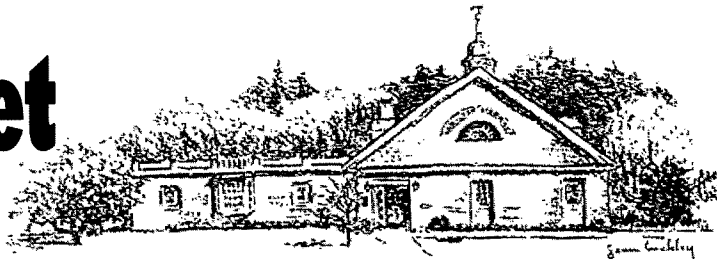


The Hamilton Hamlet

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
Richard Hewett

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.

Public Input Survey - We Need Your Help

The Town of Hamilton is in the process of developing a Self-Evaluation and Transition Plan to ensure residents and visitors have access to all Town facilities, programs, and services. The Town has engaged the Edward J. Collins Center for Public Management to assist with the plan, which is required by the Americans with Disabilities Act of 1991 (ADA). An important part of this planning process is providing opportunities for the public to offer input and voice concerns.

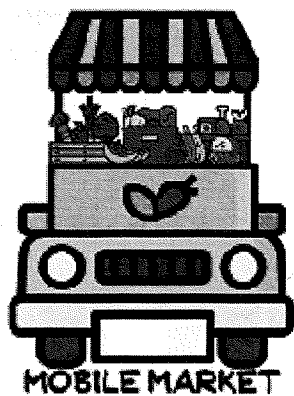
This survey is intended to gather preliminary data to assist the planning team in identifying any barriers to access for individuals with disabilities at Town facilities or within the programs and services it currently offers.

Once the initial study is completed, the Town will solicit additional input on how to best address any deficiencies that are found.

Please take a few minutes to complete this important accessibility survey at the following link:

<https://www.surveymonkey.com/r/hamiltonADA>

If you need assistance in completing this survey or would like to request an alternative format, please contact Marcia Birmingham at marcia.birmingham@umb.edu. We sincerely appreciate your time and effort in helping to ensure Hamilton remains a great place to live for ALL of our residents.



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. The Market in July is on Monday, July 18.

Wednesday Morning Tech Support this Summer!

Join us on Wednesday mornings from 9:00-12:00pm (there will be no class the week of July 10th). We will have two high school students joining us this summer to help with tech support. Bring your iPad, computer, etc. with any questions that you have.

June Special Events

Cook-out with TRIO

Thursday, July 7 at Noon

Join us on Thursday, July 7th for a cookout with SeniorCare and TRIO. Cookout starts at 12:00pm. Hamburgers and hotdogs, coleslaw, potato salad, watermelon and lemonade will be served. Reservations are necessary.

Sea Glass Art Class

Friday, July 8 at 11:00am

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 it - please feel free to bring it. Please sign up in advance. \$7 per person.

Snake Day

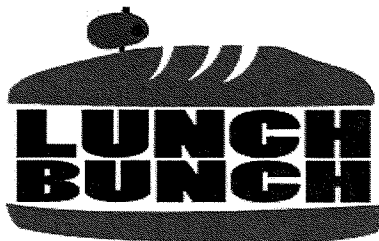
Friday, July 15 at 11:00am

Rick Roth from Cape Ann Vernal Pool will be with us on Friday July 15th to celebrate National Snake Day. Join us from 11:00-12:00pm to learn more about snakes and meet some snakes.

Dementia Friends Session

Monday, July 11 at 10:00am

Hamilton Council on Aging will be hosting a Dementia Friends Session on Monday July 11th starting at 10:00am. During this interactive session you'll learn more about dementia, how it affects a person and what you can do to help people affected by dementia in your community. Big or small, every action counts! The Session lasts around 45 minutes.



Friday, July 22

The Farm Bar and Grill in Essex

We will meet at the restaurant at noon. Sign up at the COA so Dick (our trip coordinator) can reserve a space for our group. Transportation is on your own but if you don't have



Let's celebrate the

July birthdays

Monday, July 25

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, July 22 to submit your reservation for this fun event.

The Greater Cape Ann Collaborative is offering vaccinations for COVID and boosters at the Hamilton Senior Center on Wednesdays from 4:00 - 6:00 pm. Please register online through capeannclinic.com. If you do not use a computer or need help call the senior center 978-468-5595



MEN'S GROUP

Join us on the first and third Thursday of the month (July 7th and July 21st) 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.

