

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
Michael Lombardo

Center Staff
Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board
Tom Hever, Chairman
Steve Walsh, ViceChairman
Nancy Longval, Secretary
Betty Gray
Linda Spong
Martha Hale Farrell
Sherry Leonard

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.

Mother's Day Brunch

Hamilton Senior Mothers (ages 60+) are invited to a Mother's Day Brunch at the Senior Center on Friday May 12th at 11:00 AM. The Brunch will be prepared and served by a wonderful group of young mothers led by Martha Hale Farrell from the COA Board. Limited to 36 mothers. Please make reservation with Mary Beth at 978-468-5595.



Red Sox Game

Saturday, May 6 at 2:00

Tom Hever, the Chairman of the Council on Aging, will be hosting a Saturday Red Sox game at the Senior Center. Join him May 6th to watch an away game at Minnesota scheduled for a 2:10 start. As always, our Chairman will be the perfect host offering hot dogs, chips and hot fudge sundaes. Please RSVP to Mary Beth at 978-468-5595 so that we can get a head count.



Upcoming Events



Hamilton and Wenham COAs and the Hamilton/Wenham Library present

Curious Creatures

Friday, June 2, 2017
10:30 AM
at the Library

Curious Creatures offers an interactivational, hands-on educational show of unusual and exotic curious creatures, featuring mammals, bugs and reptiles.

Summer BBQ

Friday, June 16th at 11:30
Please save the date June 16th at 11:30 for a Summer BBQ cook-out sponsored by State Representative Brad Hill with the cooking provided by the Hamilton Fire Department. Please RSVP to 978-468-5595. Hamburgers, hot dogs and all the fixings plus a hot fudge sundae bar by Cherry Hill Creamery. FREE to seniors in Hamilton.

Flag Dedication

Wednesday, June 14^h at 10:30

We will be dedicating flags that were purchased for use at the senior center. The American Legion will be on hand for the dedication along with the Hamilton Police and Fire Department. Light refreshments will be served.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

May 3

Peabody Essex Museum Docent, Roberta Newman, will talk about North Shore's China Trade

May 10

Bingo and Hot Dogs

May 17

New DPW Director, Tom Olson, will talk about his department

May 24

Debra Davidson from SeniorCare will talk about healthy snacking

May 31

Open Social Hour

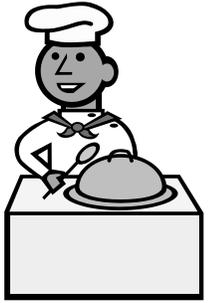
MAY Luncheon Specials

TRAVELING CHEF

Tuesday, May 9 at Noon

"Brazilian Barbeque"

Menu is Brazilian BBQ Beef or Pork, White Rice with Scallion Garnish, Fresh Bean Sauce, Beet Salad, Dinner Roll and Caramel Custard Flan. Please make your reservations with Kim at 978-468-2616 by 11 AM on May 4. Donation asked for meal is \$3.



SeniorCare Monthly Special

Thursday, May 11 at Noon

"Mother's Day Special"

The COA is offering this special free of charge to Hamilton mothers who make a reservation. Others are asked for a \$2 donation. The menu Stuffed Chicken Breast, Zucchini and Summer Squash Blend, Au Gratin Potatoes, Strawberry Shortcake. Please make your reservations with Kim at 978-468-2616 by May 8 at 11 AM.

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

May 4 "Manchester by the Sea" Casey Affleck

Drama. A hardened handyman named Lee returns to his hometown in New England after the death of his brother to care for his 16-year-old nephew but his arrival also unearths his checkered past. Soon, Lee comes back into contact with his estranged wife as he deals with life in his tight-knit former community.

May 11 "Patriot's Day" Mark Walberg, John Goodman, Kevin Bacon

Drama. In the immediate aftermath of the 2013 Boston Marathon bombings, a police officer aids in the pursuit of the terrorists responsible. Under the direction of BPD commissioner Ed Davis and an FBI Special Agent the sprawling manhunt for the bombers extends into the Boston suburb of Watertown.

May 18 "Jackie" Natalie Portman, Peter Sarsgaard

Historical Drama. In the immediate aftermath of the assassination of President John F. Kennedy, his wife Jacqueline Kennedy deals with her immense grief while making plans for his funeral procession. Confiding in her close friend and secretary Nancy Tuckerman, as well as her brother-in-law Robert Kennedy, Jackie tries to care for her young family as a bereaved nation watches on.

