

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

Welcome to Spring!!! We finally made (hopefully it is here by the time you are reading this). If the weather isn't spring yet, the month is finally showing us that it is here. As April is here Tim and I have more fun activities planned for you. We have numerous talks, a new yoga class and we are starting a men's group. If there is something that you would like to see at the center please reach out and let Tim and I know. We are more than happy to look into getting it scheduled for you.

In May we are looking forward to collaborating with other town departments to bring new and exciting programs. May is also Older American's Month. So we will be celebrating you throughout the month! Keep an eye out on our Facebook Page as well as our website for the exciting activities that we

have planned. Two things that we have planned is a Tea Party at the Patton Homestead and partnering with Park and Recs to bring Test Kitchen. Theresa



MEN'S GROUP

Join us on the first and third Thursday of the month at 9:00 am for a men's group. We will be offering coffee and pastry. Join us with old friends and meet new friends to talk about current events, sports, the joys or woes of retirement, grandchildren and any other topics that come to mind.

Gentle YOGA

stretch • unwind • relax

Tuesdays at 11:30 am

Join Susan Himml for this gentle yoga class, focusing on strength, balance and flexibility. Susan's teaching style is nurturing and supportive, emphasizing alignment and injury prevention. The class also incorporates breath work and deep relaxation. No experience is necessary but you should be able to get up and down from the floor. Please bring a yoga mat, blanket and 2 blocks if you have them. Cost for the class is \$5.00 per class (\$30 per session) Class will start on April 5th at 11:30 am.

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.

Subscribe by Email... you'll be glad you did!

Are you interested in receiving our newsletter via email? We are working to update our list and would love to start sending out some of them via email. If you would like to be added to the email list please let us know by emailing us at woodbury@hamiltonma.gov

By receiving your newsletter via email you get it sooner, and help defray the cost of mailing it.

April Special Events

Spectrum Fitness Consulting

Wednesday, April 6th at 1:00pm

Knee Pain: what causes it, how you can prevent it and proven solutions.

PACE Talk:

(Programs of All-Inclusive Care for the Elderly)

Tuesday April 12 at 10:30 am

Do you have questions about the Pace Program and how they can help you? Element Care will be here on Tuesday April 12th at 10:30 to do a presentation on how they can help you. Element Care provides you with an entire team of clinical and social service professionals who pro-actively manage your health. They work together with you and your family to develop a highly personalized, flexible care plan that is continually updated to address your changing needs, so you can live and thrive at home for as long as possible.

Microphotography

Tuesday April 19th at 10:30 am

Close-Up Photography is known as Macro Photography. Macro Photography is the art of making small objects look life-size or larger. It can render tiny objects with incredible detail not possible with the naked eye or a standard lens. These types of shots can be challenging to take – but also incredibly addictive! The presentation will include a brief overview followed by example photographs including flowers, plants, amphibians and insects, plus cameras with macro lenses for you to look at and try out.

Nutrition Discussion

The Anti-Inflammatory Diet

The foods you eat can help fight inflammation

Wednesday, April 20th at 10:30 am

Topics Include:

- What Inflammation is
- Signs / Symptoms/ Causes
- Reducing Inflammation Through Diet & Lifestyle
- Q & A with dietitian, Deb Davidson

Sponsored by Senior Care

Chernobyl Video

Tuesday, April

26th at 3:30 pm

On the 36th anniversary on the Chernobyl disaster, join us in learning about what happened. Tim Morris will be showing a video of the devastation that occurred and how so many were able to survive, and overcome this tragedy.



Let's celebrate the
April birthdays
Monday, April 25
2:00 - 3:00 pm
Games, Prizes, Fun
and, of course,
Birthday Cake !

Even if you were not born in April, please come to have fun and celebrate those who were. Please call the COA at 978-468-5595 no later than Friday, April 22 to submit your reservation for this fun event.

The Hamilton Council on Aging needs Friends!

We are actively looking for participants that would be willing to work with others to form this vital organization to help bring awareness to the community as well as help us raise funds for future programming. If you (or someone you know) is interested - please reach out to Theresa at 978-468-5595.