Hamilton Duplicate Bridge

Wednesdays 11:00 am

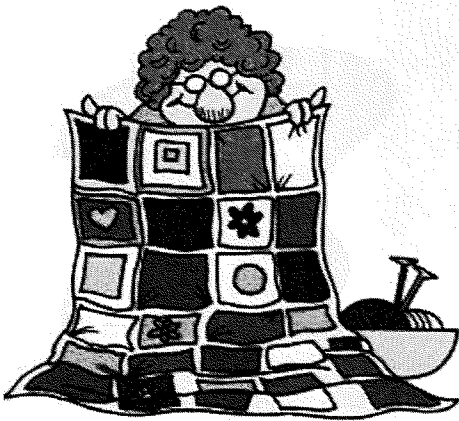
The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 11:00 am. Many neighboring towns are represented in this group.

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



COA Quilter's Group

Thursdays from 9 to Noon



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

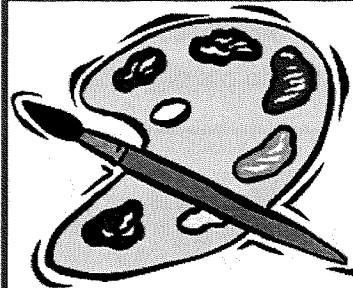
Bring your sewing machine and your latest project and join them in quilting. We have machines to use if needed.

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!

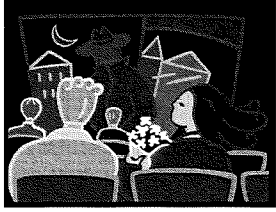
This is a drop-in group, so come when you can. With questions, call Linda 978-578-7063 or email: lindaspong@gmail.com

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 July

Showtimes on Thursdays at 1:00 pm

July 7 "Reign Over Me" Adam Sandler, Don Cheadle, Jada Pinkett Smith

Drama. A man who lost his family in the September 11 attack on New York City runs into his old college roommate. Rekindling the friendship is the one thing that appears able to help the man recover from his grief.

July 14 "Slumdog Millionaire" Dev Patel

Drama, Romance. A Mumbai teenager reflects on his life after being accused of cheating on the Indian version of "Who Wants to be a Millionaire?".

July 21 "Gifted" Chris Evans McKenna Grace

Drama. Frank Adler is a single man dedicated to raising his spirited young niece, Mary, a child prodigy. But

Frank and Mary's happy life together is threatened when Mary's mathematical abilities come to the attention of her overbearing grandmother-who has other plans for the girl.

July 28 "Eat Pray Love" Julia Roberts

Biography, Drama, Romance. Believing there's more to life than a husband, house and career, Liz Gilbert finds herself with a new appetite for life in this inspiring true story, based on the bestselling book. She leaves New York and embarks on a yearlong journey- traveling to Italy, India and Bali-seeking self-discovery through good food, meditation and prospect of finding true love.

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.



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



Meals on Wheels provides 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.

Join the Friends of Hamilton COA

By joining the Friends group you are supporting them in promoting, sponsoring, and supporting programs and services whose primary activities are by and for the senior population of the Town of Hamilton in accordance with the goals and policies of the

Hamilton Council on Aging Board.

How to join:

Membership Dues are as follow:

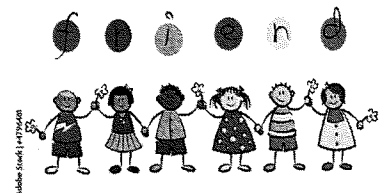
Individual: \$10

Family: \$25

Patron/Business Sponsor-\$100

Checks can be made payable to the Friends of the Hamilton Council on Aging

We thank you in advance for your support!



Physical Activities



Bocce Ball Wenham COA

Join us in Wenham on Tuesdays & Thursdays from 9:00am until 11:00am on the Bocce Courts. Never played before? Not a problem we will teach you. No sign up needed-just stop by and join the fun.

10 School Street Wenham

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.



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 July office hours will be held in Hamilton. If you have any questions for the Senator Tarr please stop by the Hamilton Council on Aging to visit with Mary Ann Nay on Tuesday July 5th starting at 9:00am. If you have questions before the July visit please let us know and we can get her in touch with you.

