

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
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.



Center for Balance Free Event September 22

You are cordially invited to the Center for Balance, Mobility and Wellness, located at Gordon College in Wenham from 12 to 1:30 pm on Friday, September 22, for a health and wellness event in celebration of National Falls Prevention Awareness Day. This year marks the 10th Annual Event as recognized by the National Council on Aging and the Center for Balance at Gordon is hosting a free event as the Center continues to serve as an important resource for North Shore residents who are concerned about

or are interested in balance, exercise, vitality, longevity, strength, flexibility, and health/wellness.

This event will be a 90-minute visit to the Center for Balance and will be comprised of a wellness presentation highlighting the critical systems in our bodies which help maintain or restore balance, as well as individualized balance screenings. This will be overseen by the Center’s expert physical therapists and fitness staff. For more information, please contact Center for Balance Fitness Manager Ross Ackley at 978-867-4147. We hope to see you on September 22! Thank you!

September Food Collection for Hunger Action Month

The Hamilton Senior Center is doing a food collection drive in September for Acord Food Pantry, in honor of Hunger Action Month! Acord, located in Hamilton (69 Willow St), was founded in 1991 and provides food assistance to residents of six communities: **Hamilton, Wenham, Ipswich, Topsfield, Essex, and Manchester by the Sea.** According to the organization’s web site, www.acordfoodpantry.org, the mission is “to empower individuals and families to feed themselves in a nutritionally balanced way. Acord is a non-denominational, green, grassroots organization staffed by more than 100 volunteers and supporting more than 3,500 client visits each year.” Acord distributes **unexpired** food, toiletries, and household paper and cleaning products. Lately, you can thank Acord for dropping off fresh produce on Wednesdays for distribution at the Senior Center!

The hours for the pantry are as follows: Wednesday: 9:30 – 11:00 am, Thursday: 6:30 – 7:30 pm, Saturday: 9:00 – 11:00 am.

Because the following products are rarely available from the Greater Boston Food Bank, they are in high demand among Acord clients:



Breakfast items: Jam and jelly (all flavors), cereal (all kinds), pancake mix, syrup, hot cereals

Canned goods: Chili, hearty soup, canned meats (white tuna, chicken, salmon, ham), baked beans, beef stew, Chef Boyardee, SpaghettiOs

Dry goods: Coffee, tea, cocoa, baking mixes, macaroni

& cheese, couscous, quinoa, and other grains

Juices: 100% juice in cans, bottles, or juice boxes

Snack items: Healthy, individually wrapped snacks (granola bars, raisins, pudding, fruit cups)

Condiments: Mayonnaise, salad dressing, mustard, ketchup, and other condiments

Personal care items: Soap, body wash, shampoo, deodorant, toothbrushes, toothpaste, tampons

Baby items: Diapers, formula, baby food, baby cereal

You can also donate online at the organization’s website www.acordfoodpantry.org/donate or mail a check to the address below: **Acord Food Pantry, P.O. Box 2203, S. Hamilton, MA 01982**

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

September 6

Bingo and Hot Dogs

September 13

Trivia

September 20

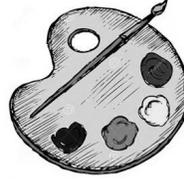
How to Self-Publish Your Memoirs Seminar
by Publisher, Henry Quinlan *

September 27

Presentation on Oral Health
by HyLife Oral Health Alliance

* **How to Self-Publish Your Memoir Seminar** at Open House on Sept 20th, participants will learn to:

- Self-publish at no cost to you & how to finance your book
- Learn writing tips from a publisher
- Design techniques that work
- Learn the basics of book marketing
- How to work through writer's block



PAINTING WITH ALEAH

Wednesday, Sept 13 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.**

September Luncheon Specials

TRAVELING CHEF

Friday, September 8 at
Noon

"Breakfast for Lunch"

Frittata with Sausage, Peppers and Onions, Spinach Salad with Mandarins, Citrus Dressing, Home Fries, Blueberry Muffin, Fruit Salad. Please make your reservations with Kim at 978-468-2616 by 11 AM on September 5. Suggested donation is \$ 3.00.



SeniorCare Monthly Special

Thursday, September 21 at Noon

"Little Italy"

The menu is Chicken Parmesan, Fresh Marinara Sauce, Parmesan Cheese for Grating, Fettuccini Noodles, Zucchini and Summer Squash, Tiramisu or Rum Cake, and Garlic Bread. Please make your reservations with Kim at 978-468-2616 by September 18 at 11 AM. Donation for meal is \$2.00

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Sept 7 "Alone in Berlin" Emma Thompson, Brendan Gleeson
Drama. After their son is killed while serving in the German Army during World War II, married couple Anna and Otto Quangel launch an anonymous propaganda effort against the Nazis by leaving postcards with anti-Hitler messages in public places. Soon, a police detective is tasked with hunting down the author of the postcards. Based on a true story.