Movies in April

Showtimes on Thursdays at 1:00 pm

April 7 "Milk" Sean Penn, Emile Hirsch

Comedy. His life changed history. His courage changed lives. A true man of the people. Based on the inspiring true story of the first openly gay man elected to major public office, this compelling film follows Milk's powerful journey to inspire hope for equal rights during one of the least tolerant times in our nation's history.

April 14th "The Devil Wears Prada" Meryl Streep & Anne Hathaway
Comedy, Drama. As assistant to impossibly demanding New York fashion magazine editor Miranda Priestly, young Andy Sachs has landed a job that a "a million girls would die for." Unfortunately, her heaven-sent appointment as Miranda's personal whipping girl just might be the death of her.

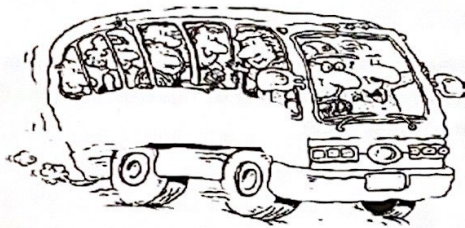
April 21st: "Mama Mia" Meryl Streep, Pierce Brosnan, Amanda Seyfried

Comedy, Musical, Romance. Set on a colorful Greek Island, the plot serves as a background for a wealth of ABBA songs. A young woman about to be married discovers that any one of three men could be her father. She invites all three to the wedding without telling her mother, Donna Sheridan, who was once the lead singer of Donna and the Dynamos.

April 28th: "Mamma Mia Here We Go Again" Meryl Streep, Pierce Brosnan, Amanda Seyfried

Comedy, Musical, Romance. Ten years after Mamma Mia! The movie, you're invited back the magical Greek island of Kalo-kairi in an all-new musical sequel based on the songs of ABBA. Sophie is now pregnant and like her mother Donna, she'll need to take risks.

OUTINGS



We have begun to plan some trips. We are starting out small, but more are planned. Sign-on sheets are provided at the front desk of the Hamilton COA. Alternatively, you can email or phone me. Email address and phone numbers are provided below.

All trips are subject to all COVID protocols in place at the time of the trip. You will need a mask on the bus and at the venue. Also plan on having your vaccination certificates (pictures, smart phone pictures, or paper copies, are acceptable) to show where required.

Village Restaurant in Essex

Wednesday, April 27th

Meet there at 12:30 for lunch. Let Dick know you're coming so he can reserve a space for our group.

"Steel Magnolias", Margaret Jensen Theatre, Gordon College

Saturday, April 2 at 3 pm

For this trip you will need to make your own way there and meet at the theatre at 2:30 pm for a 3pm performance to allow for any delays. Directions and parking will be provided. If you don't have transportation and want to come, please let me know.

Tickets are \$10.00 and the performance will be about two hours. When you sign on, you can pay cash or check to me, Dick Hewett and I will purchase the group tickets.

I look forward to seeing you on these trips:
Dick Hewett, Hamilton COA Trip-Coordinator,

Email: hewett_dick@yahoo.com, Mobile: (617) 803-1175

Brief synopsis: It all happens in Truvy's beauty salon in Chin-quapin, Louisiana, where "any lady who is anybody" comes to have her hair done. Filled with hilarious and biting repartee, the play moves toward tragedy in the second act when tough life choices force the ladies to confront their own mortality. Their underlying strength – and love – are the real and charming qualities that make them truly touching, funny and marvelously amiable company in good times and bad.

Senior Center Activities



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

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

100 Cups of Coffee



Our new COA Director, Theresa Woodbury has a goal to sit down and have a cup of coffee with 100 residents, family members, community members, students - to learn more about what their needs and wants are for the Senior Center. If you'd like to sit down with her, call Theresa at 978-468-5595 to make arrangements.

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.



Fitness Classes are Back!

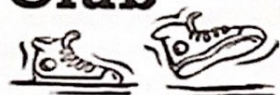
Fit Over 50

Thursdays 10 am

Stop in for a fun fitness program with personal trainer, Erin Brady
First Class is free, after that \$5 per class

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.

STAY TUNED...

Coming up in May:

TEST KITCHEN (Intergeneration Program with Hamilton-Wenham Park & Recreational Program)

Each class presents with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. At the end of the class you will receive the main ingredient, or a sample of the finished dish, and the recipe so that you can show off what you've learned. Space is limited so place call to reserve your seat today. 978-468-5595.

