

# The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982  
Phone: 978-468-5595



"The mission of the Town of Hamilton Council on Aging is to create a friendly and safe community for seniors by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their well-being and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent."

## Hamilton Senior Center

Town Manager  
Joe Domelowicz

### Center Staff

Mary Beth Lawton,  
Director

### Council on Aging Board

Sherry Leonard, *Chairman*

Steve Walsh, *Vice-Chairman*

Penny Wingate, *Secretary*

Nancy Longval

Betty Gray

Linda Spong

### Senior Van Service

Beauport Ambulance

### DONATIONS TO THE COA

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

## CarFit for Seniors

Thursday November 7<sup>th</sup> - 10 to Noon

Come and attend the program and lunch is on us. A reservation is required so call 978-468-5595 by 11/4 noontime.

**What is CarFit for the older driver?** CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them.

The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

**Why is CarFit important?** Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies. (Source: [NHTSA](#))

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

**How is a CarFit check completed?** At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.



In honor of Veterans Day on the 11<sup>th</sup>, the Hamilton COA would like to buy lunch for any of our active or retired service men and women on Friday 11/8. Please call Heidi at 978-468-2616 to make your reservation.

## Eagle Scout Project



## Dedication

Wednesday, November 6 at 2:00  
pm

Please join us November 6<sup>th</sup> at 2 PM at the Senior Center for the dedication of the Eagle Scout Project designed and constructed by Trent Blatz of Hamilton. Trent wanted to give back to the seniors of Hamilton and built a beautiful 14 foot square patio for the enjoyment of our residents.

Please call Mary Beth to RSVP that you will be coming at 978-468-5595. Light refreshments will be served.



## Myopia Hunt Club

Thursday, November 7<sup>th</sup> at 1:30 sharp

Join The Myopia Hunt on Thursday, November 7<sup>th</sup> at 1:30 sharp at the home of Augusta Ayer Ledyard, who will be hosting the Stirrup Cup at her home located at 82 Walnut Street. Meet the riders as they stop for a check point with their horses and hounds and enjoy refreshments at the Ledyard farm. Reservations are required so call Mary Beth at 978-468-5595.

# Senior Center Activities

## COA WEDNESDAY OPEN HOUSE

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

**November 6**

Bingo and Hot Dogs

**November 13**

Deb Davidson from Senior Care  
on Decoding Nutritional Information

**November 20**

Gretel Clark—Recycling Committee  
for cell phones

**November 27**

Open Social Hour

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

**Nov 7 “Chernobyl 5—Vichnaya Pamyat”** Duggie McMeekin, Jamie Sives, Michael Socha

*Drama, History, Thriller.* Valery, Boris and Ulana risk their lives and reputations to expose the truth about Chernobyl.

**Nov 14 “Yesterday”** Himesh Patel, Lily James, Sophia Di Martino  
*Comedy, Fantasy, Music.* A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

**Nov 21 “Maiden”** Frank Bough, John Chittenden, Bruno Du Bois  
*Documentary, Sport.* The story of Tracy Edwards, a 24-year-old cook on charter boats, who became the skipper of the first ever all-female crew to enter the Whitbread Round the World Race in 1989.

**Nov 27 Senior Center closed for Thanksgiving.**

## November Luncheon Specials

### SeniorCare Special

Thursday, November 21 at Noon

*“Thanksgiving”*

The Council on Aging invites you to this event which is FREE for Hamilton residents. The SeniorCare Special this month is a menu of Turkey, Gravy, Cranberry Sauce, Stuffing, Butternut Squash, Dinner Roll and Pumpkin Pie for dessert. Please make a reservation with Heidi at 978-468-2616.

**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.

## 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.

## Painting with Robbin

Wednesday, Nov 13 at 2:30 pm

Robbin McMath will be starting a new painting class like the one Aleah used to teach. The class is on Wednesday, November 13th at 2:30 pm and will run approximately 2 hours. Robbin will guide you step by step to create your painting. No experience necessary. The COA provides the canvases, paints, easels and brushes. The cost is \$10 for this 2 hour class. Please sign up with Mary Beth to reserve your place.

