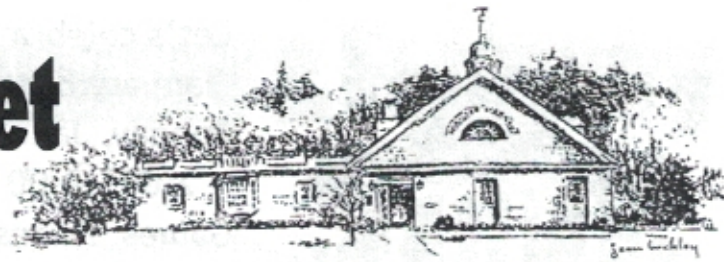


The Hamilton Hamlet

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
Director
Theresa Woodbury

Outreach Coordinator
Tim Morris

Council on Aging Board
Sherry Leonard, Chairman
Penny Wingate, Secretary

Nancy Longval
Linda Spong
MJ Brown

Catherine Minnetyan
Adam Strozier

Senior Van Service
Cape Ann Transportation

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.

Meet the New Council on Aging Director

Hi,

My name is Theresa Woodbury and I am excited to be the new Director of the Hamilton Council on Aging. I have been working as a Senior Center Director for the past 16 and a half years with the Town of West Newbury. I am married with two young sons (Trent -6 and Baelor-4). When we moved into our house we adopted a puppy, Roxie, from SweetPaws Rescue. My husband and I both grew up on the North Shore and recently purchased our forever home.

In my free time we like to take our boys to the playground, museums and zoos. We are avid Red Sox (I was even at Fenway Park when they won the World Series in 2013!) I enjoy knitting and reading books in my free time as well. I recently went back to school to obtain my Masters in Business Management from Lesley University. I will graduate in July of 2022.

During my tenure in West Newbury I was



able to bring many new programs to the center. Two of the most enlightening programs to me were our TRIAD program and my 100 Cups of Coffee Program. While meeting for coffee I was able to meet many members of the community and learn what services they wanted from the Senior center as well as what services/programs others could offer the seniors. It was a win/win for all.

Our TRIAD program worked with our Police, Fire, Sheriffs and District Attorney's Office to enhance law enforcement services to the individuals in our community. We brought the File of Life, Grab and Go Bag, Yellow Dot and Is Your Number Up and obtained a grant to offer smoke detectors to our residents. We also educated about numerous scams as they were relevant to the town.

I am excited to start in Hamilton, please stop by the or give me a call to say hi and introduce yourself. I look forward to meeting you.

Theresa



Did you know..... there are around 10,000 different species of birds worldwide, the ostrich is the largest bird in the world, and birds have hollow bones which helps them fly?

Come celebrate National Bird Day with us on Wednesday, January 5, 2022 from 2 P.M-3 P.M. as Scott Santino, Education Manager/Camp Director at Mass Audubon Center, Ipswich River Wildlife Sanctuary in Topsfield, Massachusetts will provide a presentation on "Discovering the Joy of Bird Feeding." This event will be held at the Hamilton Council on Aging, 299 Bay Road, Hamilton, Massachusetts. Please call the COA at 978-468-5595 to sign up for this fun, educational presentation.



Let's celebrate the
January birthdays
Monday, January 24
2:00 - 3:00 pm
Games, Prizes, Fun
and, of course,
Birthday Cake !

Even if you were not born in January, we want you to come to the party. Please call the COA at 978-468-5595 no later than Friday, January 21 to submit your reservation for this fun event.



COA Needleworkers

Tuesdays 12:30 - 3:00 pm

Bring your knitting, sewing, quilting, embroidery, hooking, or craft and enjoy working on your project with others who like to make things. Lots of help and friendship available.

This is a drop-in group so come for all or part of the time.

With questions, call Cathy at 315-323-3925 or email cminnetyan@gmail.com

Fitness Classes are Back!

Fit Over 50

Thursdays 10 am

Stop in for a fun fitness program
with personal trainer, Erin Brady

First Class is Free

Hamilton Duplicate Bridge

Wednesdays 11:00 am

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 11:00 am. Many neighboring towns are represented in this group,

We welcome newcomers and those bridge players who have been away from the game for several months. Call Bob Bonazoli at 978-468-1963.



