

# 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*

Nancy Longval, *Secretary*

Betty Gray

Linda Spong

Stacey Verge

Penny Wingate

## *Senior Van Service*

Beauport Ambulance

## **DONATIONS TO THE COA**

Please consider making a tax deductible \* donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director at 978-468-5595 for further information \*Please check with your tax expert to determine if this donation is right for you.

## **Senior Center Celebrates St. Patrick's Day !**

### ***Irish Music***

**Roger Tincknell**

**Thursday, March 14 at 11:00 am**

We'll start our celebration by being entertained by Irish musician, Roger Tincknell, a favorite from the past. Then we'll enjoy a SeniorCare Special Luncheon of traditional Corned Beef and Cabbage fare, compliments of the Council on Aging. Lunch is free to Hamilton Seniors who sign up with Mary Beth. For out-of-townners, the luncheon donation is \$2.00. This appearance is made possible in part with a grant from the Hamilton-Wenham Cultural Council.



## ***"Generals for Generations"***

### **Do you need help around your house or yard?**

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

## **Senior Circuit Breaker Tax Credit**

The Senior Circuit Breaker Tax Credit is for low to moderate income seniors, age 65 or older, whose real estate tax payments plus 50% of water/sewer payments are greater than 10% of their income. Homeowners and non-subsidized renters can claim the credit. The 2018 tax returns, total income for single filers cannot exceed \$58,000 or \$88,000 for a married couple. For homeowners, the assessed value of their primary residence cannot be more than \$778,000. Many seniors do not file a MA income tax return because they do not have to, based on income; however, they should file just to receive the refund which could total \$1,100/yr and is retroactive 3 years.

## **Free Tax Assistance**

The Hamilton/Wenham Public Library is taking appointments for AARP tax help during the March and April. Appointments will be on Wednesday and Friday at 10:00 , 11:30 and 1:00. This service is very popular, so make your appointment now. 978-468-5577

# Senior Center Activities

## COA WEDNESDAY OPEN HOUSE

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

### March 6

Therapy Dogs-Ben Sweeney and his sister Muffin

### March 13

Bingo and Hot Dogs

### March 20

Tracy Valletti on Putnam Farms Assisted Living

### March 27

Visit by a member of the Massachusetts Judiciary

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

### March 7 "The Wife" Glenn Close, Jonathan Pryce

*Drama.* Swedish director Björn Runge's drama film is based on American writer Meg Wolitzer's 2003 novel of the same name. Glenn Close stars as an ageing wife and mother accompanying her egotistical husband on a trip to Stockholm to receive the Nobel Prize for Literature. Burdened by further evidence of her husband's infidelities and the weight of her own unrealized literary ambitions, she refuses to play the role of a self-effacing and supportive wife any longer.

### March 14 "What They Had" Hillary Swank, Michael Shannon, Blythe Danner

*Drama.* Siblings Bridget and Nick debate what to do when their mother who is struggling with Alzheimer's, briefly wanders off in a Chicago blizzard. While Nick wants to put her in an assisted-living facility, their stubborn father is adamantly opposed.

### March 21 "A Star is Born" Bradley Cooper, Lady GaGa

*Drama, Musical.* Director/co-writer Bradley Cooper's plays a present-day country musician struggling with alcoholism in this remake of the 1937 film of the same name. As his star wanes, the music career of the insecure singer-songwriter who became his lover and stage partner rises to stratospheric heights – a process that places a great strain on their relationship.

### March 28 "Mary, Queen of Scots" Saoirse Ronan, Margot Robbie

*Drama, Historical.* Scottish queen Mary Stuart fights to reclaim the throne from her cousin, Queen Elizabeth I, who rules over England and Ireland. At first attempting to ally herself with another strong female leader, Mary becomes enemies with Elizabeth as they make different decisions in order to govern their people and maintain power in a world still controlled by men. After Mary produces an heir and incites a rebellion, Elizabeth unleashes her wrath on her romantic and political rival.

