

# 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

Beaupoint Ambulance

## Saint Patrick's Day Performance Coming to Hamilton Senior Center Thursday, March 16

Folksinger and storyteller Tim Van Egmond will perform for a free public concert sponsored by the Hamilton Council On Aging, on Thursday, March 16 at the Hamilton Senior Center, 299 Bay Road in South Hamilton. He is brought to us by a grant from the Hamilton-Wenham Cultural Council.

In honor of St. Patrick's Day, Van Egmond's program will present a "leprechaun's treasure" of traditional Irish songs and stories. He'll accompany himself on a wide variety of traditional instruments, including guitar, hammered dulcimer, and limberjack (a wooden puppet that taps out a rhythm dancing on a paddleboard). His captivating talent, warmth, and engaging humor create a moving and enjoyable experience for all. This program is supported by a grant from the Hamilton-Wenham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



A resident of Montague, MA, Van Egmond has performed for over 30 years throughout the country, appearing at hundreds of schools, libraries, and community centers, and on a number of television and radio programs. He's been selected for the New England States Touring Program and the Massachusetts Cultural Council's Education Programs. Renowned author and storyteller, Jane Yolen, has said of him, "Tim is a triple treat. He can sing, he can play a variety of wonderful instruments, and he can tell whopping good tales!" He is also a member of the folk music duo Yankee Notions and the contra dance band Swallowtail.

**Need Help with Your Taxes?** AARP/SeniorCare is taking appointments at the Hamilton/Wenham Regional Library on Wednesdays and Fridays starting February 8 at 10:00, 10:30 and 1:00. Participants are required to bring last years' taxes (they're using a new software, *again*), this year's paperwork, and a picture ID.

### 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.

## RMV Announces Changes for Disabled Placard/Plate

The Medical Affairs Department of the Massachusetts Registry of Motor Vehicles (RMV) has updated its Application for Disabled Placard/Plate.

The new form contains information regarding eligibility for issuance as well as language to deter abuse. As always, issuance is for those individuals who are severely restricted in their ability to walk and information required could affect an individual's driver's license status. This form replaces ALL other versions of the Application. The version control number on the bottom of the

correct Application is T20060-0117. Also, please note we cannot accept other state's applications.

Beginning April 1, 2017 we will reject all Applications not completed on the new form T20060-0117. For your convenience, the new Application form is publicly available for download directly from: <http://www.MassRMV.com>.

The changes took affect January 1, 2017 and renewals will take the next 4 years to complete, so that everyone in the Commonwealth will have the new placard.

# Activities at the Senior Center

## COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00

Program at 10:30

**March 1**

*Bingo and Hot Dogs*

**March 8**

*Heather Hurd from Blue Cross/Blue Shield to talk about Health Plan Options for Seniors*

**March 15**

*"There's a new sheriff in town". Moe Pratt from Essex County Sheriff's Department will talk about Department changes with new sheriff.*

**March 22**

*Debate Forum for Hamilton contested seats*

**March 29**

*Judy Hershberg, from Boston Center for Physical Therapy, will conduct an "Interactive Wellness Program"*

**April 5**

*Bingo and Hot Dogs*

**April 12**

*Blueberry Hill Rehabilitation Center coming to make a breakfast for us and talk about their services.*

**April 19**

*Fred Hammond, docent for the Beverly Historic Society, will be leading a discussion about our upcoming tour in May from Beverly to Gloucester. (See Day Trip Column)*

**April 26**

*Essex County District Attorney Blodgett*

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

**March 2 "Denial"** Timothy Spall, Rachel Weisz

*Drama.* After accusing fellow historian David Irving of being a Holocaust denier, Deborah Lipstadt is sued for libel and forced to provide proof of her claims in court.

**March 9 "Deepwater Horizon"** Mark Walberg, Kate Hudson

*Action, Drama.* Lone Survivor director Peter Berg helmed this docudrama about the Deepwater Horizon disaster, the 2010 oil-rig explosion in the Gulf of Mexico that resulted in the largest offshore oil spill in U.S. history. The film depicts the challenges that Mike Williams and the rest of the rig's crew faced as they fought for survival.