Open Art Studio

Fridays
12:30 - 3:00 pm



Artist's Open Studio will meet on Fridays. No experience necessary. Bring your own materials in any medium; Let's just get together to be creative with a supportive community. **This is a drop-in open studio, so come when you can.** With questions, call Linda 978-578-7063 or email: lindaspong@gmail.com

Walking Club



Wednesdays 9:00 am
Wenham COA

Hamilton and Wenham COA's have joined together for a Walking Group on Wednesday mornings. Come and enjoy our towns and the fresh air with friends. Meet at 9:00am Wenham Senior Center, 10 School Street in Wenham.



Movies in January & February

Showtimes on Thursdays at 1:00 pm

Jan 6 "The Lightkeepers"

Richard Dreyfuss, Blythe Danner

Comedy. Set in the year 1912 on Cape Cod, a lighthouse keeper who has disavowed any association with females, must deal with the appearance of two attractive women who move into a nearby cottage for the summer.

Jan 13 "We Bought a Zoo"

Matt Damon, Scarlett Johansson

Comedy, Drama. Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo.

Jan 20 "Stepmom"

Julia Roberts, Sarah Sarandon, Ed Harris

Comedy, Drama. A terminally-ill woman must deal with her ex-husband's new lover, who will be their children's stepmother.

Jan 27 "Free Solo"

Documentary, Adventure. When a major free solo climber Alex Honnold prepares to scale the face of the world's most famous rock - the 3200 foot El Capitan in Yosemite National Park - without a rope.

Feb 3 "From Time to Time"

Maggie Smith, Alex Attel

Adventure, Fantasy, Drama. A haunting ghost story spanning two worlds, more than a century apart. When 13-year-old Tolly finds he can mysteriously travel between the two, he begins an adventure that unlocks family secrets laid buried for generations.

Feb 10 "The Upside"

Brian Cranston, Nicole Kidman

Comedy, Drama. A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him.

Feb 17 "Wonder"

Owen Wilson, Julia Roberts, Jacob Tremblay

Drama, Family. Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.

Feb 24 "I'll Be Me"

Documentary. As he struggles with Alzheimer's disease, country-music legend Glen Campbell embarks on his farewell tour in the U.S., Australia, and Europe.



OUTINGS

We are at last looking at trips for 2022, starting with joint trips with Wenham, Essex and Manchester COAs. The initial proposed timetable is:

- **February** (date and time to be established): Cape Ann Museum and lunch at a local restaurant (keep an eye for details and sign-up at Senior Center in January.)
- **March:** March 9th or 10th at Danversport, Danvers for their Celtic Angels and Irish dancing show and luncheon..
- **April** (date and time to be established) trip to Merrimac NH Outlets and lunch

We are fortunate to have Dick Hewett coordinating trips and outings again.

Needless to say, all trips will be subject to strict adherence to CDC and local mandated COVID protocols - and the current situation at the time of the trip. We'll be watching the COVID Omicron situation very carefully.

Grab and Go Meals

Tuesdays at 12:00

The Hamilton COA is partnering with Senior Care to offer a weekly "Grab and Go" meals on Tuesdays. Menus will be a surprise.

Call Albie at 978-468-2616 by the previous Friday at 1:00 pm to reserve your meal. Then drive up to our door at noon on Tuesday and drive away with your lunch. Meals are complementary.



Meals on Wheels is resuming hot meal delivery to seniors who are homebound five days a week. If you are homebound or taking care of someone who is, call Senior Care at 978-281-1750 to sign up

The Greater Cape Ann Collaborative is offering vaccinations for COVID and boosters at the Hamilton Senior Center on Wednesdays from 3:30 - 6:30 pm. Please register online through capeannclinic.com. If you do not use a computer or need help call 211 for

We are now in January when the days seem shorter and temperatures are colder. I don't like the cold winters. I don't know why. I come from an area that was known as the ice box of Pennsylvania. I like to curl up on the couch with a good book to read or to spend time with my stamp collection. I have to challenge myself to be active during these months so I look forward to attending events at the different COA's in the area. I enjoy visiting with the many seniors in the towns where I work to encourage them to be active and keep their minds sharp and bodies active. It is important to have purpose each morning you wake up and put your feet on the floor.

