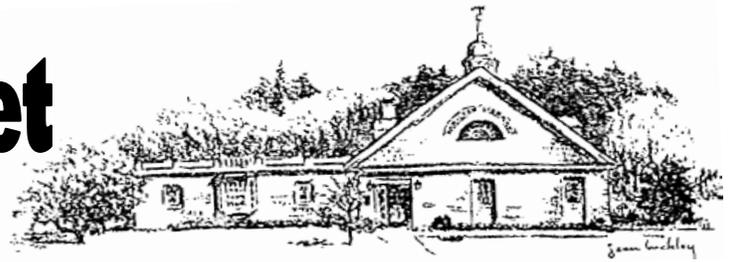


The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595
www.hamiltonma.gov/government/council-on-aging



“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
Sherry Leonard, *Chairman*
Steve Walsh, *ViceChairman*
Nancy Longval, *Secretary*
Betty Gray
Linda Spong
Martha Hale Farrell

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.



Beginning October 4th, Gordon students enrolled in “The Great Conversation” course will be volunteering at the Hamilton Council of the Aging. These students hope to interact with the participants in programs at the Hamilton Council of the Aging and offer a weekly discussion program focused on areas of an Aging program including topics of: Exercise, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Fall Prevention. The weekly program will provide opportunities for seniors to interact with college students, share life stories, and build relationships.

The Council on Aging Partners with Gordon College Students to Create Program for Mastering the Art of Aging Well

The Gordon College Office of Service Learning works with faculty to provide students with experiences that intentionally link academic course outcomes with relevant service in collaboration with a community partner. This course focused on developing the disciplines of listening and reading, speaking and writing, with readings and discussion focus on the question: “What is the good life?”

Please call Mary Beth at 978-468-5595 to sign up for this FREE 8 week program on Wednesdays beginning October 4th from 3 to 4 PM.

TAILGATE PARTY

Please join us at 12 PM on
Sunday, October 1
at the Senior Center

The Hamilton-Wenham Rotary is sponsoring a Tailgating Event to celebrate the Patriots taking on the Carolina Panthers game at 1 PM. Arrive at noon and enjoy appetizers before the hamburgers and hot dogs with all the fixings are cooked. Please call Mary Beth to make a reservation at 978-468-5595.

**FREE
FLU CLINIC
at the Senior
Center
October 4th
and
November 1st
3:00 - 6:00 pm**

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

October 4

Bingo and Hot Dogs

October 11

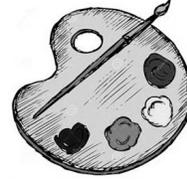
Pizza Party by ElementCare

October 18

Bring your antiques for appraisal with Henry Jensen,

October 26

Southern Essex Registry of Deeds will explain



PAINTING WITH ALEAH

Wednesday, October 11

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.**

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Oct 5 "Megan Leavy" Kate Mara

Drama, War. Marine corporal Megan Leavey bonds with a bomb-sniffing military dog named Rex as the pair work together detecting explosives in Iraq. When Leavey is badly injured in combat and forced to return home, she vows to cut through the military's red tape to adopt Rex. Based on a true story.

Oct 12 "My Cousin Rachel" Sam Claflin, Rachel Weisz

Drama, Romance. In this gothic romance set in 19th century England, a young man falls for his alluring and secretive cousin Rachel, despite his suspicions that she murdered his guardian after altering the latter's will - or that she might be targeting him next. My Cousin Rachel is based on the 1951 novel by Daphne du Maurier.

Oct 19 "The Hero" Sam Elliot, Katharine Ross, Krysten Ritter

Drama. An over-the-hill movie star deals with a cancer diagnosis and a lifetime of regrets while trying to mend fences with his ex-wife and daughter. At the same time, he pursues a new romantic interest.

Oct 26 "Dunkirk"

Action Historical Film, War. Acclaimed auteur Christopher Nolan wrote and directed this historical thriller about the Dunkirk evacuation during the early days of World War II. When of Dunkirk, France, following a catastrophic defeat, a number of civilian boats set out to rescue them before they are decimated by the approaching Nazi forces.