We will be welcoming the **ASSESSOR AND FINANCE DEPARTMENT** about different programs that are available to help you with your real estate taxes. Join us **May 18th at 10:30** for this important talk on how we can help you

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.

TOWN MEETING

Annual Town Meeting is Saturday, April 2, 2022 at 9:00 a.m.

Annual Town Election is Thursday, April 7, 2022 from 7:00 a.m. – 8:00 p.m.

Call the Town Clerk's Office at 978-468-5570 x 3 with any questions or visit the town website www.hamiltonma.gov

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 assistance.

SILVER ALERT

In collaboration with Police Department we are rolling out the Silver Alert Program. The Silver Alert Program provides support to family members caring for adults afflicted with serious memory impairments such as Dementia and Alzheimer's disease who are "At Risk" for wandering. The Silver Alert program provides the Hamilton Police Department with vital information about potential "At Risk" residents in the Town who may wander, or have the potential for getting lost. Registration forms are available at the Hamilton Police Station, Hamilton Council on Aging or online.

Technology Help Desk

9:00 - 10:45 am

Second Wednesday

Students from the HW Tech Help Desk will be here once a month to assist you with technology-related questions. Bring your phone, tablet or laptop and get your questions answered while learning something new. Walk-ins welcome. Second Wednesday of every month from 9:00 – 10:45 a.m.



**TAKE OFF POUNDS
SENSIBLY**

T.O.P.S.

(Taking Off Pounds
Sensibly)

Friday

at 8:45 to 10:00 am

Tops meets at the Hamilton Senior Center every Friday. The first visit is free. Then \$32 per year to join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253.

COMMUNITY LIVING AT ITS BEST

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way, Groveland, MA 01834

Nichols-Village.com

CALL 978-372-3930



To be a sponsor in the next
**Hamilton Hamlet
Newsletter!**

Please contact Tom Reily
508-336-6633
x 337

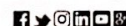
Deposits, Loans,
and winning
personalities.

— N —



**NORTH
SHORE
BANK**

northshore-bank.com



Member FDIC Member DIF
Equal Housing Lender



To be a sponsor in the next
Hamilton Hamlet Newsletter!
Please contact Tom Reily 508-336-6633 x 337

FAIRWEATHER APARTMENTS

Danvers | Peabody | Salem | Beverly

Affordable Senior Housing For Over 40 Years

**CLEAN, QUIET,
AFFORDABLE**

Maximum Qualifying Income

- Social Activities
- Small Pets Ok

- 1 Person
Income Limit
- \$45,300
- 2 Person
Income Limit
- \$51,780

Amenities

- All Utilities Included
- Oversized Studio Apartments
- 24-hr Emergency Maintenance
- For Seniors 62 and Older

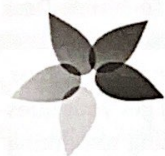


A POAH Community
POAH Communities, LLC



978-744-7835

Office Location: 40R Highland Ave. Salem, MA 01970



THE
RESIDENCE
at Riverbend

*Independent, Assisted &
Memory Care Living*

149 County Road, Ipswich, MA

978-233-4517

www.residenceriverbend.com



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, Manchesterby-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.

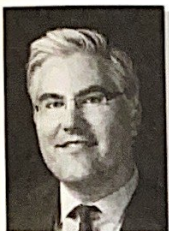
MBTA Commuter Rail

617-222-3200

Mbta.com/schedules/commuter-rail

Protect Yourself, Your Family, and Your Assets

Let's create an estate plan tailored to meet your needs and carry out your financial and medical decisions.



Attorney Matthew Karr founded The Heritage Law Center because clients deserve a more personalized experience for estate planning and elder law.

Call 617.299.6976 today for your complimentary initial consultation.



400 Trade Center Dr., Woburn, MA
617.299.6976 • www.maheritagelawcenter.com

ARE YOU IN PAIN?

