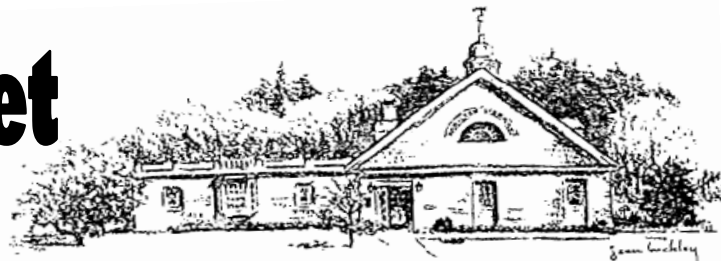


The Hamilton Hamlet

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

Stacy Verge

Senior Van Service

Beaumont Ambulance

DONATIONS TO THE COA

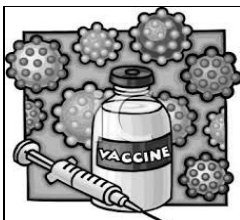
Please consider making a tax deductible * donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director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



Generals for Generations

"Generals for Generations" will be returning in October 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 6th from 11:00 AM to noon 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.

"Soup and Sandwich" is returning this October. The Council on Aging would like to buy our seniors lunch on October 16th and October 23rd. Call Kim to make a reservation at 978-468-2616.



Three Flu Vaccine Clinic's Scheduled

Sponsored by the Hamilton & Wenham Board of Health

October 3rd 3:00 pm to 6:00 pm Hamilton Senior Center, 299 Bay Road
October 17th 4:00 pm to 7:00 pm Wenham Buker Elementary School
November 30th 3:00 pm to 6:00 pm Hamilton Senior Center, 299 Bay Road

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

For Questions Contact:

Hamilton Board of Health 978-468-5579 or

Wenham Board of Health 978-468-5520 x4

Halloween Happenings

We invite our seniors to come to Open House on Halloween, October 31st to hear Dan Tremblay tell **Ghost Stories of New England**. Costumes are optional but Best Costume wins a prize. Open House is from 10 am to Noon.



Monthly Tech Seminars Coming to Senior Center

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.

Can You Help?

The Senior Center needs the following things:

Coffee and Tea K-Cups

Canes in good condition

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

October 3

Bingo and Hot Dogs

October 10

Fire Prevention Month Presentation from Fire Dept

October 17

Police Dept Presentation on Opioids and Overdose

October 24

*Workshop on Resistance Training -
Gordon College Balance Center*

October 31

Dan Tremblay - Ghost Stories of New England

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Oct 4 "Isle of Dogs" Koyu Rankin, Live Schreiber

Drama, Fantasy. In this stop-motion-animated film from writer/director Wes Anderson, an outbreak of canine flu in Japan leads all dogs to be quarantined on an island. A boy (voice of Koyu Rankin) journeys there to rescue his dog Spots (Liev Schreiber), and gets help from a pack of misfit canines who have also been exiled. His quest inspires a group of dog lovers to expose a government conspiracy.

Oct 10 "LBJ" Woody Harrelson

Drama. This biopic of Lyndon B. Johnson (Woody Harrelson) chronicles his time as the Senate majority leader, his ascension to the presidency following the assassination of JFK, and his efforts to pass the landmark Civil Rights Act of 1964 over the objection of Southern Democrats.

Oct 18 "Last Flag Flying" Bryan Cranston

Drama. Thirty years after they served together in Vietnam, a former Navy Corpsman Larry "Doc" Shepherd re-unites with his old buddies, former Marines Sal Nealon and Reverend Richard Mueller, to bury his son, a young Marine killed in the Iraq War.

Oct 25 "Pitch Perfect" Anna Kendrick, Rebel Wilson

Comedy, Music. Following their win at the world championship, the now separated Bellas reunite for one last singing competition at an overseas USO tour, but face a group who uses both instruments and voices.