September Luncheon Specials

TRAVELING CHEF

Friday, October 13 at Noon

"Oktoberfest"

Chicken Schnitzel, Creamy Mustard Sauce, Caraway Apple Slaw, German Potato Salad, Brioche Roll, and Apple Strudel with Whipped Topping. Please make your reservations with Kim at 978-468-2616 by 11 AM on October 10. Suggested donation is \$ 3.00.



SeniorCare Monthly Special

Thursday, October 19 at Noon

"Autumn Fest"

The menu is Roast Pork with Chunky Apple Compote, Roasted Parsnips and Brussel Sprouts, Wild Rice Blend, Pumpkin Pie, Sourdough Roll. Please make your reservations with Kim at 978-468-2616 by October 16 at 11 AM. Donation for meal is \$2.00



Meet for Breakfast

The Senior Center has a **Do-It-Yourself Breakfast** daily. Belgian waffles are also available on Wednesdays. 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.



We are always grateful for K-Cup Coffee donations. Any help you can give is appreciated!

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.

Senior Center News & Activities



Cribbage

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



- **Special Town Meeting**
Saturday, November 4 9AM
Winthrop School
- **Senior Center Annual Christmas Party**
Thursday, December 14



On Tuesday, Oct. 3, 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. Renee Man, an Orientation and Mobility

Specialist/Vision Rehabilitation Therapist with Community Services at the Carroll Center for the Blind, part of the Perkins School for the Blind, will be talking about and demonstrating organizational tips for those with low or no vision. This is an excellent program for those who have recently been diagnosed with low vision. Her first segment was very well-received in 2016. The Hamilton-Wenham Low Vision Group welcomes new members! Please note the Tuesday day instead of our usual Thursday; Renee works only on Tuesdays!



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!

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.



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.

RECEPTIONIST WANTED

Mary Beth is looking for a Part-time Reception Volunteer. This volunteer would be eligible for the Hamilton Senior Tax Abatement Program.

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.

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.

Health and Wellness

Do You Hate Exercising Alone?

As you know the Council on Aging has several exercise classes for seniors during the week. We would love to bring more in but honestly, we can't afford the cost of bringing an instructor to the senior center. (Remember, we are the second smallest department in Hamilton!)

So, if you're someone who used to like playing your Leslie Sansone Walking DVD to get in a work-out, but hated doing it by yourself, the COA can help.

As soon as we get the projector installed permanently in our activity area, we would like to introduce self-directed group classes using DVD workout videos.

We already have "Discover Tai Chi for Balance"; "Leslie Sansone-Walk Away the Pounds"; "Easy Yoga for Arthritis"; and "Cardio and Strength Training for Seniors". The idea is to work your way through the DVD programs over a six, or maybe 8 week, program and find a friend in the meantime.

Please stay tuned for this new work out program. We are hoping to have everything in place for early fall.

What If You Like to Exercise on Your Own

The Senior Center has a recumbent bicycle, a treadmill, an exercise chair, and a "Cubii" (which allows you to pedal from a regular chair) available for individual exercise. You can use the equipment when classes are not in session.



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 an 8 week series.

Strength, Flexibility and Balance

Wednesday Afternoons
at 1:00

Practice basic postures, form, and breath work with instructor, Heather Tharpe, for building physical strength, flexibility, and balance. Comfort and safety are ensured through the use of chairs, the wall, and other equipment to accommodate individual abilities affected by: Parkinson's ~ Arthritis ~ Multiple Sclerosis ~ Stroke Post-rehab conditioning ~ other functional instability.

A \$3 or \$5 donation per class is gratefully appreciated.



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.



TAKE OFF POUNDS SENSIBLY
call 478-468-7253.

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. For more information



Free Hearing Screenings

Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on Tuesday, October 10.

No appointment needed.

Sue will be available from 9:30 to 10:30.