## Heritage Films Historical

### Presentations This Month:

*“Rescue of the Crew of Squalus 1939”*

**November 12 at 10:30am**

The second Tuesday of every month Dan Tremblay brings a historical film to the Senior Center, which he himself has made, edited and narrated for the enjoyment of our seniors who have welcomed him with open arms at past Open House events.

If you like history even a little and love to see well-produced films about incredibly interesting true life subjects of all kinds, that will have you emotionally involved, and utterly amazed, check out Dan's films.

These events are FREE! Light refreshments will be served.

# Senior Center Activities

## Artist's Open Studio

Wednesday Afternoons

(Except the second Wednesday of the month)

1-4 PM



Artist's Open Studio meets from 1 to 4 on Wednesday afternoons. No experience necessary. Bring your own materials in any medium; Nothing provided, nothing expected —except your commitment to work on your own project. Let's get creative. A supportive community is guaranteed. This is a drop-in open studio, so come when you can.

Questions? Call or email [katharinepickering11@gmail.com](mailto:katharinepickering11@gmail.com) or 978-473-9818



## Quilt & Kvetch\*

(plus knitting, crochet, embroidery, etc.)

Tuesdays at 1:00

The Quilting Group includes anyone who enjoys quilting, sewing, knitting, crochet, and other handiwork and it is as much about getting together as anything. Led by experienced quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use.

\*We use the word Kvetch affectionately, meaning to get things of your chest, sound off, say what's on your mind.

**Donations  
are Greatly  
Appreciated!**

### The Senior Center needs:

- ◆ coffee and tea K-cups
- ◆ canes in good condition
- ◆ gently used wheel chairs

## 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!

**BOOKS**  
aren't just made of  
**WORDS...**  
they're also filled with  
**PLACES**  
to visit and  
**PEOPLE**  
to meet.



Tech Time starts up again on the last Wednesday of the month from 9 to 10:30. The COA is partnering with the Miles River Middle School to bring this monthly tech seminar to Hamilton seniors. Bring your laptops, cell phones and tablets.

You have been asking for our tech program to be a regular feature and now it is! So, bring your laptops, cell phones and tablets and let our students work with you to help you understand better the technology you own.

## AMUSING TRUTHS ABOUT GROWING OLDER

- 1) Growing up is mandatory; growing old is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 5) Time may be a great healer, but it's a lousy beautician.
- 6) Wisdom comes with age, but sometimes age comes alone.

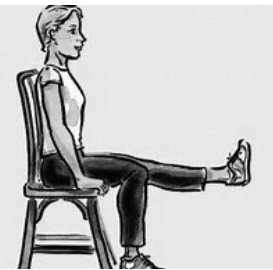
# Health and Wellness

**NEW  
CLASS**

## Balance, Bands and Strength Wellness Class 11 - 11:45 am

Join us on November 26th. at  
11:00 -11:45 for a brand new

HCOA wellness offering in partnership with the Gordon College Center for Balance, Mobility and Wellness. Through the use of bands and your own body weight, you will become stronger, better balanced and will feel better as a result of this 45 minute offering. You will also learn exercises to implement at home for your continued stability and well-being. Taught by nationally Certified Personal Trainer Sara Twombly, BS, ACSM-CPT, you will leave each session energized and educated.



## Chair Yoga Monday Mornings at 10:30

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

## Gentle Joints Friday Mornings at 10:00

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



## Podiatry

The last date for a podiatry appointment in 2019 is October 30th at the Hamilton Senior Center. Podiatrist, Dr.

Van Ess', will start seeing patients at 9:00 scheduled 15 minutes apart. The Wenham COA will book all appointments at 978-468-5534. Bring Insurance Card. .