Sept 14 "A United Kingdom" Rosamund Pike, David Oyelowo
Drama. Dramatization of the real-life romance between white Londoner Ruth Williams and African law student Seretse Khama, who began their love affair in 1947 when Williams was unaware that Khama was the heir apparent to the throne of the Bamangwato tribe of the British protectorate of Bechuanaland (modern-day Botswana). After deciding to marry, the couple return to Africa so he can assume his royal duties, but their interracial marriage faces opposition from both Khama's family and neighboring South Africa, whose apartheid government leans on Britain to break up their union.

Sept 21 "The Last Word" Shirley MacLaine, Amanda Seyfried
Comedy. An aging businesswoman named Harriet asks a young writer from her local newspaper to draft her obituary. Harriet's domineering personality has left her with few friends or loved ones to contribute to the memorial, forcing her to make a change if she wants to leave behind a positive legacy.

Sept 28 "Gifted" Chris Evans, McKenna Grace, Lindsay Duncan
Drama. A bachelor named Frank tries his best to raise his seven-year-old niece Mary in rural Florida. But when it's revealed that Mary is a budding math prodigy, Frank gets into a custody battle with his mother over what's best for her future.



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.

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 September dates.



The Low Vision Group will meet on Thursday Sept. 14 at 11 am for "Lunch and Low Vision." No scheduled speaker for this month, bring your own topics and questions! New

members welcome! Please make your lunch reservations by Sept. 7 with Lucy, or Kim at 468-2616.

The Hamilton Council on Aging and Senior Center hosts a monthly Low Vision Group for local residents with low or no vision, and their family or caregivers. The group is open to Hamilton and Wenham residents and anyone from surrounding towns that might not otherwise have access to a low vision group. The intention of the group is to combine "business and pleasure," offering educational material and guest speakers, and fun trips away.



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.

What is Corn Toss?

Corn Toss is a game similar to horseshoes except you use wooden boxes called corn toss platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the corn toss platform until a contestant reaches the score of 21 points. A corn bag in the hole scores 3 points, while one on the platform scores 1 point. Scoring can be swift and the lead may change hands several times in a match before the winner is decided.

The game is generally played tournament style with an individual or team being named the champion at the end of the tournament.

So, why are we talking about Corn Toss? Because the Council on Aging will shortly have a regulation Corn Toss set and we are looking for players! Would you like to form a league? How often would you like to play? Give the COA a call and let us know what you think. This is a fun game-one that can be played both indoors and out and we have the whole activity side we can use to play! 978-468-5595



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.*

Health and Wellness



FREE FLU CLINIC
at the
Senior Center
October 4th and November 1st



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.

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.

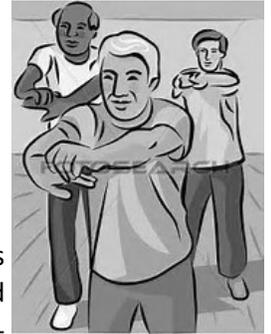
As soon as we get the projector installed permanently in our activity area, we would like to introduce self-directed group classes using DVD workout videos.

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.

Parkinson's Fitness Group

Wednesday Afternoons
at 1:00



Heather Thorpe will be leading this **free** fitness group specifically designed for seniors dealing with Parkinson's disease. Experience movement with a greater sense of ease. Learn basic balance postures, form, and breath work, while building physical strength, flexibility, and balance. Ensure comfort and safety, using a chair, wall, and other props for individual variations and modifications. Close your practice with a restorative moment paired with mindful breathing. Come experience the unlimited benefits of the Parkinson's Fitness Group.

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.



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, September 12th**. No appointment needed. Sue will be available from 10 to 10:30.



Podiatry

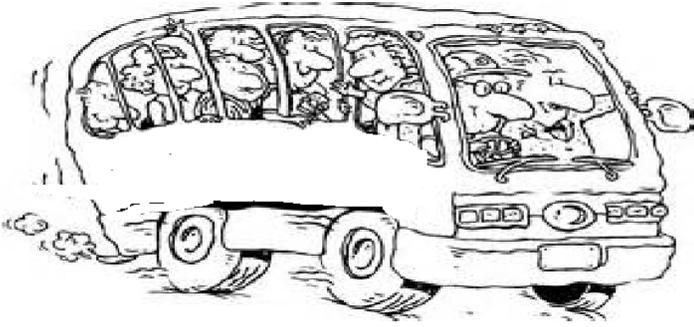
The Podiatrist, Dr. Van Ess will visit the Hamilton Senior Center at 9:00 AM on the last Wednesday of the month. Appointments will be 15 minutes apart and the Wenham COA will book the appointments at 978-468-5534. Bring Insurance Card.

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



Salem Trolley Tour Thurs, September 7 & optional lunch at Red's Sandwich Shop Price will be \$10 person and lunch will be on your own.