Podiatry

The Podiatrist, Dr. Van Ess will visit the Wenham Senior Center in 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.

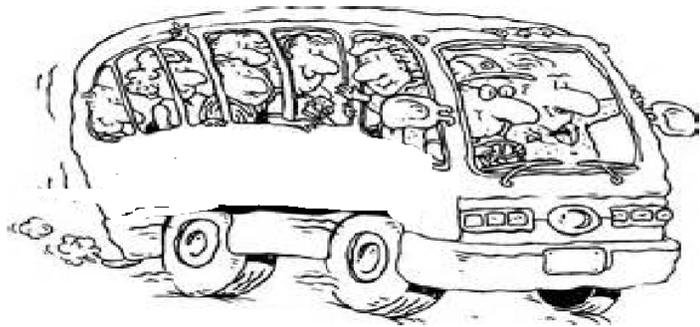
Free Blood Pressure Screening

Nurses are on duty on the second and fourth Wednesdays from 10 to 11 AM at the Hamilton Senior Center.

No appointment needed.



Day Trips & Transportation



Fruitlands Museum Foliage Trip Wed, October 18

A beautiful foliage ride up Route 2 thru Carlisle and on to Harvard to visit the Fruitlands Museum, a National Historic Landmark with a captivating view over the landscape. We'll have a 1 1/2 hour guided History and Highlights Tour including the Alcott's Farmhouse, Shaker Museum, Native American Museum and the Art Gallery.

Price will probably be \$25 per person for transportation by Beauport 14 passenger mini-bus, \$11 per person for the tour and money for lunch. We'll either eat at the Museum Café or grab something on the way home. Probably leave around 9am and be home around 3pm.

Waiting List Only.

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.



Newport, Rhode Island
\$85.00 per person

Tues, December 5, 2017

- Tour of Marble House
- Lunch at Johnny's Restaurant
- Local Guided Bus Tour

Departure from the Hamilton COA at 7:30 a.m.

Arrive Home at approximately 5:30 p.m

For this trip we'll travel to Newport, Rhode Island where we will **tour Marble House** one of the grandest mansions that Newport has to offer, all decorated for the Holidays. Here are a few of the wonders you will get to experience at Marble House. Aside from all of the elegance and opulence that this house offers, fresh flowers, evergreens, and wreaths filling the rooms with Yuletide splendor, tables set and decorated with period Silver & China for the Holiday Dinner, and several Christmas Trees beautifully decorated throughout the mansion.

After our tour is finished, we will travel to Middletown where we will have a **delicious lunch at Johnny's Restaurant**, part of the newly renovated Atlantic Resort. After lunch, we will have a **local, narrated bus tour of Newport**, learning about the history and lore of this scenic area.

Includes: round trip luxury motor coach transportation, 1 mansion tour, luncheon with your choice of chicken picatta or baked schrod, including salad, vegetable, potato, desert, coffee/tea, dining room taxes and gratuities, and local guided bus tour.

For more information, please contact Ann Chivakos at 978-468-4404 or email to: charles.chivakos@verizon.net

YOU DO NOT HAVE TO BE FROM HAMILTON
TO JOIN ANY TRIP!

Tour the State House Friday, October 6

Brad Hill will be hosting seniors from Hamilton for a tour of the State House on Friday, October 6th followed by lunch afterward. If you are interested in this event, please call Mary Beth 978-468-5595 to sign up. Call early! We only have room for 14 seniors on the Beauport Van which will take you into Boston and bring you back to the senior center.

Free Rides to and from the Senior Center

We'd like to thank the Beauport Ambulance Service (who provides the Hamilton Senior Van Service) for agreeing to provide Seniors with **free rides** to and from the Senior Center for lunch and activities.

Be sure to make your reservation with them at 978-281-6955 24 hours in advance.

