 if married
- ◆ The property’s assessed value must be less than or equal to the town’s median assessed property value plus 10%.

If these requirement are met, the real estate tax will be reduced to no more than 10% of the household income, but not by more than 50% of the owed tax bill.

For more information , please visit the Assessors Department page on the Town of Hamilton’s website, and go to Senior Exemptions, Chapter 91. Call Assessors’ Office with questions at 978-468-5574.

January Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

January 1

Closed

January 8

Alan Trebat explains the Home Modification Program

January 15

Aberdeen Home Care

January 22

Deborah Barber, Disability Resource Center, Salem

January 29

Hamilton Public Health Nurse, Bobbi Cody

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

Jan 2 "The Biggest Little Farm" John and Molly Chester

Documentary. A testament to the immense complexity of nature, The Biggest Little Farm follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land.

Jan 9 "Echo in the Canyon" Lou Adler, Fiona Apple, The Beach Boys
Documentary, Music. A look at the roots of the historic music scene in L.A.'s Laurel Canyon featuring the music of iconic groups such as The Byrds, The Beach Boys, Buffalo Springfield, and The Mamas and the Papas.

Jan 16 "Red Joan" Judi Dench, Sophie Cookson, Stephen Campbell Moore

Drama, Biography, History. The story of Joan Stanley, who was exposed as the KGB's longest-serving British spy.

Jan 23 "The Art of Racing in the Rain" Kevin Costner, Milo Ventimiglia, Jackie Minns

Comedy, Drama, Romance. Dog lovers believe their canine family members understand language, comprehend events, have opinions, exude loyalty. In "The Art of Racing In The Rain", wise old dog Enzo Swift shares thoughts about the life experiences which prepared him to protect his family in times of greatest need.

Jan 30 "The Wrecking Crew" Ice-T, Ernie Hudson Jr., T.J. Storm

Action, Crime, Drama. A high-level government hit squad is sent into the streets in order to complete a deadly mission.

January Luncheon Specials



Traveling Chef

Wednesday, January 15 at Noon

"Asian Cuisine"

The Traveling Chef menu includes Chinese chicken wings and boneless ribs, sweet and sour sauce, vegetable fried rice, sesame ginger broccoli, fortune cookie, and fresh

pineapple.

Make your reservation with Heidi at 978-468-2616 by 10 am on the previous day. Donation is \$3.

SeniorCare Special

Thursday, January 9 at Noon

"January Special"

The SeniorCare Special this month is a menu of Honey BBQ shredded beef, del monico potatoes, knotted roll, parslied green beans, blueberry crisp with whipped topping.



Lunch is served at 12:00 pm daily

Heritage Films Historical

Presentations:

"Route 66"

Tuesday, January 14 at 10:45am

Dan Tremblay brings a historical films 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.

February Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

February 5

Bingo and Hot Dogs

February 12

Our new Podiatrist, Robert Urich, will introduce himself and will talk about helping seniors with balance issues

February 19

Patrick Reffett—Update on Planning and Inspections Dept

February 26

Trivia Contest

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

Feb 6 “Official Secrets” *Keira Knightley, Matthew Goode, Matt Smith Biography, Drama, Romance.* The true story of a British whistleblower who leaked information to the press about an illegal NSA spy operation designed to push the UN Security Council into sanctioning the 2003 invasion of Iraq.

Feb 13 “Boy Erased” *Lucas Hedges, Nicole Kidman, Joel Edgerton Biography, Drama.* The son of a Baptist preacher is forced to participate in a church-supported gay conversion program after being forcibly outed to his parents.

Feb 20 “Judy” *Renée Zellweger, Rufus Sewell, Jessie Buckley Biography, Drama, Romance.* Legendary performer Judy Garland arrives in London in the winter of 1968 to perform a series of sold-out concerts.

Feb 27 “Ben is Back” *Julia Roberts, Lucas Hedges Drama.* The charming yet troubled Ben Burns returns home to his unsuspecting family one fateful Christmas Eve. Ben's wary mother Holly Burns welcomes her beloved son's return, but soon learns he is still very much in harm's way. During the 24 hours that may change their lives forever, Holly must do everything in her power to avoid the family's downfall.

February Luncheon Specials



Traveling Chef

Wednesday, February 19 at Noon

“Panini Bar”

The Traveling Chef menu includes chicken caprese panini with mozzarella, basil and tomato, Italian

wedding soup with crackers, mixed green salad, potato chips, and cream cheese brownie.

Make your reservation with Heidi at 978-468-2616 by 10am on the previous day. Donation is \$3.

SeniorCare Special

Thursday, February 13 at Noon

“Friendship Celebration”

The SeniorCare Special this month is a menu of Shrimp scampi, linguine, garlic spinach, biscuit, red velvet cake.

Bring a friend and wear red. Lunch is free for our Valentine's Day celebration.

Please make your reservation with Heidi at 978-468-2616 by 10am on the previous day. Donation is \$2.

BRING A FRIEND!



