

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

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.



Flu Vaccine Clinic

November 30

3:00 pm to 6:00 pm

Hamilton Senior Center

299 Bay Road, Hamilton

- Clinic are opened to persons 4 years of age and older
- Vaccine is free to everyone
- Please bring insurance cards
- Wear short sleeves or loose fitting

HOLIDAY PARTY

Thursday December 13

11:00 am - 1:00pm

Dave and Sandy will be back again to entertain from 11 to noon. Lunch is free to Hamilton seniors and the menu is: ham with brown sugar glaze, au gratin potatoes, garlic green beans, dinner roll and berry cheesecake. And as is traditional, it will be followed by our Yankee Swap. Call Mary Beth to make a reservation(978-468-5595).



Thanksgiving Special Thursday, November 15

11:00 am - noon

Come to the Senior Center to be entertained by John Root from 11 to noon prior to lunch. Then Hamilton Seniors will enjoy a holiday luncheon provided by SeniorCare and the Hamilton Council on Aging to celebrate Thanksgiving. The menu includes turkey, gravy, cranberry sauce, whipped potatoes, stuffing, butternut squash, dinner roll and apple pie. Don't forget to sign up with Mary Beth so we have enough meals for everyone.

Hamilton/Wenham School Students Help Seniors

Monthly Tech Seminars

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.

Generals for Generations

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 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 Center Activities - November

COA WEDNESDAY OPEN HOUSE

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

November 7

Bingo and Hot Dogs

November 14

Cara Carpozzi, Audiologist on hearing issues

November 21

Documentary - Food, Inc.

(an informative and educational examination of America's food and agricultural choices)

November 28

Open Social Hour

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Nov 1 "Eighth Grade" Elsie Fisher, Josh Hamilton, Emily Robinson
Comedy, Drama. Written and Directed by Bo Burnham, a Hamilton native. An introverted teenage girl tries to survive the last week of her disastrous eighth grade year before leaving to start high school.

Nov 8 "Won't You Be My Neighbor" Joanne Rogers
Documentary, Biography. An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers.

Nov 22 "Ocean's 8" Sandra Bullock, Cate Blanchett, Anne Hathaway
Comedy, Drama, Crime. Danny Ocean's younger sister Debbie attempts to pull off the heist of the century at New York City's star-studded annual Met Gala. Her first stop is to assemble the perfect crew.

Nov 29 "Mama Mia 2" Lily James, Amanda Seyfried, Meryl Streep
Comedy, Music, Romance. Five years after the events of *Mamma Mia!* (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

November Luncheon Specials

SeniorCare Special

Thursday, November 15 at Noon

"Thanksgiving"



SeniorCare Special this month is a menu of turkey, gravy and cranberry sauce, whipped potatoes, stuffing, butter-nut squash, apple pie, and dinner roll. Cost is \$2 or FREE to Hamilton residents. Please

make a reservation with Mary Beth.

Traveling Chef

Wednesday, November 14 at Noon

"Brazilian BBQ"

Traveling Chef offers a choice of beef or pork, white rice, fresh bean sauce, beet and potato salad, scallions for garnish, white dinner roll, flan. Make your reservation with Kim at 978-468-2616 by Nov 5th. Suggested donation for of this meal is \$3.

Soup and Sandwich Lunches

The Council on Aging is offering complimentary soup and sandwich lunches this month. Normally, it is \$2. On **Tuesday, November 14**, tarragon chicken salad, and hearty vegetable soup will be served. On **Thursday, November 30**, the menu is pesto chicken sandwich and mushroom soup. Call Kim at 978-468-2616 to make your reservation.

Receptionists Needed: The Senior Center is looking for volunteers to be at the front desk to greet people coming in, to answer questions, and answer the phone, especially when Mary Beth needs to leave the building. Please call Mary Beth 978-468-5595.

PAINTING WITH ALEAH

Wednesday, November 14

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. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need will be provided for a fee of \$10.**



Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.