Looking for Class Photos

If you have visited the Senior Center in the last two years, you will have noticed that we are collecting class photos from our Senior Citizens. We are currently have the following years hanging on the wall: 1930, 1935, 1936, 1937, 1939, 1940, 1946, 1947, 1948, 1949, 1953, 1954, 1955, 1956, 1957, 1959, 1960, 1961, and 1962

We are hoping that you have your own class photo that you would let us borrow to make a copy and then hang the copy in the Senior Center. If you have a photo not already on display of classes before 1974, please contact Mary Beth.

Outreach Corner



By Lucy Frederikson, Outreach Coordinator

October is Open Enrollment for Medicare, from Oct. 15 through Dec. 7. All Medicare supplement and drug prescription programs announce their new rates. 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 (last year, some providers' rates were delayed). 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. Medicare's web site, www.medicare.gov, is an excellent source for answers to many of your questions; the site also 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 and effective dates, 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 are as follows: the limit for yearly income for a household of 1 is \$12,060 (100% federal poverty level) to \$34,380 (60% of median state income); for a household of 2, \$16,240 to \$44,958; a household of 3, \$20,420 to \$55,537; and a household of 4, \$24,600 to \$66,115. 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.

Lucy Frederiksen, Coordinator of Social Services and Outreach, 978-468-5595.

Lucy Frederiksen, Coordinator of Social Services and Outreach, 978-468-5595

Remember to bring in your aluminum can pull tabs for our collection to benefit the Shriner's Hospitals for Children.



A man walks into the psychiatrist's office with a zucchini up his nose, a cucumber in his left ear, and a breadstick in his right ear.

He says, "Doctor, what is wrong with me?" The psychiatrist replies, "You are not eating properly."

Button-Cell Battery Rebate Program

The Council on Aging is collecting your used button-cell batteries and the Hamilton Senior Center will benefit by being paid \$100 per pound of batteries that are collected. There is a box at the Senior Center where you can drop off your batteries. You'll be helping the environment too. Donating your old batteries not only helps our seniors, but keeps millions of button-cell batteries from hearing aids, watches, and other electronics (with 9mg mercury each) out of landfills.

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

October 2017 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Citizens Day ² at Topsfield Fair</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club</p>	<p>³</p> <p>11:00-Low Vision & Lunch 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p>8:30 COA Board Mtg ⁴ 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class 3:00 Aging Well Program</p>	<p>⁵</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Megan Leavey"</p>	<p>State House Tour ⁶</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p>⁹</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p>Sign up for ¹⁰ Traveling Chef</p> <p>9:00 Sen Tarr Constituent Visit 9:30 Audiology Clinic 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p>10:00 Blood Pressure ¹¹ Clinic 10:00 Open House 10:30 ElementCare Pizza Party 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class 3:00 Aging Well Program ¹⁷</p>	<p>¹²</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "My Cousin Rachel" 2:00 Knitting @ Wenham COA</p>	<p>¹³</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 Traveling Chef "Oktoberfest"</p>
<p>Sign-up ¹⁶ for SeniorCare Monthly Special</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p>"</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p>Fruitlands Foliage Trip ¹⁸</p> <p>10:00 Open House 10:30 Antique Roadshow 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class 3:00 Aging Well Program</p>	<p>¹⁹</p> <p>12:00 SeniorCare Luncheon Special "Autumn Fest" 1:00 Movie : "The Hero"</p>	<p>²⁰</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p>²³</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p>²⁴ ¹</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p>10:00 Blood Pressure ²⁵ Clinic 10:00 Open House 10:30 SE Registry of Deeds: Homestead Act 12:00 <u>Lunch</u> 12:30 Legal Clinic 1:00 Strength, Balance, Flexibility Class 3:00 Aging Well Program</p>	<p>²⁶</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Dunkirk" 2:00 Knitting @ Wenham COA</p>	<p>²⁷</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>
<p>³⁰</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p>³¹</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>Bolded items are activities or programs which are unique or not scheduled weekly Underlined 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@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: \$3.00 round-trip for non-medical trips. **FREE for medical appointments and trip 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.