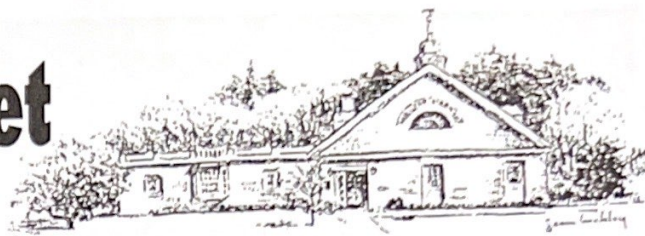


The Hamilton Hamlet

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*
Linda Spong
MJ Brown
Catherine Minnetyan

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.



A Note from the Director

Hi Everyone!

I want to thank everyone that came out to our many activities to celebrate Older American's Month - Age My Way. I am excited that we welcomed our largest group at the center since I have been at the Senior Center. I hope those of you that came out enjoyed yourself and will stop by for more events.

I also want to thank the Selectboard for the proclamation in acknowledging May as Older American's Month for the Town of Hamilton! Thank you to the Fire Department, Acord Food

Pantry and Patton Homestead for their support in helping us celebrate. Together we will "age our way."

As we look into June I want to remind everyone that it is Dementia Awareness Month. I ask that if you haven't already looked into the Silver Alert Program for yourself or a loved one, take a look at it in the announcement about it on this page. Forms are available at the Hamilton COA Senior Center and the Police Station.

Also we will be offering a Dementia Friends Session here at the Senior Center on June 6th from 10:00am-11:15am. We hope that you can join us.



Theresa Woodbury, COA Director



In collaboration with Hamilton Police Department, the COA is 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.

Mobile Market

First and Third Monday, 12:30pm to 2pm
Join us on the first and third Monday of every month when we host a mobile market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household, no income limits, no paperwork to fill out (we just ask that you sign in so we can keep a count of how many are utilizing this service). Just stop by and grab what you need. Mobile market starts at 12:30 and runs through the afternoon. Please remember to bring your reusable bags.



June Special Events

Donut Day

June 6

National Donut Day is June 5th - We are celebrating on June 6th. Stop by and grab you donut and celebrate with us.

Sun Safety Talk

Wednesday, June 15

Join us for talk about sun Safety and the importance of taking care of your skin. Talk starts at 10:30.

Sea Glass Art at the Center

Friday, June 17 11:00am - 12:00pm

Interested in learning how to create some take-home art made out of sea glass? Perfect for decoration, for fun, or as a gift for a friend or family member. No need to bring anything - all materials are provided for you. The sea glass mostly comes from local Essex County beaches. Additionally, if you have sea glass at home and you've been wondering what to do with

Strawberry Festival

Friday, June 24th 11:00am to 12:00 pm

We will be having a Strawberry Festival on June 23. Stop in from 11 to noon for to enjoy some strawberry shortcake and some fun strawberry trivia.

Elder Abuse Awareness Month

June 29

June is Elder Abuse Awareness Month. We are raising awareness on June 29th at 10:30am. Stop by and join us and Senior Care as we pledge to end Elder Abuse in all forms.



Let's celebrate the
June birthdays
Monday, June 27
2:30 - 3:30 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, May 20 to submit your reservation for this fun event.

Can You
Help?

The Senior
Center piano
needs to be
tuned.



Thursday, June 23

The Olive Garden on Rt. 114 in
Danvers

Sign up at the COA so Dick can reserve a space for our group. Transportation is on your own but if you don't have a ride, please let us know.



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.

COA Weekly Events



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

COA Quilter's Group

Thursdays from 9 to Noon



Our Quilters are meeting on Thursday mornings from 9:00 - 12:00.

Bring your sewing machine and your latest project and join them in quilting. We have machines to use if needed.

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.



Art Studio

Fridays
12:30 - 3:00 pm



"Creating art can still the mind and help us tap into our deeper core while allowing for self-expression."

We invite you to set aside the time and bring your pencils and paper, chalk, paint, whatever medium you like and join others who like to make art. We want to support and encourage each other; we're all amateurs!

This is a drop-in group, so come when you can. With questions, call Linda 978-578-7063 or email: lindaspong@gmail.com

100 Cups of Coffee



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.