GROUP

On Thursday, Nov. 29, the Thursday AFTER Thanksgiving, the Low Vision Group will meet for "Lunch and Low Vision" at 11 am, with optional lunch at noon.

(Make lunch reservation

with Kim). Program is TBD at the moment. The Hamilton-Wenham Low Vision Group welcomes new members!

Senior Center Activities - December

COA WEDNESDAY OPEN HOUSE

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

December 5

Steven Collins: A Presentation of Whistler

December 12

Moe Pratt-Staying Positive In Your Senior Years

December 19

The Halifax Christmas Tree - Dan Tremblay

December 26

Open Social Hour

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Dec 6 "The Christmas Train" Dermot Mulroney, Kimberly Williams-Paisley, Danny Glover

Drama, Romance. A cynical journalist decides to take a train from Washington, D.C. to Los Angeles for Christmas to get inspiration for a story in honor of his late father. He gets to know the other passengers and runs into an old flame while aboard.

Dec 13 No Movie

Dec 20 "Christmas at Holly Lodge" Alison Sweeney, Jordan Bridges

Drama, Family, Romance. Sophie runs Holly Lodge, a beautiful inn surrounded by snowy mountains, evergreen trees galore, and scenic views. There's a steady stream of regular patrons who visit the lodge every Christmas, but Sophie's behind on her mortgage payments, and a development company has taken an interest in the land. They send Evan to study the property, but before he makes his true intentions known to Sophie, the two start falling for each other.

Dec 27 "Tully" Charlize Theron, Mackenzie Davis, Ron Livingston

Comedy, Drama. The film is about Marlo, a mother of three, including a newborn. Marlo's brother gives her a night nanny as a gift. Hesitant with the extravagance at first, Marlo comes to form a unique bond with the thoughtful, surprising, and sometimes challenging young nanny named Tully.

December Luncheon Specials



SeniorCare Special

Thursday, December 13 at Noon
"Thanksgiving"

SeniorCare Special this month is a menu of Ham with brown sugar glaze, au gratin Potatoes or roasted red bliss potato,, garlic green beans, cheesecake with sauce on the side, parker house roll. Cost is \$2. Call Kim at 978-468-2616 to make your reservation before December 10.

Traveling Chef

Wednesday, December 19th
"New England Traditional"

Traveling Chef offers a menu of clam chowder with oyster crackers, roast turkey sandwich with cranberry mayo, lettuce leaf and tomato, kaiser roll, Boston baked beans, whoopie pie. Make your reservation with Kim at 978-468-2616. Suggested donation for of this meal is \$3.

Soup and Sandwich Lunches

The Council on Aging is offering complimentary soup and sandwich lunches in November and December. Normally, it is \$2. The dates for December soup and sandwich luncheons are not available at this time. Check at Front Desk or call Kim at 978-468-2616 for dates and menus.

Can You Help?

The Senior Center needs the following things:

Coffee and Tea K-Cups
 Canes in good condition

PAINTING WITH ALEAH

Wednesday, December 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. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need is provided for a fee of \$10.**

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.

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?

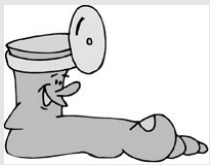
Free Assessment Tuesday, Nov.6 & Dec.4

On Tuesday, September 4th 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



Podiatry

The Podiatrist, Dr. Van Ess', schedule is as follows: Hamilton COA - October 10; Wenham COA - December 12. Appointments are scheduled 15 minutes apart starting at 9:00 am on the last Wednesday of the month. 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.



Outreach Corner

Medicare Open Enrollment

Lucy Frederiksen, Outreach Coordinator

November continues Open Enrollment for Medicare through Dec. 7. All Medicare supplement and drug prescription programs announce their new rates and coverage changes. Checking your plan choices annually for best coverage is important, especially if you have had changes in your financial or medical circumstances during the past year. Insurance providers change their coverage annually, and prescription drug plan providers especially, so your prescription medications may be dropped, or added, or moved to a different tier. Your biggest cost savings may come from getting on a prescription drug plan or Medicare Advantage Plan that has all your drugs on the formulary and on the lowest tier of the formulary. If your medications are on Tier 1 and Tier 2, you do not have to

pay the drug plan deductible, which only applies to drugs on the formulary at Tiers 3 and higher.