October Luncheon Specials

SeniorCare Special

Thursday, October 25 at Noon

"Autumn Fest"

SeniorCare Special this month is a menu of cider braised pork, roasted parsnips & red carrots, wild rice blend, pumpkin pie, sourdough roll. Cost is \$2. Please make a reservation with Kim at 978-468-2616 by October 22.



Traveling Chef
Wednesday, October 10
"Oktoberfest"

Traveling Chef offers a chicken schnitzel, creamy mustard sauce, fennel apple slaw with onion, parsley, and cider vinegar, German potato salad, brioche roll, apple strudel with whipped topping. Make your reservation with Kim at 978-468-2616 by Oct 5th. Suggested donation for of this meal is \$3.

Soup and Sandwich

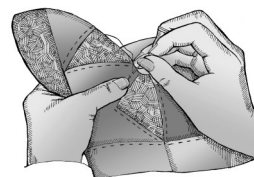
Tuesday, October 16 and 23

Soup and Sandwich Program will resume on October 16th and 23rd. The Council on Aging is offering complimentary soup and sandwich lunches this month. Normally, it is \$2. For menus, check at Front Desk or call Kim at 978-468-2616 for dates and menus.



Cribbage

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



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 of your chest, sound off, say what's on your mind.

Senior Center Activities & Notices

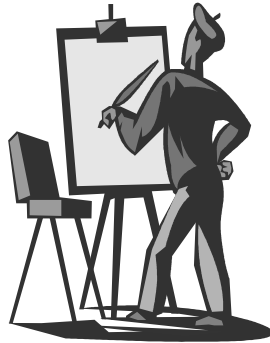


On Thursday, Oct. 18, the Low Vision Group will meet for "Lunch and Low Vision" at 11 am, with optional lunch at noon. The program is open to all, and lunch requires a reservation. Jan Dempsey, Director of the Hamilton-Wenham Public Library will be talking about and resources at our library for the blind and those with low vision. The Hamilton-Wenham Low Vision Group welcomes new members!

PAINTING WITH ALEAH

Wednesday, October 10
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 (paints, canvas, brushes, etc.) for a fee of \$10.**

Receptionist 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 for more information at 978-468-5595.

Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car puttering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over.

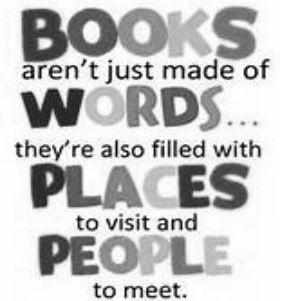
Approaching the car, he notices that there are five old ladies -- two in the front seat and three in the back -- wide eyed and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

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!



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

"Slower than the speed limit? No sir, I was doing the speed limit exactly... Twenty-two miles an hour!" the old woman says a bit proudly.

The State Police officer, trying to contain a chuckle explains to her that 22 was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask... Is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks.

"Oh, they'll be all right in a minute officer. We just got off Route 119."

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.

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

Register at the Hamilton Recreation Department on Monday, Wednesday, or Friday between 9:30 and 11:30 to get a FREE pass to use the Gordon College Bennett Center's indoor walking track.

How is Your Balance?

Free Assessment Tuesday, October 2

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:

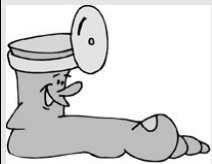
- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

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

The Center will be doing screening in Hamilton every month.

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.



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.

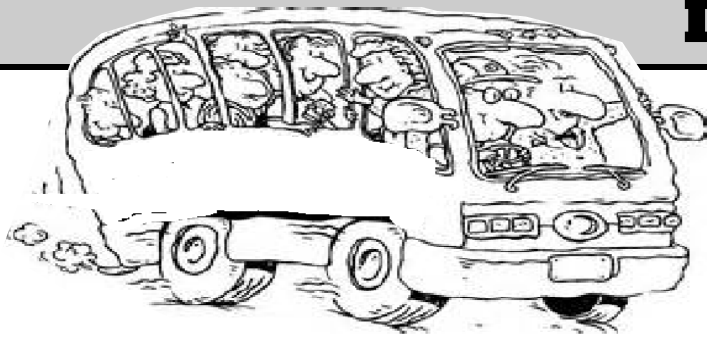


The Council on Aging section of the Hamilton website can be found at: www.hamiltonma.gov/government/council-on-aging. You can also navigate to the Council on Aging page by following the "Your Government" menu on the main page of the Hamilton website: www.hamiltonma.gov

LAW CLINIC

Attorney Matt Karr's Law Clinic is at 12:30 PM on the last Wednesday of the month.