**March 16 "Being There"** Peter Sellers, Shirley MacLaine

*Comedy, Satire.* Having lived his life as the gardener on a millionaire's estate, Chance knows of the real world only what he has seen on TV. When his benefactor dies, Chance walks aimlessly into the streets of Washington D.C., where he is struck by a car owned by wealthy Eve Rand, who ends up taking him home to convalesce. Because Chance is so well-dressed and well-groomed, and because he speaks in such a cultured tone, everyone in her orbit assumes that he must be a man of profound intelligence. No matter what he says, it is interpreted as a pearl of wisdom and insight. He rises to the top of Washington society, where his simplistic responses to the most difficult questions (responses usually related to his gardening experience) are highly prized by the town's movers and shakers. In fact, there is serious consideration given to running Chance as a presidential candidate.

**March 23 "Café Society"** Jesse Eisenberg, Steve Carell

*Comedy.* A New Yorker named Bobby moves to Hollywood in the 1930s to work for his uncle Phil, a powerful and well-connected agent. He soon falls for Phil's secretary, Vonnice, unaware that she's secretly having an affair with his uncle. In time, a disillusioned Bobby returns home to run a nightclub for his gangster brother. Directed By Woody Allen.

**March 30 "The Shallows"** Blake Lively

*Drama, Thriller.* Young surfer Nancy travels to a secluded beach in search of a secret spot that her mother had discovered years earlier. While paddling out into the waves, she is hunted by a great white shark and stranded on an embankment away from the shoreline. Alone and wounded, she attempts to survive the attack and get ashore.

**April 6 "The Legend of Tarzan"** Margo Robbie, Alexander Skarsgard, Christoph Waltz

*Action, Adventure.* Years after leaving the jungle and settling down with his wife Jane in London, Tarzan is forced to return to the Congo in order to act as a trade representative for England. However, he soon clashes with a greedy Belgian captain who has sinister plans for his old home.

**April 13 "The Handmaiden"** Kim Tae-ri, Kim Min-hee

*Drama, Romance.* This period drama set in 1930s Korea explores the relationship between a Korean handmaiden and a Japanese heiress. The handmaiden is secretly a pickpocket who is working as part of a scheme to swindle the heiress out of her fortune, but that plan takes a backseat when the two women begin to fall in love.

**April 20 "Allied"** Brad Pitt, Marion Cotillard

*Drama, Thriller.* In this WWII spy thriller, Canadian airman Max Vatan and French Resistance operative Marianne Beauséjour pose as a married couple for a dangerous mission in Casablanca. Their cover story soon leads to an actual love affair and their starting a family together, but Max's happiness is shattered when he's told that he must take part in an investigation to determine whether Marianne is really a double agent working for the Nazis.

**April 27 "Loving"** Joel Egerton, Ruth Negga

*Drama.* Richard and Mildred Loving, an interracial couple, who were sentenced to prison in 1958 for violating the state's laws against miscegenation. The Lovings decided to fight back, and their case led to a landmark Supreme Court decision that struck down laws prohibiting interracial marriage.

**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**

# Activities at the Senior Center

## PAINTING WITH ALEAH

**Wednesday, March 8 and April 12 at 2:00 PM**

Stimulate your creative senses with a step-by-step painting class. Aleah Gates, a graduate from Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Everything you need will be provided (paints, canvas, brushes, etc.). Call Mary Beth at 978-468-5595 to reserve your space.

**\$10.00 fee for each class and supplies.**

**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. 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!



## Cribbage

Play Cribbage with COA Chairman, Tom Hever, after lunch on Mondays. Start time is 1:00 PM. Please see calendar for March and April 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 off your chest, sound off, say what's on your mind.*



The Hamilton-Wenham **Low Vision Group** is back to meeting in March and April! On **March 23**, at 11:00 am, the group will have a planning meeting for the coming year. On **April 13**, we will have a National Eye Institute presentation on glaucoma, a program of the National Eye Health Education Program for community educators. Program/meeting starts at 11 am, followed by lunch at 12. Remember to make your lunch reservation.

## MARCH Luncheon Specials

### TRAVELING CHEF

**Thursday, March 9 at Noon**  
**"New England Traditional"**

Menu is Clam Chowder with Oyster Crackers, Roast Turkey Sandwich with Cranberry Mayo, Lettuce Leaf and Tomatoe, Kaiser Roll, Boston Baked Beans, Whoopie Pie. Please make your reservations with Kim at 978-468-2616 by 11 AM on March 6. Donation asked for meal is \$3.

