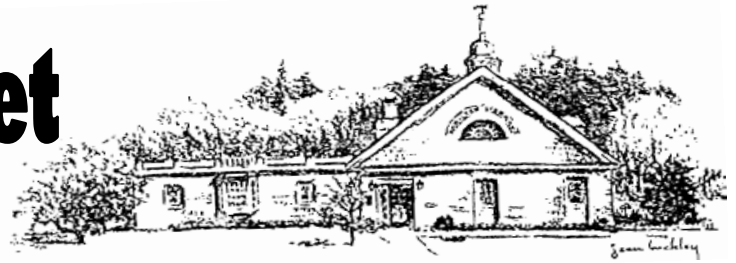


The Hamilton Hamlet

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.

Seniors Helping Seniors Class of 2019 Tuesday, May 28

Once again, the Class of 2019 is giving back to the community of Hamilton and Wenham. On Tuesday, May 28 from 8:30 - 12:00 our students will be sprucing up the yards of our senior residents of Hamilton and Wenham.

Could you use some help? Chores could include lawn care, raking, cleaning flower beds, planting flowers and spreading mulch. If you would like to put in a work order, call Mrs. Lisa Heitz at 978-468-0496 before May 23rd.

Mother's Day Brunch

Friday May 10

11:00 am

Hamilton Senior Ladies (ages 60+) are invited to a Mother's Day Brunch at the Senior Center on Friday May 10th at 11:00 AM.

Limited to 36.

Please make reservation with Mary Beth at 978-468-5595.

The Hamilton Council on Aging in partnership with The Residence at Riverbend is pleased to present a Free Event at The Residence at Riverbend, 149 County Road, Ipswich MA

The Upside of Downsizing May 31st 8:30 to Noon

Answers for seniors and families contemplating a change

Learn all you need to know about preparing to sell including:

- *The real estate process and decluttering and staging your home*
- *The steps involved in selling your home including inspection*
- *Financial and legal options to consider*
- *Local senior residential options and the actual move process*

8:30 - 9:30: Registration & Breakfast

9:30 - 11:00: Panel Discussions

11:00 - 11:30: Ask Questions and Mingle with Vendors

11:30: Lunch Buffet

12:00: Raffle Prizes -A grand prize will be raffled to all registered participants - must be present for drawing

RSVP to Mary Beth 978-468-5595 by May 24th

Speakers include: Senior Real Estate Specialist, ABC Home Inspection, Estate Planner, Home Modification, Certified Aging in Place Specialist, Chefs for Seniors, Home Energy Efficiency, Energy Efficiency Operations, Home Aide Care Solutions, Organizers and Moving Services, Henry Jensen Antiques, Assisted Living Locator, Residence at Riverbend

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

May 1

Bingo and Hot Dogs

May 8

Hamilton Fire Chief, Ray Brunet

May 15

SeniorCare Nutrition Presentation

May 22

Hamilton Police Department Presentation
on the Student Resource Officer

May 29

Presentation of SeniorCare Services

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

May 2 "Instant Family" Mark Wahlberg, Rose Byrne, Isabela Moner
Comedy, Drama. A couple find themselves in over their heads when they foster three children.

May 9 "The Mule" Clint Eastwood

Drama, mystery, suspense. Earl Stone, a man in his 80s who is broke, alone, and facing foreclosure of his business when he is offered a job that simply requires him to drive. Easy enough, but, unbeknownst to Earl, he's just signed on as a drug courier for a Mexican cartel. He does well -- so well, in fact, that his cargo increases exponentially, and Earl is assigned a handler. But he isn't the only one keeping tabs on Earl; the mysterious new drug mule has also hit the radar of hard-charging DEA agent Colin Bates. And even as his money problems become a thing of the past, Earl's past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.

May 16 "Vice" Christian Bale, Amy Adams

Drama, Historical. VICE explores the epic story about how a bureaucratic Washington insider quietly became the most powerful man in the world as Vice-President to George W. Bush, reshaping the country and the globe in ways that we still feel today.

May 23 "Welcome to Marwen" Steve Carell, Falk Hentschel

Comedy, Biography, Drama. On April 8, 2000, aspiring artist Mark Hogancamp became a victim of a violent assault when five men beat him up and left him for dead. Following the attack, Mark was left with little to no memory of his previous life due to brain damage inflicted by his attackers. In a desperate attempt to regain his memories, Hogancamp constructs a miniature World War II village called Marwen in his yard to help in his recovery. Unfortunately, Mark's demons come back to haunt him when he's asked to testify against the five men that attacked him.