## Free Blood Pressure Screening

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

## How is Your Balance?

### Free Assessment Monday, November 18

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

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

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

The Center will be doing screening in Hamilton every month.

## T.O.P.S. (Taking Off Pounds Sensibly)

Is now meeting at the Hamilton Senior Center. Come join us every Friday at 8:45 AM: we're usually finished by 10 AM. The first visit is free. \$32 per year to **TAKE OFF POUNDS SENSIBLY** join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253



## Exercise on Your Own

Don't want to pay for a gym membership? Your Senior Center has exercise equipment you can use for free on your own. Times of use are just limited to times when there is NOT another activity going on in the exercise area. We have a treadmill, recumbent bike, and other equipment to build strength. Come on in and check it out!

## Audiology



Our audiologist is on family leave at present but is expected to return later this year.



## 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.



**Sunday, December 8**

### Holiday Trip to Maine

(Time: 8:30—5:30 Cost: \$99pp)

Get into the spirit as we kick off the holiday season & head north to tour Portland's Victoria Mansion, all dressed in holiday garb. The National Historic Landmark is a Victorian treasure, where each year local designers, decorators, and florists transform the mansion into an over-the-top Victorian holiday showcase. The home itself is a marvelous display of pre-Civil War opulence, but in December they jump into the holidays to create a truly awe inspiring wonderland - this is definitely an "ooh and aah" stop!

Next we will enjoy a Sunday Buffet Brunch at a local restaurant north of Portland. Legend has it that many years ago, the tug-boat Portland slowly wound its way up the nearby Cousins River. Its destination was Yarmouth, and its purpose was to provide a place for good food, drink, and hospitality. A harsh nor'easter besieged the boat at its mooring and strong winds grounded and overturned her. Although the Portland is gone, its spirit lives on in the historic spot where we will enjoy the view and some great food!

Our last stop will be at a local **Art Museum** to enjoy their annual Festival of Trees. This community event is held to benefit their programs & outreach throughout the year, and will feature lovely and lovingly decorated trees and wreaths that will fill the Museum's Main Gallery. The rest of the museum's historic galleries will also be decorated for the holidays and open for viewing.

**Visions of Sugar Plums can dance in your head as you enjoy the trip home!**

**This trip is great fun, & sure to fill you with Holiday cheer!**

Price includes: Motorcoach, driver gratuity, escort, visit to Victoria Mansion and Art Museum, Brunch, and lots of surprises en route! Please make all checks payable to All Around New England, and mail or bring to Hamilton Senior Center, 299 Bay Road, Hamilton, MA 01982. Leaves from Hamilton Senior Center.

**All trips leave from and return to the Hamilton COA.** For more information and to register, please contact Ann Chivakos at 978-468-4404 or email Ann at: [charles.chivakos@verizon.net](mailto:charles.chivakos@verizon.net). 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.



**The Hamilton-Wenham Low Vision Group** has expanded to include Essex and each community's Senior Center will take turns hosting our group. It will continue to be moderated by Lucy Frederiksen.

**The upcoming schedule for 2019 and 2020:**

**Sept 19, Oct. 17, Nov. 21**, Hamilton Council on Aging, 299 Bay Rd, Hamilton, MA. Call 978-468-2616 for lunch reservations

**Dec. 19, March 19, April 16**, Essex Council on Aging, 17 Pickering St, Essex, MA. Call 978-768-7932 for lunch reservations. Van transportation and carpooling are recommended as the building has only on-street parking.

**May 14, June 18, July 16**, Wenham Council on Aging, 10 School St., Wenham, MA. Again, van transportation and carpooling are recommended as the building shares parking spaces with the Buker Elementary School when school is in session.

# Outreach Corner

## ShopLocalHW Holiday Festival!

### Saturday, Nov 30th

ShopLocalHW is organizing a fun Holiday Festival on Saturday, November 30th, with a variety of family-friendly events and activities happening throughout the day in Hamilton and Wenham!