### SeniorCare Monthly Special

**Thursday, March 16 at Noon**  
**"St. Patrick's Day Special"**

The COA is offering this special free of charge to those who make a reservation. The menu is Corned Beef with Cabbage Wedge, Carrots and Turnips, Potatoes with Parsley, Irish Soda Bread, Crème de Menthe Bar. Please make your reservations with Kim at 978-468-2616 by March 13.

## APRIL Luncheon Specials

### TRAVELING CHEF

**Wednesday, April 19 at Noon**  
**"French Crepes"**

The menu is Turkey, Spinach, and Swiss Crepe, Creamy Mushroom Sauce, Wild Rice Pilaf, Peas and Asparagus, Parker House Roll, Boston Cream Cake. Please make your reservations with Kim at 978-468-2616 by 11 AM on April 16. Suggested donation for meal is \$3.

### SeniorCare Monthly Special

**Thursday, April 20 at Noon**  
**"Spring Celebration"**

Menu is Ham, Asparagus, and Swiss quiche, Lemon Garlic Roasted Potatoes, Green Beans with Diced Tomatoes, Pull Apart Roll, Honey Cake. Please make your reservations with Kim at 978-468-2616 by 11 AM on April 17. Donation asked for meal is \$2.



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.

# 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**

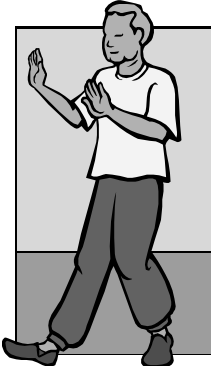
Linda Greenwald, who also leads Gentle Joints, will be leading a fitness group specifically designed for seniors dealing with Parkinson's disease. Ability-based weekly classes will help participants challenge themselves and each other, increase endurance, strength, coordination, balance, self-confidence, and cognitive awareness using seated and upright exercises, aided by varied manual equipment items. This class is offered free of charge.



## Tai Chi for Balance

**Thursday Mornings  
At 10:30**

A new Tai Chi for Balance class has started with a new (for us) instructor, Bruce Laing. Bruce is an experienced teacher of Tai Chi and Chi Gong. Our class will be geared towards helping participants improve their balance and prevent falls, but practicing Tai Chi will undoubtedly yield its many other benefits as well.



## Gentle Joints

**Friday Mornings at 10:00**

Gentle Joints is a **free** 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



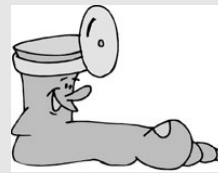
Massage Therapist, Chris Cloutier, will be at the Senior Center on the 2nd and 4th Wednesday of each month to do 15 minute chair massages. Appointments start at 8:30 and finish at 10:00. Please make reservation with Mary Beth. \$15 for a 15 minute massage.



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 March and the Wenham Senior Center in April 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

## Internet Access Being Added to the Lifeline Program!

For those of you who may not be familiar with it, since 1985 the Lifeline Program has provided a discount on telephone service for qualifying low-income households as a way to help our most vulnerable consumers stay connected to the nation's communications networks. Recognizing the vast changes in the way people communicate in today's technological climate, the FCC has expanded the Lifeline Program's service offerings to include internet access as of December 2, 2016. Internet access will be available in various forms and we anticipate its inclusion in the Lifeline Program will further help connect low-income families to the internet, closing the "homework gap," and eliminating the distance to meaningful employment and reliable healthcare.

In order to be eligible to participate in the Lifeline program, a household's income must either be at or below 135% of the Federal Poverty Guidelines or a member of the household must participate in one of the following federal government assistance programs:

- Medicaid (MassHealth);
- Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamps);
- Supplemental Security Income (SSI);
- Federal Public Housing Assistance (Section 8);
- Some Federally-Recognized/State Tribal Assistance Programs;
- **NEW**—Veteran's Pension or Survivor's Pension benefit

As part of the FCC's recent program changes in an effort to streamline eligibility criteria, households **can no longer use** Low Income Home Energy Assistance Program (LIHEAP), Temporary Assistance for Needy Families (TANF), or the National School Lunch Program (NSLP) as a way to demonstrate their eligibility for the program.