TREATING:
Back Pain
Sciatica
Neck Pain
Shoulder Pain
Headaches
Sports Injuries
Work-Related Injuries & More



Beckingham
CHIROPRACTIC OFFICE



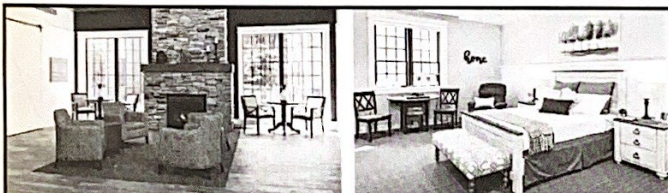
To Learn More or To
Make an Appointment
Please Call
978-356-3979
for More Information



130 County Rd, Suite J, Ipswich, MA 02938
www.beckinghamchiropractic.com



To be a sponsor in the next
Hamilton Hamlet Newsletter!
Please contact Tom Reily 508-336-6633 x 337



Discover Innovative, Small-House Assisted Living and Memory Support at The Woodlands Inn.

The Woodlands Inn is a welcome alternative to traditional, and often clinical, care centers. Each of our four specialized, state-of-the-art households accommodates a maximum of ten residents who are served by a consistent team of Innkeepers. This team creates a home-like setting for residents, promoting independence and peace of mind.



A Hearthstone-Certified Center of Excellence.
Edgewood is a not-for-profit 501(c)(3) organization.
978-228-3878 | EdgewoodRC.com/TWI-Tour



The Herrick House

89 Herrick Street, Beverly, MA

Assisted Living offering independence and companionship in a safe, supportive, and socially-active environment.

Reasons to take advantage of our services include:

- 24-Hour Onsite Licensed Nursing
- Not-for-Profit Organization
- A convenient option when you or a family member needs the security of assisted living.
- An opportunity to rehabilitate after an illness or medical procedure.
- Customized care plans to meet the wellness and healthcare needs of the individual.
- Convenient short-term, respite, and long-term stay options to suit your needs.

To arrange a stay, schedule a visit, or to learn more, call 978.922.1999.
theherrickhouse.org

Beth Israel
Lahey Health

Hamilton Council on Aging
P O Box 429
Hamilton, MA 01936

Pre-Sorted Standard
U.S. Postage Paid
Permit #24
Hamilton, MA 01936

Deliver to addressee or current resident

*The Town of Hamilton provides the Senior Center for you if you are 60 years old or more.
The Council on Aging invites your participation in all that is offered and encourages your
input and involvement.*

Hamilton Senior Center Calendar - April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Underlined Items require sign-up</u>				1 8:45 TOPS 12:30 Art Studio
4 1:00 - 3:00 Library Knitters	5 11:30 Gentle Yoga 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	6 8:30 COA Board Mtg 9:00 Walking Club 11:00 Bingo 11:00 Bridge Group 1:00 Talk on Knee Pain 3:30 Vax Clinic	7 HAMILTON TOWN ELECTIONS 9:00 Men's Group 10:00 Fit Over 50 1:00 Movie	8 8:45 TOPS 12:30 Art Studio
11 1:00 - 3:00 Library Knitters	12 9:30 Sen Tarr Office 10:30 Element Care Presentation (pg. 2) 11:30 Gentle Yoga 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	13 9:00 Technology Help 9:00 Walking Club 11:00 Craft with Barbara 11:00 Bridge Group 3:30 Vax Clinic	14 10:00 Fit Over 50 1:00 Movie	15 8:45 TOPS 12:30 Art Studio
18 CLOSED For PATRIOTS DAY	19 10:30 Close-up Pho- tography 11:30 Gentle Yoga 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	20 9:00 Walking Club 10:30 Anti-Inflammatory Diet Nutrition Program 11:00 Bridge Group 3:30 Vax Clinic	21 9:00 Men's Group 10:00 Fit Over 50 1:00 Movie	22 8:45 TOPS 12:30 Art Studio
25 1:00 - 3:00 Library Knitters 2:00 <u>APRIL BIRTHDAY BASH</u>	26 11:30 Gentle Yoga 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers 3:30 Chernobyl Video	27 9:00 Walking Club 11:00 Bridge Group 12:30 <u>Outing to Village Restaurant</u> 3:30 Vax Clinic	28 10:00 Fit Over 50 1:00 Movie	29 8:45 TOPS 12:30 Art Studio