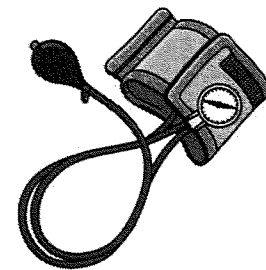
Subscribe by Email...you'll be glad you did!

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/>

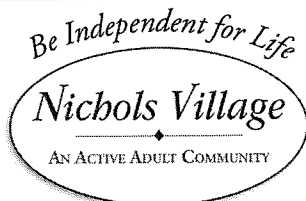
Blood Pressure Clinic



Monday, July 11 and
Monday, July 25
12:30 - 1:30pm

Stop by and have your blood pressure taken by a registered nurse.

COMMUNITY LIVING AT ITS BEST



One Nichols Way, Groveland, MA 01834
Nichols-Village.com
CALL 978-372-3930



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Hamilton Hamlet Newsletter!
Please contact Tom Reily 508-336-6633 x 337

Fireworks are Scarvy!



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This 4th of July!

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



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978-744-7835

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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.

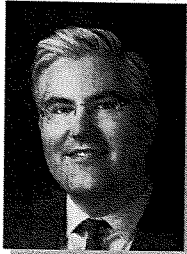
MBTA Commuter Rail

617-222-3200

Mbta.com/schedules/commuter-rail

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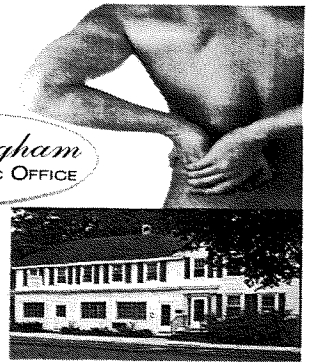
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Shoulder Pain
Headaches
Sports Injuries
Work-Related
Injuries & More



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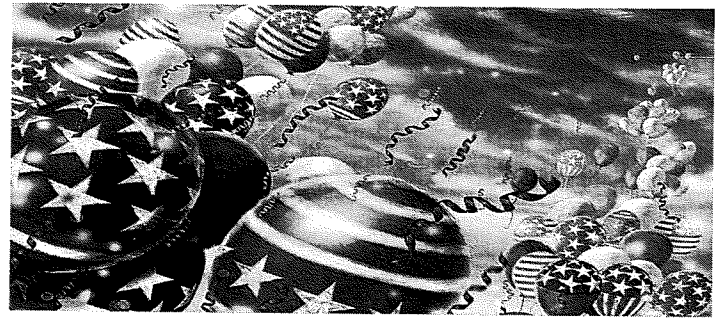


To Learn More or To
Make an Appointment

**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



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to learn more, call 978.922.1999.
theherrickhouse.org

Beth Israel
Lahey Health



Hamilton Council on Aging

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Hamilton, MA 01936

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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.*

Hamilton Senior Center Calendar - July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Please Sign up for Underlined Events				1 8:45 TOPS 12:30 Art Studio
4 Closed for Independence Day	5 12:00 Grab n Go Lunch 12:30 Needleworkers	6 8:30 COA Board 9:00 Walking Club 9-12:00 Tech Support 10:30 Bingo 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	7 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>COOKOUT</u> 1:00 Movie	8 8:45 TOPS 11:00 <u>Sea Glass Art Class</u> 12:30 Art Studio
11 10:00 <u>Dementia Friends Training</u> 12:30-1:30 Blood Pressure Clinic 12:30-2:30 Mobile Mart 1:00 Library Knitters	12 12:00 Grab n Go Lunch 12:30 Needleworkers	13 9:00 Walking Club 10:30 Crafts w/Barbara 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	14 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	15 8:45 TOPS 11:00 SNAKE DAY 12:30 Art Studio
18 12:30 - 2:30 Mobile Market 1:00 Library Knitters	19 12:00 Grab n Go Lunch 12:30 Needleworkers	20 9:00 Walking Club 9-12:00 Tech Support 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	21 22 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	22 8:45 TOPS 12:00 <u>Lunch Bunch</u> 12:30 Art Studio
25 12:30-1:30 Blood Pressure Clinic 1:00 Library Knitters 2:30 <u>Birthday Bash</u>	26 12:00 Grab n Go Lunch 12:30 Needleworkers	27 9:00 Walking Club 9-12:00 Tech Support 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	28 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	29 8:45 TOPS 12:30 Art Studio