## March Luncheon Specials

### SeniorCare Special

Thursday, March 14 at Noon

#### "St. Patrick's Day Special"



SeniorCare Special this month is a menu of Corned beef au jus, cabbage wedge, carrot & turnip blend, potatoes with fresh parsley, crème de menthe bar, Irish soda bread. Donation is \$2 Please make a reservation with Kim at 978-468-2616 by Monday, March 11.

### Traveling Chef

Wednesday, March 6 at Noon

#### "French Crepes"

Traveling Chef offers turkey, spinach and Swiss crepes with creamy mushroom sauce, wild rice pilaf, peas and asparagus, Parker House roll and Boston crème cake Make your reservation with Kim at 978-468-2616 by Monday, March 4. Suggested donation for of this meal is \$3.



### Preview of April Luncheon Specials

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

**Traveling Chef** - Friday, April 12      **Taco Bar**

**SeniorCare Special** - Thursday, April 11

**Spring Celebration Seafood Bake**



## Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.

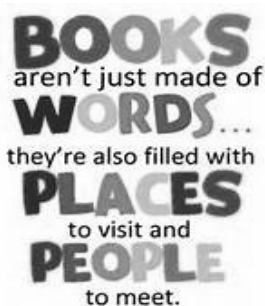
## Council on Aging to Host Yard Sale Saturday, May 4 9:00-12:00

Put May 4th on your calendar to attend the Senior Center Yard Sale or you can **sign up for a table now for just \$15** and sell some of your own stuff.

Call Mary Beth to buy a table at 978-468-5595.



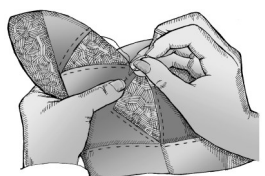
# Senior Center Activities



## Readers Club First Mondays at 1:00

The Reader's Club is very informal. There's no pressure. No books are assigned to you. You can read any book you like and share your thoughts with the group. Many times members may have already read the books being discussed and can share their opinions, too, for a great discussion. At the end of meetings, we often chat about what's going on locally and in the world, or just talk about movies we have seen or restaurants we have found. We would love to welcome anyone to stop by the Senior Center and join us for a delightful two hours.

Call Ginny Seavey (978-468-1667) for more information or just pop in to say hello to see if the Readers Club is for you!



QUILTING GROUP

## Quilt & Kvetch\* Tuesdays at 1:00

The Quilting Group includes anyone who enjoys sewing and it is as much about getting together as it is about sewing. Led by experienced quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use. *\*We use the word Kvetch affectionately, meaning to get things off your chest, sound off, say what's on your mind.*



## The Hamilton-Wenham Low Vision Group starts up again after our

usual winter hiatus on Thursday, March 21, for "Lunch and Low Vision." The meeting is at 11 am to plan activities for the coming year, followed by free lunch at the Council on Aging. 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. Reservations for lunch are REQUIRED by March 7.



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

Artist's Open Studio begins on Wednesday, January 2nd from 1 to 4 on Wednesday afternoons (except for second Wednesday of the month.) No experience necessary. Bring all your own materials in any medium: pencils, watercolors, oils, pen and ink, pastels, acrylics. Nothing provided and nothing expected except your commitment to work on your own project. Let's get creative! A supportive environment is guaranteed. Questions? Call or email [katharinepickering11@gmail.com](mailto:katharinepickering11@gmail.com) or (978) 473-9818.

## Senior Center Technology Clinic

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

## Neighbors Helping Neighbors

The Hamilton Foundation (THF) was created to help meet unexpected, urgent, and short-term needs of Hamilton residents due to job loss, death, divorce or catastrophic illness. All requests are confidential. Contact Coordinator, Jane Wetson, 978-233-1816. The Hamilton Foundation, c/o Town Hall - P.O. Box 429, Hamilton, MA 01936.