Call or email Mary Beth for appointment.



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.

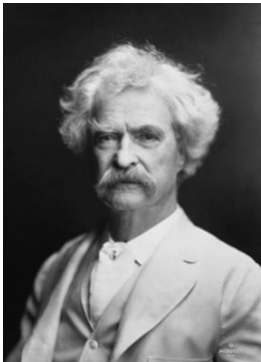
After the tour we'll enjoy a light lunch (on your own) at the Newsfeed Café - a unique cafe-within-a-television/radio-studio-within-a-library satellite studio of WGBH's Boston Public Radio. We'll see and hear a live broadcast featuring Jim Braude and Margery Eagan in conversation with the leaders and 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, con-

sisting of various sandwiches, 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 are 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 motor-coach 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.

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. *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.*

Outreach Corner

October is Open Enrollment for Medicare, from Oct. 15 through Dec. 7. All Medicare supplement and drug prescription programs announce their new rates and coverage changes. I will be attending regional SHINE (Serving the Health Information Needs of Elders/Everyone on Medicare) training on the new rates, new legislation, and new services in preparation for your questions and expect to have rates for all Medicare-approved supplemental and prescription drug plans offered in Essex County after Oct. 10 (every year, some providers' rates are delayed though). 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. I have a set of instructions for how to use the application to compare plans, if you are comfortable with computers and the internet; alternatively, I can do a Plan Search for you, or we can send your request to the Regional Office. 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. Call Lucy 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, 2018. If you have already been enrolled for fuel assistance, you should receive your information packet 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, appliance 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. Call Lucy if you are interested in having an Action Inc. representative come to Hamilton.

Hamilton Fire Department - Lock Boxes Available



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

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.

October 2018 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> <p>9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club</p>	<p style="text-align: right;">New Hampshire Trip 2</p> <p>10:30 Balance Assessment 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">3</p> <p>10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> 3:00 - 6:00 Flu Clinic</p>	<p style="text-align: right;">4</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Isle of Dogs"</p>	<p style="text-align: right;">5</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">8</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">9</p> <p>9:00 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">10</p> <p>9:00 Podiatrist 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Fire Prevention 12:00 <u>Traveling Chef</u> "Oktoberfest" 2:00 <u>Painting With Aleah</u></p>	<p style="text-align: right;">11</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "LBJ" 2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">12</p> <p>8:45 TOPS 10:00 Gentle Joints 11:00 <u>Lunch</u></p>
<p style="text-align: right;">15</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">16</p> <p>12:00 <u>Soup and Sandwich Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">17</p> <p>10:00 Open House 10:30 Opioids and Overdose 12:00 <u>Lunch</u></p>	<p style="text-align: right;">18</p> <p>11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: "Last Flag Flying"</p>	<p style="text-align: right;">19</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">22</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">23</p> <p>12:00 <u>Soup and Sandwich Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">24</p> <p>10:00 Blood Pressure Clinic 10:00 Open House 10:30 Chair Resistance Training Workshop 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u></p>	<p style="text-align: right;">25</p> <p>11:00 Low Vision Group 12:00 <u>SeniorCare Special</u> "Autumn Fest" 1:00 Movie: "Pitch Perfect" 2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">26</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p style="text-align: right;">29</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">30</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">31</p> <div style="text-align: center;">  </div> <p>10:00 Tech Seminar 10:00 Open House 10:30 Ghost Stories of NE 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u></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.