Heritage Films Historical

Presentations:

“Saugus Iron Works”

Tuesday, February 11 at 10:45am

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.

YOUNG AT HEART
Slightly older
in other places.

www.cslepress.com/GeezerShop

Senior Center Activities

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. 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, January 8
Wednesday, February 12

At 2:30 pm

Robbin McMath has started a new painting class like the one Aleah used to teach. The class 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 space.



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 2nd 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

Our new podiatrist, Robert Uhrich will be starting at the Hamilton COA on Wednesday, Jan 15

He will alternate between Hamilton COA and Wenham COA. 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.

How is Your Balance? Free Assessments

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 9:00 to 10:30 on the second Monday of each month 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 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!

Audiology

Our new audiologist, Lisa Winton-Rogers from Hearing Solutions will do free hearing tests monthly, beginning Monday, Jan 6 from 9:00 to 10:00 am



Outreach Corner

SHINE COLUMN

(Serving the Health Insurance Needs of Everyone)

Open Enrollment ended on Dec. 7 2019. Any changes you made to your Medicare choices start on Jan. 1, 2020. However, if you experience problems with your Prescription Drug Plan (PDP) or Medicare Advantage Drug Plan (MAPD), you can request an Exceptional Circumstances Special Enrollment Period (SEP) to change. This opportunity is important this year because a new Plan Finder search application was put in place two weeks before Open Enrollment started on Oct. 15 and had some glitches during initial implementation. If your problems are due to inaccurate information given to you by the new Plan Finder application, you can request a change. According to a recent notification to SHINE/SHIP regional offices, this is not a NEW SEP. Every year there are Exceptional Circumstance Special Enrollment Periods or SEPs granted to Medicare beneficiaries.

- The guidance for this SEP is no different than other years: call 1-800-MEDICARE and explain that you have an issue with your plan choice. You can also contact your local SHINE Counselor to get information.
- There is no deadline for this SEP – they are available throughout the year.
- Because this is an Exceptional Circumstances SEP, **only CMS is allowed to approve the SEP.**

Beneficiaries only have to call in to 1-800-MEDICARE and explain their circumstances. **It isn't our expectation that they will have documentation or screenshots.** The call center representatives will assist with the rest of the process.

For more information, refer to CMS 11/27 Blog post: <https://www.cms.gov/blog/were-heading-last-week-medicare-open-enrollment-dont-miss-out-your-chance-find-better-coverage>

In addition to the CMS guidance, a retroactive enrollment request can be made with an Exceptional Circumstance SEP for consideration following the process outlined above. A retroactive enrollment request is likely unnecessary with OEP enrollment actions. It may be useful throughout the year yet carries additional complexities with claims and premiums collections and reimbursements.

Also, the new guidelines for MassHealth/Medicaid and Medicaid Savings Plans will be available in 2020. Check back to see if you are eligible.

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 on Saturday mornings 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.

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.



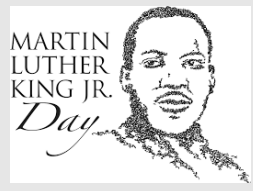


The Hamilton-Wenham Low Vision Group

is on hiatus for January and February due to winter weather conditions. See you back in March!



January 2020 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bolded items are activities or programs which are unique or not scheduled weekly</p> <p>Underlined items require sign-up or reservation</p>		<p>1</p> <p>Center Closed</p> 	<p>2</p> <p>12:00 <u>Lunch</u> – Meatloaf w/gravy</p> <p>1:00 Movie: “The Biggest Little Farm”</p>	<p>3</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>—Boneless Chicken</p>
<p>6</p> <p>9:00 Audiologist</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Sweet & Sour Chicken Meatballs</p> <p>1:00 Reader’s Club</p>	<p>7</p> <p>9:00 Balance Assessment</p> <p>12:00 <u>Lunch</u> - Yankee Pot Roast</p> <p>1:00 Quilt & Kvetch</p>	<p>8</p> <p>9:00-12:00 <u>Shine</u></p> <p>10:00 Open House</p> <p>10:00-Blood Pressure</p> <p>10:30 Home Modification Program</p> <p>12:00 <u>Lunch</u> - Chicken Pot Pie</p> <p>2:30 <u>Painting with Robbin</u></p>	<p>9</p> <p>12:00 <u>Senior Care Special</u> — “January Special”</p> <p>1:00 Movie: “Echo in the Canyon”</p>	<p>10</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u> - American Chop Suey</p>
<p>13</p> <p>9:00 Balance Assessment</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Salisbury Steak</p> <p>1:00 Cribbage</p>	<p>14</p> <p>“<u>Polished</u>”</p> <p><u>Dental Cleaning Day</u></p> <p>10:45 Heritage Films “Route 66”</p> <p>12:00 <u>Lunch</u> - Oven Fried Chicken</p> <p>1:00 Quilt & Kvetch</p>	<p>15</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>9:00 Podiatrist @ Hamilton</p> <p>10:00 Open House</p> <p>10:30 Aberdeen Home Care</p> <p>12:00 <u>Lunch</u> - Baked Fish</p> <p>1:00 Artist Open Studio</p>	<p>16</p> <p>12:00 <u>Lunch</u> – Stuffed Pepper</p> <p>1:00 Movie: “Red Joan”</p>	<p>17</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u> - Pulled Pork</p>
<p>20</p> <p>Center Closed</p> 	<p>21</p> <p>12:00 <u>Lunch</u> - Spinach & Cheese</p> <p>1:00 Quilt & Kvetch</p>	<p>22</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Disability Resource Center</p> <p>12:00 <u>Lunch</u> - Baked Fish</p> <p>1:00 Artist Open Studio</p>	<p>23</p> <p>12:00 <u>Lunch</u>— Home-style Chicken</p> <p>1:00 Movie: “The Art of Racing in the Rain”</p>	<p>24</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>– Beef Hot Dog</p>
<p>27</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Chicken Mirabella</p> <p>1:00 Cribbage</p>	<p>28</p> <p>11:00 Balance, Bands, and Strength Class</p> <p>12:00 <u>Lunch</u> - Stuffed Shells</p> <p>1:00 Quilt & Kvetch</p>	<p>29</p> <p>9:00-10:30 TechTime</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Open House</p> <p>10:30 Public Health Nurse</p> <p>12:00 <u>Lunch</u> - Ribecue</p> <p>1:00 Artist Open Studio</p>	<p>30</p> <p>12:00 <u>Lunch</u>— Beef Stew</p> <p>1:00 Movie: “The Wrecking Crew”</p>	<p>31</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>– Sloppy Joe</p>