# Health and Wellness



## Chair Yoga

**Monday Mornings at 10:30**

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

## Gentle Joints

**Friday Mornings at 10:00**

Gentle Joints is an exercise class that is easy on your joints and will improve your strength and balance. Safe movements and proper body alignments are emphasized. All exercises can be done while seated or standing and everyone moves to their own ability. The Arthritis Foundation Exercise Program was developed especially for people with arthritis who wanted to maintain their fitness goals while reducing arthritis pain. Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants.

## How is Your Balance?

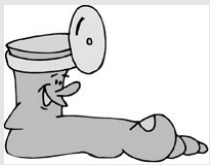
**Free Assessment Tuesday, March 5**

On Tuesday, March 5 from 10:30 to 11:30, Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center to do free assessments of your risk for falling and the factors that contribute to balance, stability and overall wellness. Learn how you can reduce your risk of falling, become or remain independent throughout your daily life. You will receive helpful hand outs on:

- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

Screening is performed on a first come, first served basis and takes approximately 8 minutes.

The Center will be doing screening in Hamilton every month.



## Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Wenham COA - April 24; Hamilton COA - June 26. Appointments are scheduled 15 minutes apart starting at 9:00 am. The Wenham COA will book all appointments at 978-468-5534. Bring Insurance Card.



## Free Blood Pressure Screening

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

## Audiology

Our new audiologist, Dr. Cara Capozzi, will be conducting monthly hearing screenings at the Hamilton Senior Center on the first Monday of each month. No appointment needed. Screenings will be available starting at 9:00.



## FREE DVD AND BOOK LENDING LIBRARIES FOR SENIORS.

Senior Center Movie DVD Library list is posted on entry bulletin board. Seniors may borrow movies for 3 days. We also have a large take-home book library. Come and check it out!

See Mary Beth.



## 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.

## PAINTING WITH ALEAH

**WEDNESDAY MARCH 13TH AT 2:00 PM**

Stimulate your senses with a step-by-step painting class. Aleah Gates, a graduate from Leslie University, will walk you through a painting of your very own to take home. The \$10 fee includes the canvas, brushes and paints to create your own masterpiece. Call Mary Beth at 978-468-5595 to reserve your space.

# Outreach Corner

March 3 is National Caregiver Appreciation Day, so we are using this opportunity to talk about caregivers. One statistic states that around 29% of all US residents are caregivers in some way: for a spouse, a parent, even a child. The Family Caregiver Alliance page says that families provide around 80% of long-term care for elderly and chronically ill individuals. What does this mean for YOU? You may BE a caregiver; you may HAVE caregivers, including family, neighbors, clergy, friends, volunteers, or paid staff; or be IN NEED OF a caregiver for yourself or a family member. So first, we thank you for being a caregiver! Second, remember to thank your caregivers if you have any, even if they don't seek recognition! Third, if you are in need of a caregiver, read on!

A caregiver is anyone who works in people's homes to assist family or to assume the responsibilities of primary caregiving. They come in several different varieties, most notably, visiting nurses, physical therapists, and occupational therapists, usually prescribed by the client's medical professionals and often covered by medical insurance. A Home Health Aide or Personal Care Aide provides assistance for health-related tasks, such as bathing, personal care, and giving medication. A Homemaker provides household services, such as cleaning, laundry, and shopping. A Companion or Sitter provides supervision and meal preparation. Other individuals provide services for activities associated with a senior's ability to live independently: preparing meals, managing money, shopping, housework, using the telephone, driving, and others. Community-based services provide services in a community setting or through a community program: adult day care, transportation, home-delivered meals, among others.