So come join us at the activities and programs offered in

Outreach Corner

January at the Hamilton COA. We have different knitting groups, Grab

N Go lunch meals, tech help with the Hamilton High School students, a Bridge card playing group, a walking club, movies, T.O.P.S. (Taking Off Pounds Sensibly) group, an open art studio, and exercise class (fit Over 50). We also offer housing application assistance and fuel assistance services to assist with the high cost of winter energy bills. You won't want to miss the celebration of National Bird Day on January 5th, and the birthday party on January 24th for those born in January. Even if you weren't born in January, please come. We'll announce the February Birthday Bash at the party.

Tim Morris

FUEL ASSISTANCE PROGRAMS and ELIGIBILITY

There are two heating assistance programs available to income eligible households.

First, there is Action, Inc. in Gloucester, Massachusetts which administers the Federal LIHEAP (Low Income Home Energy Assistance Program). Please call Action, Inc. at 978-281-3900 for information to apply as well as through their online application portal. Action, Inc. also provides additional heating programs beyond paying for heating bills with their weatherization and burner replacement services.

The Salvation Army of Massachusetts is offering the Good Neighbor Fund Program to eligible households as well with up to \$500 in assistance on heating and certain utility bills. The income guidelines for both programs are shown below. If you feel you are eligible for The Salvation Army Good Neighbor Program, please contact Tim Morris, Social Service Coordinator at the Hamilton COA at 978-468-5595 to apply or ask for more information. Keep warm and active during these upcoming cold New England winters.

Action, Inc. LIHEAP

Gross Annual Income maximum
Limits

Household size	Income
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751

The Salvation Army Good Neighbor Fund

Gross Annual Income Guidelines

Household size	Income guidelines
1	\$40,952-\$54,601
2	\$53,552-\$71,401
3	\$66,152-\$88,201
4	\$78,752-\$105,001

Chapter 9 Senior Exemption

Application Deadline — January 31

The deadline for the Senior Tax Exemption for Fiscal 2023 is due by January 31, 2021. Applications must be at the Assessor's Office by 4:30 pm.

To qualify for a property tax reduction:

- ♦ The home must be owned and occupied by the applicant
- ♦ The applicant must have lived in the town for at least 10 consecutive years.
- ♦ The applicant must occupy the home for more than 7 months each year.
- ♦ The age of one of the homeowners must be 65 or greater.
- ♦ The total household income cannot be more than \$47,520 if single or \$71,280 if married
- ♦ The property's assessed value must be less than or equal to the town's median assessed property value plus 10%. (Hamilton's median assessed property value is: \$554,200)

If these requirements are met, the real estate tax will be reduced to no more than 10% of the household income, but not by more than 50% of the owed tax bill.

For more information, please visit the Assessors Department page on the Town of Hamilton's website, and go to Senior Exemptions, Chapter 91. Call Assessors' Office with questions at 978-468-5574.

Hamilton Senior Center Program

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1:00 - 3:00 Library Knitters	4 12:00 Grab n Go Lunch 12:30 Needleworkers	5 8:30 COA Board Mtg 9:00 Walking Club 11:00 Bingo 11:00 Bridge Group 2:00 Natl Bird Day Talk 3:00 Vax Clinic	6 10:00 Fit Over 50 1:00 Movie	7 8:45 TOPS 12:30 Art Studio
10 1:00 - 3:00 Library Knitters	11 9:30 Sen. Tar Office Hours 12:00 Grab n Go Lunch 12:30 Needleworkers	12 9:00 Walking Club 9:00 - 10:30 Tech Help 11:00 Craft w/Barbara 11:00 Bridge Group 3:00 Vax Clinic	13 10:00 Fit Over 50 1:00 Movie	14 8:45 TOPS 12:30 Art Studio
17 Closed for Martin Luther King Jr. Day	18 12:00 Grab n Go Lunch 12:30 Needleworkers	19 9:00 Walking Club 11:00 Music with Albie 11:00 Bridge Group 3:00 Vax Clinic	20 10:00 Fit Over 50 1:00 Movie	21 8:45 TOPS 12:30 Art Studio
24 1:00 - 3:00 Library Knitters 2:00 - 3:00 January Birthday Party	25 12:00 Grab n Go Lunch 12:30 Needleworkers	26 9:00 Walking Club 11:00 Social Hour 11:00 Bridge Group 3:00 Vax Clinic	27 10:00 Fit Over 50 1:00 Movie	28 8:45 TOPS 12:30 Art Studio
31 1:00 - 3:00 Library Knitters				