February 2020 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>9:00 Audiologist</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Chicken and cous cous salad</p> <p>1:00 Readers Club</p>	<p>12:00 <u>Lunch</u> - Pork Sandwich</p> <p>1:00 Quilt & Kvetch</p>	<p>8:30 COA Board Mtg</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Open House</p> <p>10:30 Bingo and Hot Dogs</p> <p>12:00 <u>Lunch</u> - Egg Salad Sandwich</p> <p>1:00 Artist Open Studio</p>	<p>12:00 <u>Lunch</u> – Pesto Chicken Sandwich</p> <p>1:00 Movie: “Official Secrets”</p>	<p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>—Tuna Salad</p>
10	11	12	13	14
<p>9:00 Balance Assessment</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Shaved Roast Beef Sandwich</p> <p>1:00 Cribbage</p>	<p>10:45 Heritage Films “Saugus Iron Works”</p> <p>12:00 <u>Lunch</u> - Ham and Pineapple Salad</p> <p>1:00 Quilt & Kvetch</p>	<p>9:00-12:00 <u>Shine</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Dr Robert Uhrich</p> <p>12:00 <u>Lunch</u> - Turkey and Swiss Sandwich</p> <p>2:30 Painting with Robbin</p>	<p>12:00 Senior Care Special “Friendship Celebration”</p> <p>1:00 Movie: “Boy Erased”</p> <p>2:00 Craft Circle @Wenham COA</p>	<p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u> - BBQ Chicken Sandwich</p>
17	18	19	20	21
<p style="text-align: center;">Center Closed</p>  <p style="text-align: center;">PRESIDENT'S DAY</p>	<p>12:00 <u>Lunch</u> - Tarragon Chicken Salad Roll</p> <p>1:00 Quilt & Kvetch</p>	<p>9:00-Podi-Wenham</p> <p>9:00-12:00 <u>Shine</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Patrick Reffett</p> <p>12:00 <u>Traveling Chef</u> - “Panini Bar”</p> <p>1:00 Artist Open Studio</p>	<p>12:00 <u>Lunch</u>— Roast Beef & Provolone</p> <p>1:00 Movie: “Judy”</p>	<p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u> - Turkey & Gobbler Sandwich</p>
24	25	26	27	28
<p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Deviled Egg Salad Sandwich</p> <p>1:00 Cribbage</p>	<p>11:00 Balance, Bands, and Strength Class</p> <p>12:00 <u>Lunch</u> - Caesar Salad</p> <p>1:00 Quilt & Kvetch</p>	<p>9:00 <u>Tech Time</u></p> <p>9:00-12:00 <u>Shine</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Trivia Contest</p> <p>12:00 <u>Lunch</u> - Ham & Swiss Sandwich</p> <p>1:00 Artist Open Studio</p>	<p>12:00 <u>Lunch</u>— Tuna Salad Roll</p> <p>1:00 Movie: “Ben is Back”</p>	<p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>— Turkey Club</p>
 <p>Bolded items are activities or programs which are unique or not scheduled weekly</p> <p>Underlined 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

U.S. Postage Paid

Permit #24

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.)

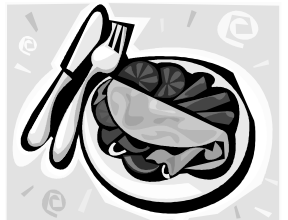
BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP

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