While the Festival's schedule is still being finalized some things are firmly on the list of offerings for the day, featuring activities such as:

- ♦ a pop-up market at the Hamilton Council on Aging and First Church of Wenham,
- ♦ gingerbread cookie decorating at Wenham Museum,
- ♦ baby-sitting drop-off and
- ♦ mini holiday performances from BoSoma Dance,
- ♦ hot cocoa from 15 Walnut,
- ♦ a Cornhole Tournament hosted by Plumeria Realtors at 300 Main,
- ♦ a visit from Santa and tree lighting with caroling on Railroad Ave from the Community House,
- ♦ and wreath-making at TM Landscaping

A free holiday trolley will also be available to take people to various stops in Hamilton and Wenham. Come out for a wonderful day and a fun way to kick off the holiday season! For more information visit [facebook.com/shoplocalhw](https://facebook.com/shoplocalhw), the Town of Hamilton website, or email [shoplocalhw@gmail.com](mailto:shoplocalhw@gmail.com).

**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.

### SHINE COUNSELING

While Lucy is enjoying her much deserved retirement, she will still be back to volunteer as a SHINE counselor each Wednesday from 9 to noon at the Hamilton Senior center. Call 978-468-5595 to request an appointment with her.






### **"Generals for Generations"** has returned to help seniors in Hamilton. This

program is a partnership with the Hamilton-Wenham Regional High School. Honor Society students will be going to the homes of seniors weekly starting Saturday, October 6<sup>th</sup> from 10:00 to 11:00 AM to help with chores and small projects around the house. Please note that the day and time is a change from last year's programs. We are very proud of the fact the National Honor Society has recognized this worthy club at the High School and the good work these students are performing for our seniors. Please call Mary Beth at 978-468-5595 to make your request for a student to help you.

If you have a volunteer coming to work at your house outdoors, and it is inclement weather, it is up to the discretion of the volunteer as to whether or not they feel comfortable working in those conditions. We have many people who request help through this program and have a waiting list. It isn't fair to either the volunteer or the person whose request could have been filled and is on a wait list. Thank you for your cooperation and understanding that will allow this program to succeed in reaching the most seniors possible each weekend.