We'll have a private narrated one hour trolley tour of beautiful and historic Salem starting at 11am. The eight mile ride around the city takes you past the Charter Street Burial Ground, the House of the Seven Gables, Witch Dungeon Museum, Salem Witch Museum, the historic waterfront area and other locations, including Chestnut Street considered to be one of the most beautiful streets in America. Our professional driver and talented local tour guide will entertain us with factual history and interesting tidbits about Salem.

You'll need to get to Salem on your own. The most convenient parking garage is Museum Place at 1 New Liberty Street which I believe is 75 cents per hour. You'll get the trolley at the National Park Service Visitors Center at 2 New Liberty Street. The tour starts and ends at this location.

Red's is about a 5 minute walk from the Visitor's Center if you decide to join us for lunch.

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.

The Christmas Holidays Will Be Here Before We Know It!!!

With that in mind - please join us for a memorable and distinctive day trip to get us in the holiday spirit! We'll visit the **Newport Mansions in Newport, Rhode Island** all "dolled up" exquisitely for the season. We'll arrive and depart by luxury motorcoach. We'll have a tour and, of course, a delicious luncheon. Date will be in early December.

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.*



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

The National Council on Aging (NCOA) observes Falls Prevention Awareness Day annually on the first day of Fall, Sept. 22! In recognition of the day, the NCOA has prepared a number of handouts addressing several issues related to falls among older citizens. I have copies of the complete set, if anyone is interested in reading any of the one-to-four page infographics: 6 Steps to Prevent a Fall, Falls Prevention Fact Sheet, Falls Prevention Programs, Debunking the Myths of Older Adult Falls, Osteoarthritis and Falls, and Osteoporosis.

Falls among elders have a HUGE economic and personal cost. According to the NCOA, "falls are the leading cause of fatal and non-fatal injuries for older Americans." On the personal level, falls threat-

en an individual's health, mobility, and independence. On a larger scale, in 2013, the total cost of fall injuries was \$34 billion, of which 78% was covered by Medicare! One of the NCOA handouts debunks "myths" about falling – surprisingly, falls are NOT a normal sign of aging. Also, limiting activity and staying at home to avoid falls do not prevent falls; instead, those decisions contribute to loss of muscle strength and flexibility that won't be regained without effort! Also surprising is the fact that although it is true that osteoarthritis can contribute to an increased risk of falls, the arthritis itself is NOT a normal part of aging either and can be treated!

The best ways to protect yourselves and your older relatives from falls are fairly simple: Talk to your doctors and family, review medications for side effects and interactions, get your vision checked, exercise, and keep your home safe. As you age, make the necessary changes in your lifestyle and environment to keep yourself safe, mobile and independent!

SHINE (Serving the Health Information Needs of Elders)

DO NOT IGNORE YOUR MEDICARE MAIL !

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September.

Please **understand** Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. There will be group presentations... and/or you may schedule a phone or in-person appointment.

If you need information on Medicare, either signing up or needing other help, please call. I am a state-certified Medicare counselor and have lists of available

options and eligibility for programs to reduce insurance and medical costs. As a reminder, Medicare Open Enrollment starts Oct. 15 and you can change your supplement and prescription plan choices to start on Jan. 1; I can help with using Medicare's Plan Finder application.

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

Call early to receive a pre-enrollment form and make that appointment... and bring your Medicare and insurance cards and complete list of your medications.

DO NOT WAIT UNTIL IT'S TOO LATE!

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.

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



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

September 2017 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1	1
<p>Bolded items are activities or programs which are unique or not scheduled weekly Underlined items require sign-up or reservation</p>			SEPTEMBER FOOD COLLECTION FOR HUNGER ACTION MONTH	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
4	5	6	7	8
CLOSED  LABOR DAY	Sign up for Traveling Chef 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness	9:00 <u>Salem Trolley Tour</u> 12:00 <u>Lunch</u> 1:00 Movie: "Alone in Berlin"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Traveling Chef</u>
11	12	13	14	15
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club	9:00 Sen Tarr Constituent Visit 10:00- Audiology Clinic 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Trivia 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness 2:00 <u>Painting with Aleah</u>	11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie : "A United Kingdom" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
18	19	20	21	22
Sign-up for SeniorCare Monthly Special 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Open House 10:30 How to Self-Publish Your Memoirs 11:00 Free Produce Market 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness	12:00 <u>SeniorCare Luncheon Special</u> 1:00 Movie: "The Last Word"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> 12:00 Center for Balance Evaluation Event
25	26	27	28	29
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Oral Health 11:00 Free Produce Market 12:00 <u>Lunch</u> 12:30 <u>Legal Clinic</u> 1:00 Parkinson's Fitness	12:00 <u>Lunch</u> 1:00 Movie: "Gifted" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>

Hamilton Council on Aging
299 Bay Road
Hamilton, MA 01982

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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.