May 30 "On the Basis of Sex" Felicity Jones, Armie Hammer

Biography, drama. The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.

May Luncheon Specials

SeniorCare Special

Thursday, May 9 at Noon

"Mother's Day Special"



Free today to registered Hamilton ladies, the SeniorCare Special this month is a menu of Broccoli and cheese stuffed chicken breast, roasted carrots w/fresh dill, scallion whipped potatoes, multigrain bread, strawberry shortcake. Donation is \$2. Please make a reservation with Kim at 978-468-2616.

Traveling Chef

Friday, May 15 at Noon

"American Carvery"

Traveling Chef offers roast beef w/horseradish cream, gravy, baked potato w/sour cream, whole buttered green beans, Parker House roll, pound cake w/mixed berry sauce. Make your reservation with Kim at 978-468-2616. Suggested donation for of this meal is \$3.

sneak peek

Preview of June Luncheon Specials

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

Traveling Chef - Sundae Bar—6/11

SeniorCare Special - - 6/13: Father's Day Special - BBQ Ribs, macaroni and cheese, baked beans, dinner roll, chocolate truffles

NITEY-NITE COOKIES

2 egg whites

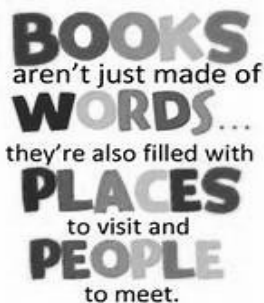
2/3 cup granulated sugar

1 cup chopped nuts

1 cup chocolate bits

Preheat oven to 350. Beat egg whites until fluffy. Gradually add sugar and beat until stiff. Stir in nuts and bits. Drop by teaspoon onto foil-lined cookie sheets. Please in preheated oven, close door and turn oven off. Do not open oven door. Leave overnight. Say "nighty-night" and go to bed! They'll be waiting for you in the AM.

Senior Center Activities

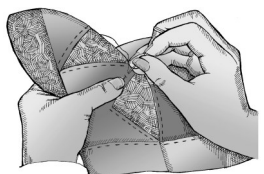


Readers Club First Mondays at 1:00

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 will meet on Thursday, May 16. The meeting starts at 11 am, followed by optional free lunch at 12 noon. The program was not confirmed as of the time of publishing the newsletter, so please call for more information. Lunch reservations are required no later than May 9. Call Lucy at 978-468-5595, or Kim, at 978-468-2616. Thank you!



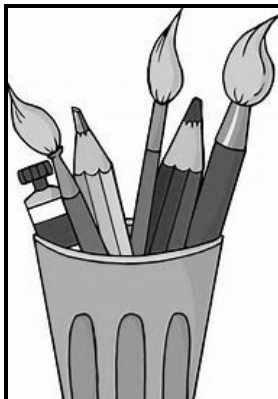
This group is open to residents of Hamilton and Wenham who have low or no vision; family members are welcome to attend also, and those from surrounding towns without a local low vision group. Our group combines "business with pleasure," by scheduling speakers and entertainment opportunities, monthly. 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.



CHOPPED COMPETITION

Friday, September 13

Look for detail in next month's newsletter



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 or (978) 473-9818.

Senior Center Technology Clinic

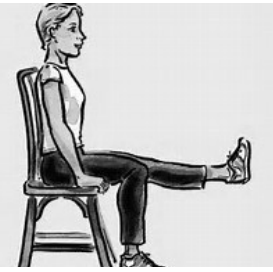
The Council on Aging is partnering with the Miles River Middle School to bring a monthly tech seminar to Hamilton seniors. **On the last Wednesday of every month students and their advisor, Johanna Wilson will be at the senior center to work with seniors from 10 to 11 AM.** You have been asking for our 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.



Cribbage

Play Cribbage after lunch on Mondays. Start time is 1:00 PM. Please see calendar for dates.

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?

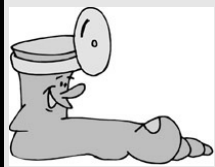
Free Assessment Tuesday, May 7

On Tuesday, May 7th. 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.

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. 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. THF also provides referrals to government agencies and private social service organizations that can provide additional services or longer term support.