May 25 "Moonlight" Alex Hibbert, Trevante Rhodes

Drama. This drama charts the life of a black gay youth named Chiron as he grows up in a rough neighborhood in Miami. In the first segment, Chiron is a ten-year-old nicknamed "Little" who is taken in by a kindhearted Cuban drug dealer and his girlfriend. In the middle installment, a teenage Chiron explores his sexuality as he falls in love with a close friend. The final chapter follows Chiron in his twenties as he reconnects with faces from his past.

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



Cribbage

Play Cribbage with COA Chairman, Tom Hever, after lunch on Mondays. Start time is 1:00 PM. Please see calendar for May dates.

Readers Club First Mondays at 1:00

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

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!



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

Senior Center Activities



PAINTING WITH ALEAH

Wednesday, June 14 at 2:00 PM

Stimulate your creative senses with a step-by-step painting class. Aleah Gates, a graduate from Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need will be provided (paints, canvas, brushes, etc.) for a fee of \$10.**

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 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.

Code Red: Stay Informed! Sign

Seniors Helping Seniors



When: Friday - May 26, 2017

Time: 8:30 am - 12:30 pm

Once again, Seniors from the Hamilton-Wenham Regional High School, **Class of 2017** are giving back to the community. **On Friday, May 26th from 8:30-12:30**, groups of students will be working at the homes of senior citizens in the towns of Hamilton and Wenham.

Light chores could include raking, spreading mulch, cleaning patio furniture, washing ground floor windows, etc.

If you have a small job that you need help with, call Ms. Lisa Heitz (978-468-0496) by Wednesday May 17, 2017

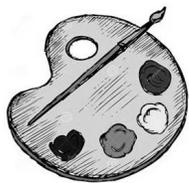


GROUP NEWS

The Hamilton-Wenham **Low Vision Group** will meet on **Thursday, May 18 at 11:00 am, for "Lunch and Low Vision."** Gayle Yarnall of

Perkins Library Talking Book Program will join us for her annual visit and update on the Talking Book program for vision- and physically-impaired individuals who cannot see or hold hardcopy books. Gayle blogs at her web page, www.gayleconnected.com, having retired from her jobs with Perkins School for the Blind Products and Adaptive Technology Consulting. The program is open to all; lunch requires reservations by May 15.

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Code Red: Stay Informed! Sign Up for Code Red. The Town of Hamilton will be switching to the Code Red system to send both emergency and general information notifications to its' residents beginning early July. The Hamilton Police Department will be enrolling seniors at the Senior Center at 11:00 AM on Wednesday, May 17th. with Officer Jake Santarelli on hand to make sure any senior who wishes to receive notifications will be able to do so. No reservations are needed.

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Health and Wellness

Arm 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 8 week series.



Parkinson's Fitness Group

Wednesday Afternoons at 1:00

Heather Thorpe will be leading a 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.



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.

Chair Massage



Massage Therapist, Chris Cloutier, will be at the Senior Center on the 2nd and 4th Wednesday of each month to do 15 minute chair massages. Appointments start at 8:30 and finish at 10:00. Please make reservation with Mary Beth. \$15 for a 15 minute massage.



TAKE OFF POUNDS SENSIBLY

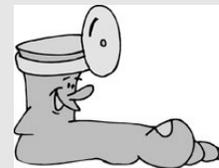
T.O.P.S. (Taking Off Pounds Sensibly) is now meeting at the Hamilton Senior Center. Come join us every Friday at 8:45 AM: we're usually finished by 10 AM. The first visit is free. \$32 per year to join and very small dues. Let's lose weight and have good fellowship together.

Free Hearing Screenings

Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on Wednesday, May 17. No appointment needed. Sue will be available from 10 to 10:30.



Podiatry



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



REMINDER: The Senior Center has a recumbent bicycle, a treadmill and an exercise chair available for individual exercise for you to use when classes are not in session. Also, you're welcome to bring a friend to play ping pong.

Day Trips



Blackstone Valley Experience

Thursday June 29

Time: 9:30 AM – 7:00 PM

\$81.00 includes: deluxe Motorcoach round trip transportation, Escort, Driver gratuity, Admission & Tour of Slater Mill Site, Narrated Canal Boat Ride, Lunch, Snacks & Water on the motorcoach and fun surprises. Please register by May 28.