# November 2019 Calendar

## Hamilton Senior Center Programs and Activities

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| <div style="text-align: right;">1</div> <div>  <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> </div> |  |  |  |   |
| <div style="text-align: right;">4</div> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Chicken Mirabella</p> <p>1:00 Readers Club</p>   | <div style="text-align: right;">5</div> <p>12:00 <u>Lunch</u> - Stuffed Shells</p> <p>1:00 Quilt &amp; Kvetch</p> <p>Pa3:00-7:00 <b>FLU CLINIC</b> at HW Library</p>                     | <div style="text-align: right;">6</div> <p>8:30 <b>COA Board Mtg</b></p> <p>9:00-12:00 Shine Counseling</p> <p>10:00 Open House</p> <p>10:30 <b>Bingo and Hot Dogs</b></p> <p>12:00 <u>Lunch</u> - Ribecue</p> <p>1:00 Artist's Open Studio</p> <p>2:00 <u>Eagle Scout Project Dedication</u></p>        | <div style="text-align: right;">7</div> <p>10:00-12:00 <u>CARFIT</u></p> <p>12:00 <u>Lunch</u> - Dijon Crusted Pork</p> <p>1:00 Movie: "Chernobyl 5"</p> <p>1:30 <u>Myopia Hunt</u></p>  | <div style="text-align: right;">8</div> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>-Chicken Tenders with honey mustard</p>  |
| <div style="text-align: right;">11</div> <p style="text-align: center;"><b>Closed for Veteran's Day</b></p>  | <div style="text-align: right;">12</div> <p>10:30 <b>Heritage Films</b> "Rescue of the Crew of Squalus 1939"</p> <p>12:00 <u>Lunch</u> - Meatball Sub</p> <p>1:00 Quilt &amp; Kvetch</p> | <div style="text-align: right;">13</div> <p>9:00-12:00 Shine Counseling</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Decoding Nutritional Information</p> <p>12:00 <u>Lunch</u> - Chicken Scampi</p> <p>1:00 Artist's Open Studio</p> <p>2:30 <u>Painting with Robbin</u></p> | <div style="text-align: right;">14</div> <p>12:00 <u>Lunch</u> - Beef Burgundy</p> <p>1:00 Movie: "Yesterday"</p> <p>2:00 Craft Circle @Wenham COA</p>   | <div style="text-align: right;">15</div> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u> - Asian BBQ Pork</p>   |
| <div style="text-align: right;">18</div> <p>9:00 <b>Balance Assessment</b></p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Meatloaf</p> <p>1:00 Cribbage</p>   | <div style="text-align: right;">19</div> <p>12:00 <u>Lunch</u> - Chicken Pot Pie</p> <p>1:00 Quilt &amp; Kvetch</p>  | <div style="text-align: right;">20</div> <p>9:00-12:00 Shine Counseling</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Recycling Committee</p> <p>12:00 <u>Lunch</u>-Lasagna</p> <p>1:00 Artist's Open Studio</p>   | <div style="text-align: right;">21</div> <p>11:00 <b>Low Vision Group</b> at Hamilton Senior Center</p> <p>12:00 <u>SeniorCare Special</u> "Thanksgiving"- Traditional Turkey Dinner</p> <p>1:00 Movie: "Maiden"</p>                     | <div style="text-align: right;">22</div> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u>-Ham &amp; Cheese Egg Bake</p>  |
| <div style="text-align: right;">25</div> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> - Sweet Sour Meatball</p> <p>1:00 Cribbage</p>  | <div style="text-align: right;">26</div> <p>11:00 <b>Strength and Balance Class</b></p> <p>12:00 <u>Lunch</u> - Yankee Pot Roast</p> <p>1:00 Quilt &amp; Kvetch</p>                      | <div style="text-align: right;">27</div> <p>9:00 <b>Tech Time</b></p> <p>10:00 Blood Pressure Clinic</p> <p>9:00-12:00 Shine Counseling</p> <p>10:00 Open House</p> <p>10:30 Open Social Hour</p> <p>12:00 <u>Lunch</u> - Pulled Pork</p> <p>1:00 Artist's Open Studio</p>                               | <div style="text-align: right;">28</div> <p style="text-align: center;"><b>Closed for Thanksgiving</b></p> <div style="text-align: center;">  </div> | <div style="text-align: right;">29</div> <p style="text-align: center;"><b>Closed for Thanksgiving</b></p> <div style="text-align: center;">  </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

Pre-Sorted Standard

U.S. Postage Paid

Permit #24

Hamilton, MA 01936

Deliver to addressee or current resident

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



## Hamilton Senior Van Transportation Information

**Provider:** Beauport Ambulance Service

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

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

**Hours of Operation:** Monday through Friday, 9 am until 3 pm.

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

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

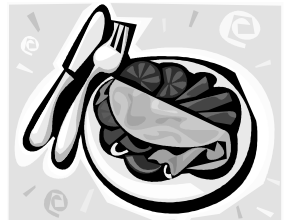
**Points:** Beverly, Hamilton, Wenham, Ipswich, Rowley, Rockport, Gloucester, Manchester, Essex.

*Please note that trips to Salem, Peabody and Danvers have been discontinued.*

## Daily Senior Lunches

**SeniorCare serves**

daily lunches at the Hamilton Senior Center for all those age 60+ and their spouse of any age. Meals include an entrée, side



dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. Reservations are necessary and must be made by 10 AM - 2 days before the day you wish to eat lunch by calling Kim at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 24 hours of your reservation. You can make multiple reservations at the same time.) There is a voluntary donation of \$2.00 per meal.

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