Outreach Corner

Changes in Massachusetts License Renewals

License renewal changes in Massachusetts may affect you! In 2019, the Mass Registry of Motor Vehicles closed for four days to install a new computer system. This system makes the Registry compliant with the requirements of the REAL ID legislation passed by Congress in 2005, to reduce the opportunity for fraudulent id at the federal level. As of **Oct. 2020**, all US residents must show REAL ID to board domestic air flights. As an added benefit, a REAL ID can be used in lieu of a passport to travel to Canada or Mexico, or for admission to certain federal buildings. In addition, as of March 26, 2018, all NEW applications for driver's licenses, learner's permits, and non-driver's license identification require proof of both citizenship and residency. Renewal requires signing in ONLINE with your current information before accessing the application to renew license, registration or id. Any application for a REAL ID REQUIRES a visit to a Registry office.

I have just completed the license process for myself. The starting point is when you receive, by mail, notification from the RMV that your license is up for renewal, usually on your birthday. MA residents have the option of renewing a driver's license as REAL ID or standard. A standard license renewal can be completed online and doesn't require a visit to the RMV office unless the RMV specifically requires you because of age. However, obtaining a REAL ID driver's license REQUIRES a visit to a Registry of Vehicles office (or AAA office for AAA members) to show proof of US citizenship and residency. To shorten your wait time and keep your visit to just the one, please be prepared with the application and the required forms. I have a handout with a list of suggested documents you can use to prove US citizenship and Massachusetts residency.

The application process for renewing license and id STARTS ONLINE at <http://www.massrmv.com/> or www.mass.gov/atlas-myrmv.massdot.state.ma.us/myrmv/. You must have access to a computer, and your current license, id, or registration numbers to start the process. Make sure you are going to the actual RMV website. There were several links offering license renewal assistance and not all of them were the official Mass RMV site!

The documents you can use to prove your US Citizenship include a birth certificate, unexpired passport, Social Security card, a W2 form, a SSA-1099 or non-SSA-1099, or pay stubs containing your name and social security number, to prove citizenship. The important point is to have a document with your name and complete social security number written out, not just the last four digits. For certain documents, such as your passport or birth and marriage certificates, you must have the documents with you when you apply online, as the application will ask for the identifying numbers for the documents. If the name on your birth certificate is not the same as your current name, you must also include the document associated with your name change, i.e., your marriage certificate. Those who are not US citizens by birth must show proof of "lawful presence" in the USA, such as naturalization documents or "green card".

You will also need TWO proofs of MA residency for a REAL ID driver's license (only one is required for a standard driver's license), with YOUR name and current address. Allowed documents include your current unexpired license, the license renewal letter from the Registry of Motor Vehicles, and most documents issued to you by the state, federal, or municipal government, or for a federal program or agency, such as documents that come to you by first-class mail, professional licenses with photos, Medicare statements, jury duty summonses, court correspondence, property and excise tax bills; bills from credit cards, utilities, and medical charges; financial documents, such as statements from your bank with images of personal checks, W-2, pension or retirement statements, pay stubs, Social Security statements, loan statements; and school documents, such as transcripts, proof of enrollment, and tuition bills. Be aware that not all banks include cancelled checks or images of checks in a normal statement; you may need to plan ahead and request such a statement. All proofs of citizenship and residency must be dated no more than 60 days before your renewal application. Please check the expiration dates on your license, MA id, and vehicle registration and BE PREPARED!

Lucy Frederiksen, Outreach Coordinator



Day Trips

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

May -Date to be determined

Another "**Estates Tour**" planned by Jeff Hubbard with different properties than last year. This would be a 14 passenger Beauport mini-bus trip. Since this is a small bus trip preference will be given to Hamilton residents until April 15. More details will follow as they come in.

June 15

Essex, Connecticut Rail and Sail -

8:15am - 8:00pm Saturday, June 15 - \$108 pp

This trip is by large luxury motorcoach. We only have 16 seats for this trip. We're sharing this trip with the Ipswich COA.