Please join us for this fascinating & fun day!! We will enjoy a tasty lunch that will start our Blackstone Valley theme - a casual family style chicken **dinner at Wrights Farm Restaurant**. Chicken family-style consists of roasted chicken, salad, pasta, potato, and rolls. We will then head to Pawtucket to the **Slater Mill** to learn about the lives of the New England villagers, inventors, artisans, and entrepreneurs who created the American Industrial Revolution. As you stroll the grounds and enter the authentic 18th and 19th century buildings you'll see what life was like as America began moving from the farm to the factory in the 1830s. Also we will visit the **Sylvanus Brown House**, a typical artisan cottage of the period, and tour **Oziel Wilkinson's rubble stone mill** which offers a look at water power in action. We will end our day aboard the **Blackstone Valley Explorer, a covered riverboat, to take a 45 minute narrated tour along sections of the Blackstone River** to see the beauty of the river and learn its ecology and history. You will hear stories of the people from the entire Blackstone Valley, and may even get a chance to see the swan, heron, hawks, and turtles that live along this renewed waterway.

Kennebunkport

Date: Monday, July 17

Time: 9:30 AM – 5:30 PM

\$69.00 includes: Deluxe motor coach round trip transportation, stop at When Pigs Fly Bakery, lunch at Clay Hill Farm, dining room gratuities and taxes, Guided bus tour, time for shopping on your own. Please register by June 17.

We will be traveling to the southern coast of Maine to Kennebunkport. This day trip will start with a visit to **When Pigs Fly Bakery** where old-world artisan breads are made

fresh every day. Next, it's on to **lunch at Clay Hill Farm**.

Nestled on the back roads in Ogunquit, this unique place offers exceptional food and service. A restored old farmhouse; with gardens and bird sanctuaries. Clay Hill Farm is usually only open for dinner but is now doing special lunches for Royal Tours! Your **luncheon choices today are Chicken Piccata or Baked Haddock with Cracker Crumb Topping along with a Garden Salad, Rolls and Butter, Seasonal Vegetable, Chef's Choice of Potato and Dessert**. After lunch, you will have a **guided tour of the Kennebunkport area by bus**. Hear about famous authors, presidents, and more on this unique tour. A delightful way to spend a day!

Block Island

Date: Thursday, August 10

Time: 7:30 AM – 7:30 PM

\$105.00 includes: deluxe motorcoach round trip Transportation, ferry ride, lunch at the National Hotel, dining room taxes and gratuities, bus tour of island and time for shopping and exploring. Please register by July 10.

For a unique day trip, visit beautiful Block Island. You will meet the **high-speed ferry** at Point Judith, Rhode Island. After a 30-minute ride, you will arrive at Block Island, where you will embark on a **tour of the Island** via the Block Island Ferry Bus. The tour includes a stop at the historical Southeast Light. After the tour, you will have **lunch at the historic National Hotel**, the flagship Victorian hotel on Block Island, located in the center of downtown in Old Harbor across from the ferry landing and New England's best beaches.

Listed on the National Register of Historic Places, this Block Island landmark offers breath-taking ocean views from their iconic front porch and restaurant. **Lunch includes New England Clam Chowder, Flame Grilled Salmon with Lemon Basil Butter Sauce or Pan Seared Chicken with Sauce Supreme or Pasta Pomodori – Sautéed Plum Tomatoes, Garlic and Basil tossed with Pasta, Butter and Parmesan Cheese, A Starch, Vegetables, Rolls & Butter and a soft Drink and Devil's Food Cake with Whipped Topping**. You will have time for shopping and exploring.

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

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



C O L U M N

By Lucy Frederikson, Outreach Coordinator

This year's theme for national Older American's Month (OAM) 2017 is "Age Out Loud", a theme intended to give aging a new voice—one that reflects what today's older adults have to say about aging. The 2017 theme gives an opportunity to shine a light on many important issues and trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

President Lyndon B. Johnson signed the Older Americans Act (OAA) into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more. Hamilton's Senior Center parallels these areas of service by providing opportunities for meals, support and assistance, health education and maintenance, and just plain fun! OAA provides funds for Meals on Wheels for seniors in Massachusetts!