Medicare's web site, www.medicare.gov, is an excellent source for answers to many of your questions; the site has an online application called **Plan Finder**, to help you identify and compare costs, especially for prescription drug coverage. The Plan Search application requires a Medicare ID with effective dates for Part A, and your most recent medication list for the best success. A Plan Search takes about an hour to enter medications and compare the results and requires at least one appointment if you are not doing it yourself. Call the SHINE counselor with questions!

Another seasonal project – it is time to reapply or apply for the first time for fuel assistance, weatherization and energy efficiency programs, which runs November 1 through April 6, 4(2018. (continued on page 5)



Day Trips

Boston Public Library Friday, November 16

Join us for a 1 hour "Art and Architecture" walking tour of the Boston Public Library highlighting the architecture of its famed Central Library buildings by Charles Follen McKim and Philip Johnson as well as the art treasures within, including works by Daniel Chester French and John Singer Sargent.

After the tour we'll enjoy a light lunch (on your own) at the Newsfeed Café - a unique cafe-within-a-television/radio-

studio-within-a-library satellite studio of WGBH's Boston Public Radio. We'll see and hear a live broadcast featuring Jim Braude and Margery Eagan in conversation with the leaders and thinkers shaping Boston.

Cost will be \$23 for Beauport mini-bus round trip transportation, \$8 for tour.

HOLIDAY TRIP TO CONNECTICUT

Saturday, December 8

We thought this would be a wonderful time of year to see **Mark Twain's home**, hear about his life, and at the same time celebrate the holidays. Throughout this joyful season, Twain's 19-room, Tiffany-decorated mansion is adorned as it was for holiday celebrations from 1874 to 1891, when the author, his wife and three daughters lived in the house. You will get the feeling that you have stepped back in time and have walked into Mark Twain's home on Christmas day. Next door to the Twain House is another famous author's home—**Harriet Beecher Stowe**. We will also tour the house where she spent many years of her life, as well as have the opportunity to learn more about the author of Uncle Tom's Cabin, her social activism, and, of course at this time of year, how she decorated her home and spent the holidays. The guides at the house will compare Stowe's civil rights crusade with today's social activism.

Next we will continue our holiday excursion at the **Wadsworth Atheneum**. We will enjoy an **included catered lunch** in the museum, consisting of various sandwich-

es, salad, beverage and dessert. This museum boasts that it is the country's oldest public art museum, and you will see why they are proud as you peruse the halls after lunch. There are works by world class artists around every corner, plus we will be there to enjoy the annual **Festival of Trees & Traditions**. Every year community members, artists and organizations decorate holiday trees and wreaths to be displayed in the galleries. All items are for sale, and profits help fund the museum's special exhibitions, educational programs, and operating expenses. You can even purchase a tree or wreath for your home or donate it to a local charity.

We will depart after our visit in a definite Holiday mood!

\$109 per person includes deluxe round trip motorcoach transportation, Tour of the Twain and Stowe homes, Lunch, Wadsworth Atheneum, Driver gratuity, Escort and some holiday surprises!

You do not have to be from Hamilton to join trips! For more information, please contact Ann Chivakos at 978-468-4404 or email her at: charles.chivakos@verizon.net.

(Medicare: continued from page 4) If you have already been enrolled for fuel assistance, you should receive your information packet it is time to reapply. New enrollees must contact Action Inc. directly at www.actioninc.org, or call them at 978-282-1003. It looks like 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, ap-


pliance management program, and advocacy and support. If there are enough people interested in being screened for the first time, we can arrange for a representative from Action Inc. to come to the Senior Center and save you all a drive to Gloucester.