**Please note: Households that are currently enrolled in the Lifeline Program due to their participation in these assistance programs will remain active in the program until they are required to re-certify their eligibility in 2017.** At that time, if a household no longer qualifies under the current program eligibility criteria, it will lose its Lifeline service.

The Department is available to assist in the resolution of any problems that your staff or clients may encounter when attempting to enroll in the Lifeline Program. Please feel free to contact our Consumer Hotline during normal business hours at 1-800-392-6066.

**For help, with this or other eligibilities,  
call Lucy at 978-468-5595.**

**She is on duty from 9 to 1 on Tues, Wed and Thurs.**

## Upcoming Day Trips

### 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.

### 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 3:30pm.

*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.*

Plans are in the works for a **Coastal North Shore/Cape Ann tour with step-on-guide Fred Hammond**, lunch at the new Beauport Hotel in Gloucester and a Cape Pond Ice Tour - this exciting local adventure will be in May. Around \$25 plus lunch and Cape Pond Ice tour.

**We'll head to the "Blackstone Valley Experience" in June.** This trip includes the Museum of Work and Culture, Pawtucket to the Slater Mill, the Sylvanus Brown House and Oziel Wilkinson's Rubble Stone Mill, lunch at Wrights Farm Restaurant and a beautiful covered riverboat cruise along the Blackstone River. Around \$90.



**In July we'll head to Kennebunkport** for a guided tour, shopping and a delicious lunch at Clay Hill Farm in Ogunquit. Around \$70.

**And who doesn't want to go to Block Island in August?** We'll take the ferry from Point Judith, have a Block Island sightseeing tour and lunch at the historic National Hotel. Around \$105.

**These trips are open to residents of all towns.** If you think you would like to visit any of these spots please call Ann (978-468-4404) or email at [charles.chivakos@verizon.net](mailto:charles.chivakos@verizon.net). She is almost always at the Council on Aging for Wednesday Open House at 10am.


# March 2017 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div>  <ul style="list-style-type: none"> <li><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</li> <li><u>Underlined</u> items require sign-up or reservation</li> </ul> </div>		1	2	3
		8:30 COA Board Mtg 10:00 Open House 10:30 <b>Bingo and Hot Dogs</b> 12:00 <u>Lunch</u>	10:30 Tai Chi 12:00 <u>Lunch</u> 1:00 Movie: "Denial"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
Sign-up for <b>Traveling Chef</b> 6  10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 <b>Reader's Club</b> 	7	8	9	10
	10:00 Parkinson's Fitness 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch 10:00 Parkinson's Fitness	8:30 <u>Chair Massage</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 <b>Blue Cross/Blue Shield</b> 12:00 <u>Lunch</u> 2:00 <u>Painting with Aleah</u>	10:30 Tai Chi 12:00 <u>Traveling Chef</u> <b>"New England Traditional"</b> 1:00 Movie: "Deepwater Horizon" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
Sign-up for <b>SeniorCare Special</b> 13  10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	14	15	16	17
	9:00 Sen Tarr <b>Constituent Visit</b> 10:00 Parkinson's Fitness 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Open House 10:30 Moe Pratt, Essex County Sheriff Dept 12:00 <u>Lunch</u>	10:30 Tai Chi 11:00 <b>St. Patrick's Day Entertainer, Tim Van Egmond</b> 12:00 <b>SeniorCare Special "St. Patrick's Day Special"</b> 1:00 Movie: "Being There"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
20	21	22	23	24
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	8:30 <u>Chair Massage</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 <b>Hamilton Election Debate Forum</b> 12:00 <u>Lunch</u>	10:30 Tai Chi 11:00 <b>Low Vision Group</b> 12:00 <u>Lunch</u> 1:00 Movie: "Café Society" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
27	28	29	30	31
9:30 <u>Trip to Boston Sports Museum leaves</u> 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	9:00 <u>Podiatrist@ Hamilton</u> 10:00 <b>Audiology Clinic</b> 10:00 Open House 10:30 <b>Boston Center for Physical Therapy "Interactive Wellness Program"</b> 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u>	10:30 Tai Chi 12:00 <u>Lunch</u> 1:00 Movie: "The Shallows"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>