What is a senior? At the Hamilton Council on Aging and Senior Center, a senior is anyone age 60 and up. In response to community requests, we are exploring ways to meet the needs of Hamilton's YOUNGER seniors, between the ages of 60 and 70. Of course, one program already available for folks turning 65 is SHINE: I am a state-certified Medicare counselor with resources on enrolling in and dealing with Medicare and related health insurance. Making phone calls for a brief survey of this age range has proved relatively fruitless, given the number of you who still work and otherwise have very busy schedules! If you have the time, please call or email ME with answers to the survey questions, and whether you might have time and interest to join a focus group. Give yourself a voice!

1. Do you receive the newsletter?
2. Do you want to receive the newsletter?
3. Would you prefer to receive the newsletter electronically? If so, what is the email to use?
4. What services or programs would you like to have offered for someone your age?
5. Would evenings or weekends work better for you?
6. Would you be interested in attending a focus group to develop programs for people your age?

**For help,
call Lucy at 978-468-5595.
She is on duty from 9 to 1 on Tues, Wed and Thurs.**

Tab Collection Fundraiser for Shriner's Hospitals for Children

The Low Vision Group that meets at the Hamilton COA is running an **aluminum can tab collection program** to raise funds for the Shriners Hospitals for Children. Please drop off your tabs at Hamilton Senior Center.

According to the Shriners' web sites, Shriners have been collecting the pull-tabs or "pop-tops" from cans since 1989, recycling them, and putting the money toward programs that directly benefit children. The reason to collect tabs only? They are the only pure aluminum part of the can – and beverage cans can still be returned for deposit even without the tab!

Button-Cell Battery Rebate Program to Help Hamilton Senior Center

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.

May 2017 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:30 Chair Yoga 1</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Reader's Club</p> 	<p>2</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>8:30 COA Board Mtg 3</p> <p>10:00 Open House</p> <p>10:30 North Shore China Trade -Peabody Essex Museum</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Parkinson's Fitness</p>	<p>4</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Manchester by the Sea"</p>	<p>8:45 TOPS 5</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p> <p>Sat: Red Sox @2 Sr. Ctr. Hot Dogs! Ice Cream!</p>
<p>Sign-up for 8 SeniorCare Special</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>9</p> <p>9:00 Sen Tarr</p> <p>Constituent Visit</p> <p>12:00 <u>Traveling Chef "Brazilian BBQ"</u></p> <p>1:00 Quilt & Kvetch</p>	<p>8:30 <u>Chair Massage</u> 10</p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Bingo and Hot Dogs</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Parkinson's Fitness</p>	<p>12:00 <u>SeniorCare Monthly Special</u> 11</p> <p>"Mother's Day Special"</p> <p>1:00 Movie: "Patriot's Day"</p> <p>2:00 Knitting @ Wenham COA</p>	<p>8:45 TOPS 12</p> <p>10:00 Gentle Joints</p> <p>11:00</p>  <p>12:00 Lunch</p>
<p>15</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>16</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>17</p> <p>10:00 Audiology Clinic</p> <p>10:00 Open House</p> <p>10:30 DPW Director, Tom Olson</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Parkinson's Fitness</p>	<p>18</p> <p>11:00 Low Vision Group</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie : "Jackie"</p>	<p>19</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p> <p><u>Seniors Helping Seniors 8:30-12:30</u></p>
<p>22</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>23</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>24</p> <p>8:30 <u>Chair Massage</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Healthy Snacking</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Parkinson's Fitness</p>	<p>25</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Moonlight"</p> <p>2:00 Knitting @ Wenham COA</p>	<p>26</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>29</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>30</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>31</p> <p>9:00 <u>Podiatrist@ Hamilton</u></p> <p>10:00 Open House</p> <p>10:30 Social Hour</p> <p>12:00 <u>Lunch</u></p> <p>12:30 <u>Law Clinic</u></p> <p>1:00 Parkinson's Fitness</p>	 <ul style="list-style-type: none"> • Bolded items are activities or programs which are unique or not scheduled weekly • <u>Underlined</u> items require sign-up or reservation 	

Hamilton Council on Aging
299 Bay Road
Hamilton, MA 01982

Please call or email if you do not want to be on
this mailing list. (978)468-5595, mlaw-
ton@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: **FREE** for medical appointments. **\$3.00** round-trip for non-medical trips. 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.**



The Hamilton Hamlet is the official newsletter of the Hamilton Council on Aging with information specifically about its programs and activities. In addition, the printer of this publishes the Hamilton Connection free of charge with additional information that may be of interest to seniors.

Attorney Matt Karr's Law Clinic at 12:30 PM on the last Wednesday of the month. Call or email Mary Beth for appointment