Movies & Meals



Movies in June

Showtimes on Thursdays at 1:00 pm

June 2 "Sully" Tom Hanks

Biography, Drama. On Jan. 15th, 2009, Capt. Sully Sullenberger and his copilot begin a routine flight that turns terrifying. Sully pulls off the impossible and glides his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard.

June 9 "Grumpy Old Men" Jack Lemon, Walter Matthau
Comedy, Drama, Romance. A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

June 16 "Casablanca" Humphrey Bogart, Lauren Bacall
Drama. Casablanca: easy to enter, but much harder to leave, especially if your name is on the Nazis' most-wanted list. Atop that list is Czech Resistance leader Victor Laszlo, whose only hope is Rick Blaine, a cynical American who sticks his neck out for no one...especially Victor's wife Ilsa, the ex-lover who broke his heart.

June 23 "Mystic Pizza" Annabel Gish, Julia Roberts, Lili Taylor
Drama, Comedy, Romance. Mystic Pizza charts the lives and loves of three unforgettable waitresses in a little town called Mystic.

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.

Wednesday Congregate Meals



Senior Care has begun serving an "in person" lunch at the Senior Center on Wednesdays. If you are interested in attending, please check the schedule for congregate meals and reserve your place with Albie at 978-468-2616.

OUTINGS



Our June Lunch Trip will be to the Olive Garden Italian Restaurant on 114 in Danvers on June 23rd. We will meet there at 12:00pm.

Please call the Center to let us know you plan to attend. Our July outing will be to the Farm Bar and Grille in Essex.



Meals On Wheels

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

Physical Activities

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 6 week session).

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 Wen-

ham 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.



T.O.P.S.

(Taking Off Pounds Sensibly)

Fridays at 8:45 to 10:00 am

TAKE OFF POUNDS SENSIBLY 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.

Senator Tarr's Office Hours June office hours will be held in Wenham. If you have any questions for the Senator Tarr please stop by the Wenham Council on Aging to visit with Mary Ann Nay on Tuesday June 7th starting at 10:00am. She will be back in Hamilton in July. If you have questions before the June visit please let us know and we can get her in touch with 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 twoodbury@hamiltonma.gov

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

The COA Newsletter "The Hamilton Hamlet" can be viewed at: <https://www.hamiltonma.gov/government/council-on-aging/>



The Greater Cape Ann Collaborative is offering vaccinations for COVID and boosters at the Hamilton Senior Center on Wednes-

days 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.

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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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theherrickhouse.org

Beth Israel
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Hamilton Council on Aging
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Hamilton, MA 01936

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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 - June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Please Sign up for Underlined Events 978-468-5595		11 8:30 COA Board 9:00 Walking Club 11:00 Bingo 11:00 Bridge Group 12:00 Lunch 3:30 Vax Clinic	2 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 1:00 Movie	3 8:45 TOPS 12:30 Art Studio
6 DONUT DAY 10:00 <u>Dementia Friends Training</u> 1:00 Library Knitters	7 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	8 9:00 Walking Club 11:00 Craft with Barbara 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	9 9 - 12:00 Quilting Group 10:00 Fit Over 50 1:00 Movie	10 8:45 TOPS 12:30 Art Studio
13 1:00 Library Knitters	14 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	15 9:00 Walking Club 11:00 <u>Sun Safety Talk</u> 11:00 Bridge Group 12:00 Lunch 3:30 Vax Clinic	15 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 1:00 Movie	17 8:45 TOPS 11:00 <u>Sea Glass Art Class</u>
20 1:00 Library Knitters	21 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	22 9:00 Walking Club 11:00 Bridge Group 12:00 Lunch 3:30 Vax Clinic	23 9 - 12:00 Quilting Group 12:30 <u>Lunch Bunch</u> 10:00 Fit Over 50 1:00 Movie	24 8:45 TOPS 11:00 STRAWBERRY FESTIVAL 12:30 Art Studio
27 1:00 Library Knitters 2:30 <u>Birthday Bash</u>	28 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	29 9:00 Walking Club 10:30 Elder Abuse Awareness 11:00 Bridge Group 12:00 Lunch 3:30 Vax Clinic	30 9 - 12:00 Quilting Group 10:00 Fit Over 50 1:00 Movie	