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.** 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. **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 New England** (think homemade cookies and prizes and surprises). *For more details or pick up the information at the COA from the Day Trips binder. ** Waitlist only*

July 23

A Day in Sandwich, MA -

Heritage Museum and Gardens tour, Daniel Webster Inn , Sandwich Glass Museum

Heritage Museums & Gardens is the largest public garden in Southern New England . It is located on 100 acres of magnificent grounds and trails on the banks of Shawme Pond in Historic Sandwich. We will have a **1 hour guided walking tour** featuring 50 artifacts and memories about its history, its people, and hopes for its future selected by people with a deep appreciation for Heritage. You will also have time to browse the beautiful gardens and grounds which covers 100 acres, spend more time in the Antique car collection or even ride the 1908 Antique Carousel! The Sandwich Historical Society and its **Glass Museum** collects, preserves, and interprets the history of the Town of Sandwich, MA, the oldest town on Cape Cod . Named one of the top 1% of restaurants in the country, **the Daniel Webster Inn** is always a renowned experience. **The Buffet lunch includes Greens Salad with House Dressing, Chicken Coq a Vin, Pasta Primavera, Broiled Schrod, Potato, Seasonal Vegetable, Chocolate Tuxedo Mousse Cake, Coffee or Tea.** For a fun and memorable day, join us! This trip is by **large luxury motorcoach**. Checks payable to Royal Tours, LLC.

August 22

Portland Land and Sea Tour

Step-on-Guide bus tour, lunch, lighthouse lover's boat tour, lunch at the Old Port Sea Grill with Stacy from Royal Tours - \$89 pp – 7:30am to 5:30pm

September 25

Telephones, Lakes and Native Americans!

Date: Wednesday Sept 25 Cost: \$102.00


Time: 7:45AM - 6:30 PM

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



May 2019 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>8:30 COA Board Mtg 9:00 Audiologist 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - Pulled Pork 1:00 Artist's Open Studio</p>	<p>2</p> <p>12:00 <u>Lunch</u> - Stuffed Pepper 1:00 Movie: "Instant Family"</p>	<p>3</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Omelette</p>
<p>6</p> <p>9 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> - Chicken Caccitore 1:00 Readers Club</p>	<p>7</p> <p>10:30 Balance Assessment 12:00 <u>Lunch</u> - Mac & Cheese 1:00 Quilt & Kvetch</p>	<p>8</p> <p>10:00 Blood Pressure Clinic 10:00 Open House 10:30 Hamilton Fire Chief 12:00 <u>Lunch</u> - Hot Dog</p>	<p>9</p> <p>12:00 SeniorCare Special Lunch - "Mother's Day Special" - Broccoli & Cheese Stuffed Chicken 1:00 Movie: "The Mule" 2:00 Craft Circle @Wenham COA</p>	<p>10</p> <p>8:45 TOPS 10:00 Gentle Joints 11:00 Mother's Day Brunch 12:00 <u>Lunch</u> - Beef Stew</p>
<p>13</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> - Meatball Stroganoff 1:00 Cribbage</p>	<p>14</p> <p>12:00 <u>Lunch</u> - Hoisin Chicken Stir-Fry 1:00 Quilt & Kvetch</p>	<p>15</p> <p>10:00 Open House 10:30 SeniorCare Nutrition Presentation 12:00 <u>Traveling Chef</u> - "American Carvery" 1:00 Artist's Open Studio</p>	<p>16</p> <p>11-Low Vision 12:00 <u>Lunch</u> - Lasagna 1:00 Movie: "Vice"</p>	<p>17</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Breaded Fish</p>
<p>20</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> - Lemon Chicken Picatta 1:00 Cribbage</p>	<p>21</p> <p>12:00 <u>Lunch</u> - Meatloaf 1:00 Quilt & Kvetch</p>	<p>22</p> <p>10:00 Tech Seminar 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Hamilton Police Resource Officer 12:00 <u>Lunch</u> - Chicken Cordon Blu 1:00 Artist's Open Studio</p>	<p>23</p> <p>12:00 <u>Lunch</u> - Beef Shepard's Pie 1:00 Movie: "Welcome to Marwen" 2:00 Craft Circle @Wenham COA</p>	<p>24</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Stuffed Shells</p>
<p>27</p> <p>Closed for Memorial Day</p>	<p>28</p> <p>8:30-12:00-Seniors Helping Seniors 12:00 <u>Lunch</u> - Egg Salad Roll 1:00 Quilt & Kvetch</p>	<p>29</p> <p>10:00 Tech Seminar 10:00 Open House 10:30 Presentation of SeniorCare Services 12:00 <u>Lunch</u> - American Chop Suey 1:00 Artist's Open Studio</p>	<p>30</p> <p>12:00 <u>Lunch</u> - BBQ Pulled Pork 1:00 Movie: "On the Basis of Sex"</p>	<p>31</p> <p>8:30 - 12:00 The Upside of Downsizing Seminar 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Roasted Turkey w/Gravy</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

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Deliver to addressee or current resident

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



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

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

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

Hours of Operation: Monday through Friday, 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

"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.