Massachusetts and Essex County have many resources for non-family caregivers, to help with a person's Activities of Daily Living (ADLs): bathing, dressing, grooming, eating, walking, taking medication, and personal care. Generally, a home-care agency representative comes to assess the NEEDS of the senior by measuring their success with ADLs and developing a plan based on the senior's and family's needs and financial resources. Some sharing of costs may be available through health insurance or subsidies for lower-income families. In Hamilton, SeniorCare, Inc, in Gloucester is our Aging Re-

sources Access Provider (ASAP), to whom we refer individuals for assessment and enrollment into home-care services, with or without subsidies. This area also has a great many private-pay agencies and individuals to provide the same service, usually at full cost private pay, unless they take insurance. In some cases, a client's plan is for LONG TERM CARE to keep a senior in their home rather than a Skilled Nursing Facility, using a combination of family care, in-home care, and community-based services, to ensure the client's medical, nursing, custodial, and social needs are met. Medicare and Mass Health (Medicaid) can assist with paying for Long-Term Care services, as does Long-Term Care Insurance or a financial plan set up by financial services experts. Finally, RESPITE care is care for the senior when the primary caregivers are not available or need a break: respite care can be caregivers coming in to the home, or placement of the senior in short-term skilled nursing facility programs or foster care. And SUPPORT GROUPS are for family caregivers who are seeking assistance in providing better care for their family members.

If you need help with caregiving or getting in-home help, please contact the Council on Aging, and we can help you start the process. Lack of in-home care services for chronically ill and aging folks puts them at risk of falls and failure to thrive. Plus, family caregivers who themselves are aging or chronically ill may not be able to cope with the increasing needs of declining family members.

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

Lucy Frederiksen, Outreach

## Hamilton Fire Department - Lock Boxes Available

The Hamilton Fire Department is happy to announce a new seniors program that is available on request. This program is a grant offered through the Hamilton Wenham Rotary Club and is being distributed by the Hamilton Fire Department. We currently have forty lock boxes to loan out and install on seniors homes at no cost. All you need to do is allow us to install this device on your house and place your Spare Key inside the box. The box then would be accessed only by the Hamilton Fire Department and could be used to gain access in case of a fire, medical or any other type of emergency. Just call us at (978)-468-5558 between the hours of 8am and 5pm Tuesday through Friday to set up an appointment.



# Day Trips

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

## March

**"Behind the Scenes Refuge Tour"** of Parker River National Wildlife Refuge on Plum Island (2 hour bus tour, no walking) and a **tour of the Burgess Museum at Plum Island Airport** (just a tiny museum but could be fun) This would be a 14 passenger Beauport mini-bus trip with **lunch on our own somewhere**.

## April

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

## May

Another **"Estates Tour"** planned by Jeff Hubbard with different properties than last year. This would be a 14 passenger Beauport mini-bus trip. More details will be in the April newsletter.

## July

**Heritage Museum and Gardens tour, Daniel Webster Inn for buffet lunch, Sandwich Glass Museum** with Stacy from **Royal Tours**. More details will be in the April newsletter.

## August

**Portland Land and Sea Tour** - trolley tour, lunch, boat tour with **Royal Tours**. More details will be in the April newsletter



## June

### Essex, Connecticut Rail and Sail -

**Saturday, June 15 - \$108 pp**

We have a very special trip planned for June! We will head south to Essex Connecticut, where we will enjoy **lunch at the Griswald Inn, one of the oldest continuously operating inns in the country**. Your lunch will start with Potato Bisque Soup with chives and cheddar cheese, followed by your choice of Sautéed Chicken Breast with a lemon caper beurre blanc or Sliced Sirloin with a light mushroom beef gravy, proper accompaniments, and Apple Turnover with whipped cream, Coffee or Tea. Next we head off on our rail and sail afternoon! **Our rail journey begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley**. The steam locomotive pulls vintage coaches through the quintessential New England towns of Deep River and Chester. Essex Steam Train offers unique access to several coves and preserves, travels near the tidal wetlands of Pratt Cove and Chester Creek — bountiful, natural habitats for birds including Cormorants, Ducks, Swans, Greenland Geese, Blue Heron, Egrets, and Red-winged Blackbirds. **At Deep River Landing, we will be escorted onto the Becky Thatcher riverboat for a 1 & 1/4 hour cruise along the Connecticut River**. The visual serenity of the river alley is on full display from Becky's multiple decks. Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes us for the return trip back to Essex Station. Please join us as we kick off summer in style! **The tour operator for this trip is Cheryl Tobey from All Around**