Hamilton Senior Center Program

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12:00 Grab n Go Lunch 12:30 Needleworkers	2 8:30 COA Board Mtg 9:00 Walking Club 11:00 Bingo 11:00 Bridge Group 3:00 Vax Clinic	3 10:00 Fit Over 50 1:00 Movie	4 8:45 TOPS 12:30 Art Studio
7 1:00 - 3:00 Library Knitters	8 9:30 Sen. Tar Office Hours 12:00 Grab n Go Lunch 12:30 Needleworkers	9 9:00 Walking Club 9:00 - 10:30 Tech Help 11:00 Craft w/Barbara 11:00 Bridge Group 3:00 Vax Clinic	10 10:00 Fit Over 50 1:00 Movie	11 8:45 TOPS 12:30 Art Studio
14 1:00 - 3:00 Library Knitters	15 12:00 Grab n Go Lunch 12:30 Needleworkers	16 9:00 Walking Club 11:00 Music with Albie 11:00 Bridge Group 3:00 Vax Clinic	17 10:00 Fit Over 50 1:00 Movie	18 8:45 TOPS 12:30 Art Studio
21 Closed for President's Day	22 12:00 Grab n Go Lunch 12:30 Needleworkers	23 9:00 Walking Club 11:00 Social Hour 11:00 Bridge Group 3:00 Vax Clinic	24 10:00 Fit Over 50 1:00 Movie	25 8:45 TOPS 12:30 Art Studio
28 1:00 - 3:00 Library Knitters				

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Hamilton Transportation Options

Hamilton Council on Aging

Hamilton Senior Center
299 Bay Road
South Hamilton, MA 01982
978-468-5595

hamiltonma.gov/council-on-aging/

Program: CATA (Cape Ann Transportation Authority) provides van service for medical appointments, shopping, banking, etc.

Eligibility: Hamilton residents age 60+

Service Area: Hamilton, Wenham, Beverly, Manchester-by-the-Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody and Danvers

Cost: Free for medical trips and trips to and from the Senior Center

Hours: Monday through Friday from 8:00 am to 4:00 pm

Scheduling: Call to schedule ride 2 days or more before your appointment

Reservations: 978-283-7916

SeniorCare Medical Transportation Program

978-281-1750 x573

seniorcareinc.org

RSVP Volunteers provide a door-to-door escort service to and from local and out-of-town medical appointments. Long distance appointments to Boston and Burlington are limited. Please call Monday — Friday, 9:00 am to 12:00 noon to request additional information and to schedule appointments.

MBTA Commuter Rail

617-222-3200

Mbta.com/schedules/commuter-rail

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*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 Center Weekly Program Schedule

Monday

Open Hours	10:00 - 1:00 pm	Weekly
HW Library Knitters	1:00 - 3:30 pm	Weekly
Birthday Celebration	2:00 - 3:00 pm	2nd Mon

Tuesday

Sen Tarr Office Hours	9:30-10:30 am	2nd Tues
Open Office Hours	10 - 11 am	Weekly
Grab n Go Lunch	12 - 12:30 pm	Weekly
COA Needleworkers	12:30 - 3 pm	Weekly

Special Events Planned for January and February to sign up for:

- January 5 Ipswich Wildlife Sanctuary giving talk on
"Discovering the Joy of Birdfeeding" at 2:00pm
- January 24 January Birthday Bash at 2:00pm
- February Trip to Cape Ann Museum date and time tbd

Wednesday

Walking Club (Wenham)	9:00 am	Weekly
Technology Help Desk	9:00-10:30 am	2nd Wed
Bridge	11:00 am	Weekly
Bingo	10:30 am	First Wed
Craft with Barbara	10:30 am	2nd Wed
Music with Albie	11:00 am	3rd Wed
Social Hour	10:30	4th Wed

Thursday

Fit Over 50 Exercise	10:00 am	Weekly
Movie	1:00 pm	Weekly

Friday

TOPS	8:45 am	Weekly
Open Art Studio	12:30—3:00 pm	Weekly