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.



November 2018 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><u>Underlined</u> items require sign-up or reservation</p>			<p style="text-align: right;">1</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Eighth Grade"</p>	<p style="text-align: right;">2</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: right;">5</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 style="text-align: right;">6</p> <p>10:30 Balance Assessment</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p style="text-align: right;">7</p> <p>10:00 Open House</p> <p>10:30 Bingo and Hot Dogs</p> <p>12:00 <u>unch</u></p>	<p style="text-align: right;">8</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Won't You Be My Neighbor"</p> <p>2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">9</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: right;">12</p> <p>SENIOR CENTER CLOSED</p> <p>VETERANS DAY OBSERVATION</p>	<p style="text-align: right;">13</p> <p>11:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p style="text-align: right;">14</p> <p>9:00 <u>Podiatrist</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Cara Carpozzo, Audiologist</p> <p>12:00 <u>Traveling Chef</u></p> <p>2:00 <u>Painting With Aleah</u></p>	<p style="text-align: right;">15</p> <p>11:00 <u>Thanksgiving Special with Entertainment and Luncheon</u></p>	<p style="text-align: right;">16</p> <p>Trip to Boston Public Library</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p style="text-align: right;">19</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">20</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p style="text-align: right;">21</p> <p>10:00 Open House</p> <p>10:30 Food, Inc. Documentary</p> <p>12:00 <u>Lunch</u></p>	<p style="text-align: right;">22</p> <p><u>SENIOR CENTER CLOSED FOR THANKSGIVING OBSERVATION</u></p>	<p style="text-align: right;">23</p> <p><u>SENIOR CENTER CLOSED FOR THANKSGIVING OBSERVATION</u></p>
<p style="text-align: right;">26</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p style="text-align: right;">27</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p style="text-align: right;">28</p> <p>10:00 Tech Seminar</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Open Social Hour</p> <p>12:00 <u>Lunch</u></p> <p>12:30 <u>Law Clinic</u></p>	<p style="text-align: right;">29</p> <p>11:00 Low Vision Group</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Mama Mia 2"</p>	<p style="text-align: right;">30</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 Lunch</p> <p>3:00 - 6:00 Flu Clinic</p>

December 2018 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club</p>	<p style="text-align: right;">4</p> <p>10:30 Balance Assessment 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">5</p> <p>10:00 Open House 10:30 A Presentation of Whistler 12:00 <u>Lunch</u></p>	<p style="text-align: right;">6</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "The Christmas Train"</p>	<p style="text-align: right;">7</p> <p>8:45 TOPS 10:00 Gentle Joints 11:00 <u>Lunch</u></p>
<p style="text-align: right;">10</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">11</p> <p>9:30 - 10:30 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">12</p> <p>10:00 Blood Pressure Clinic 10:00 Open House 10:30 Moe Pratt 12:00 <u>Lunch</u> 2:00 <u>Painting With Aleah</u></p>	<p style="text-align: right;">13</p> <p>11:00 <u>Holiday Party with Entertainment by Dave & Sandy, Luncheon and Yankee Swap</u></p>	<p style="text-align: right;">14</p> <p>8:45 TOPS 10:00 Gentle Joints 11:00 <u>Lunch</u></p>
<p style="text-align: right;">17</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">18</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">19</p> <p>10:00 Open House 10:30 Halifax Christmas Tree Presentation 12:00 <u>Traveling Chef</u></p>	<p style="text-align: right;">20</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Christmas at Holly Lodge"</p>	<p style="text-align: right;">21</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">24</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>10:00 Blood Pressure Clinic 10:00 Tech Seminar 10:00 Open House 10:30 Social Hour 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u></p>	<p style="text-align: right;">27</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Tully" 2:00 Knitting@Wenham</p>	<p style="text-align: right;">28</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">31</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>		<div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>Bolded items are activities or programs which are unique or not scheduled weekly</p> <p><u>Underlined</u> items require sign-up or reservation</p> </div>		

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.