# April 2017 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10:30</b> Chair Yoga <b>3</b> <b>12:00</b> <u>Lunch</u> <b>1:00</b> Reader's Club 	<b>4</b> <b>10:00</b> Parkinson's Fitness <b>12:00</b> <u>Lunch</u> <b>1:00</b> Quilt & Kvetch	<b>5</b> <b>8:30</b> COA Board Mtg <b>10:00</b> Open House <b>10:30</b> <b>Bingo and Hot Dogs</b> <b>12:00</b> <u>Lunch</u>	<b>6</b> <b>10:30</b> Tai Chi <b>12:00</b> <u>Lunch</u> <b>1:00</b> Movie: <b>"The Legend of Tarzan"</b>	<b>7</b> <b>8:45</b> TOPS <b>10:00</b> Gentle Joints <b>12:00</b> <u>Lunch</u>
<b>10</b> <b>10:30</b> Chair Yoga <b>12:00</b> <u>Lunch</u> <b>1:00</b> Cribbage	<b>11</b> <b>9:00</b> <b>Sen Tarr</b> <b>Constituent Visit</b> <b>10:00</b> Parkinson's Fitness <b>12:00</b> <u>Lunch</u> <b>1:00</b> Quilt & Kvetch	<b>12</b> <b>8:30</b> <u>Chair Massage</u> <b>10:00</b> Blood Pressure Clinic <b>10:00</b> Open House <b>10:30</b> <b>Blueberry Hill Re-hab with Breakfast</b> <b>12:00</b> <u>Lunch</u> <b>2:00</b> <u>Painting with Aleah</u>	<b>13</b> <b>10:30</b> Tai Chi <b>11:00</b> <b>Low Vision Group</b> <b>12:00</b> <u>Lunch</u> <b>1:00</b> Movie: <b>"The Handmaiden"</b> <b>2:00</b> Knitting @ Wenham COA	<b>14</b> <b>8:45</b> TOPS <b>10:00</b> Gentle Joints <b>12:00</b> <u>Lunch</u>
<b>Senior Center Closed Today In Honor of Patriot's Day</b> <b>17</b>	<b>18</b> <b>10:00</b> Parkinson's Fitness <b>12:00</b> <u>Lunch</u> <b>1:00</b> Quilt & Kvetch	<b>19</b> <b>10:00</b> Open House <b>10:30</b> <b>Beverly Historic Asso. Docent on Beverly to Gloucester History Tour</b> <b>12:00</b> <u>Traveling Chef "French Crepes"</u>	<b>20</b> <b>10:30</b> Tai Chi <b>12:00</b> <u>SeniorCare Monthly Special "Spring Celebration"</u> <b>1:00</b> Movie : <b>"Allied"</b>	<b>21</b> <b>8:45</b> TOPS <b>10:00</b> Gentle Joints <b>12:00</b> <u>Lunch</u>
<b>24</b> <b>10:30</b> Chair Yoga <b>12:00</b> <u>Lunch</u> <b>1:00</b> Cribbage	<b>25</b> <b>10:00</b> Parkinson's Fitness <b>12:00</b> <u>Lunch</u> <b>1:00</b> Quilt & Kvetch	<b>26</b> <b>8:30</b> <u>Chair Massage</u> <b>9:00</b> <u>Podiatrist@ Wenham</u> <b>10:00</b> Blood Pressure Clinic <b>10:00</b> <b>Audiology Clinic</b> <b>10:00</b> Open House <b>10:30</b> <b>District Atty Blodgett</b> <b>12:00</b> <u>Lunch</u> <b>12:30</b> <u>Law Clinic</u>	<b>27</b> <b>9:30</b> <u>Trip to Worchester Art Museum leaves</u> <b>10:30</b> Tai Chi <b>12:00</b> <u>Lunch</u> <b>1:00</b> Movie: <b>"Loving"</b> <b>2:00</b> Knitting @ Wenham COA	<b>28</b> <b>8:45</b> TOPS <b>10:00</b> Gentle Joints <b>12:00</b> <u>Lunch</u>
		<div> <ul style="list-style-type: none"> <li><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</li> <li><u>Underlined</u> items require sign-up or reservation</li> </ul> </div>		



Hamilton Council on Aging  
299 Bay Road  
Hamilton, MA 01982

Please call or email if you do not want to be on  
this mailing list. (978)468-5595, [mlaw-ton@hamilton.ma.gov](mailto:mlaw-ton@hamilton.ma.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.*

#### 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