## September

### 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**.



# March 2019 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</p> <p><b><u>Underlined</u></b> items require sign-up or reservation</p>				<p>1</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>11:00 <u>Lunch</u></p>
<p>4</p> <p>9:00-Audiologist</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Readers Club</p>	<p>5</p> <p>10:30 Balance Assessment</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p>6</p> <p>8:30 COA Board Mtg</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Therapy Dogs</p> <p>12:00 <u>Traveling Chef</u> "French Crepes"</p> <p>1:00 Artist's Open Studio</p>	<p>7</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "The Wife"</p> <p>2:00 Knitting &amp; Crafts@Wenham COA</p>	<p>8</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>11:00 <u>Lunch</u></p>
<p>11</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>12</p> <p>9:30 - 10:30 Sen Tarr Constituent Visit</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p>13</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Bingo and Hot Dogs</p> <p>12:00 <u>Lunch</u></p> <p>2:00 Painting with Aleah</p>	<p>14</p> <p>11:00 Irish Music</p> <p>12:00 <u>SeniorCare Special</u> "St. Patrick's Day Special"</p> <p>1:00 Movie:</p>	<p>15</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>18</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>19</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p>20</p> <p>10:00 Open House</p> <p>10:30 Putnam Farm Presentation</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist's Open Studio</p>	<p>21</p> <p>11:00-Low Vision Meeting</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "A Star is Born"</p>	<p>22</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>25</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>26</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt &amp; Kvetch</p>	<p>27</p> <p>10:00 BP Clinic</p> <p>10:00 Tech Seminar</p> <p>10:00 Open House</p> <p>10:30 MA Judiciary</p> <p>12:00 <u>Lunch</u></p> <p>12:30 <u>Law Clinic</u></p> <p>1:00 Artist's Open Studio</p>	<p>28</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Mary, Queen of Scots"</p> <p>2:00 Knitting@Wenham</p>	<p>29</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></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](mailto:mlawton@hamiltonma.gov)

Pre-Sorted Standard  
U.S. Postage Paid  
Permit #24  
Hamilton, MA 01936

#### IN THIS ISSUE

The Story of You	1
Artist's Open Studio	1
Letter from COA Chair	1
January Open House	2
January Meal Specials	2
February Open House	3
February Meal Specials	3
Movies	2-3
Low Vision News	5
Exercise Programs	4
Health & Wellness	4
Outreach Column	5
January Calendar	6
February Calendar	7

Deliver to addressee or current resident

*The Town of Hamilton provides the Senior Center for you if you are 60 years old or more. The Council on Aging invites your participation in all that is offered and encourages your input and involvement.*



## Hamilton Senior Van Transportation Information

**Provider:** Beauport Ambulance Service

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

**Cost:** \$3.00 round-trip for non-medical trips. **FREE** for medical appointments and trips to and from the Senior Center. Long distance outings offered at discounted rates.

**Hours of Operation:** Monday through Friday, 8 am until 4:00 pm (late appointment accepted if necessary)

**Booking a Pickup:** Can be done 24 hours a day. 24-hour notice needed (though exceptions can be made if possible.)

**BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP**

**Points:** Beverly, Hamilton, Wenham, Ipswich, Salem, Rockport, Gloucester, Manchester, Essex, Danvers, Peabody

## Daily Senior Lunches

SeniorCare serves daily lunches at the Hamilton Senior Center for all those age 60+ and their spouse of any age. Meals include an entrée, side dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. Reservations are necessary and must be made by 10 AM - 2 days before the day you wish to eat lunch by calling Kim at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 48 hours of your reservation. You can make multiple reservations at the same time.) There is a voluntary donation of \$2.00 per meal.



**Lunch Menus are at the front desk of the Senior Center and can be found on-line at [www.hamiltonma.gov/government/council-on-aging](http://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.*