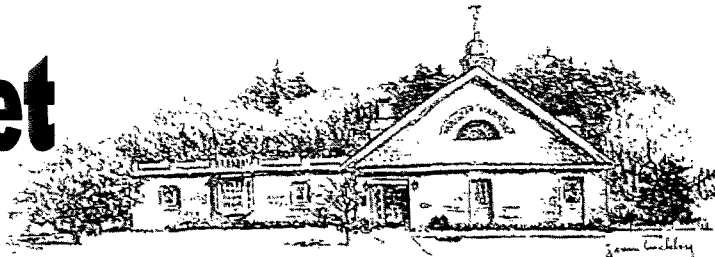


# The Hamilton Hamlet

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*

MJ Brown

Catherine Minnetyan

Rosemary Kennedy

Laura Studley

Richard Hewett

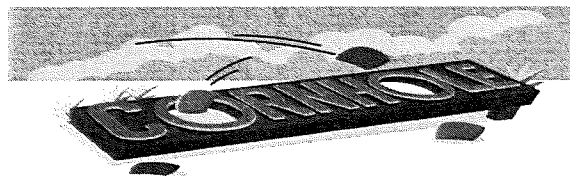
## A Note From the Director:

Can you believe we are half way through the summer? If you haven't taken advantage of the summer swimming yet-I want to remind you that there is free swim on Saturday mornings from 11:00am-11:30am. There is no cost to use the Pool at Patton Park during this time.

We have many exciting programs coming up during the month of August & September. But we are always looking to add to our list. If you are interested in running a program, or seeing a program getting started at the Center please feel free to reach out to myself or Tim and let us know.

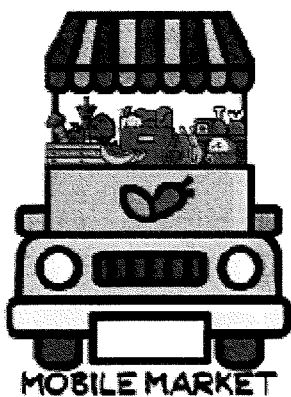
I encourage you to stop by the Center and take advantage of our recently purchased cornhole games as well the gazebo that will be put up shortly. Grab a cup of coffee, and enjoy a friendly game of cornhole with your friends. We hope to see you soon.

Theresa



### 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.



## 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 August is on Monday, August 1st and August 15th.

## Wednesday Morning Tech Support this Summer!

Join us on Wednesday mornings from 9:00-12:00pm. 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.

# August Special Events

## Essex County Sheriff's K-9

Friday August 26th @ 10:00

Join us on Friday August 26th @ 10:00am when we welcome the Essex County Sheriff's Department K-9 Unit and Moe Pratt to do a presentation.

## Sea Glass Art Class

Wednesday August 17th time TBD

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.

## Smore's Day

Wednesday August 10th

Join us on Wednesday August 10th for a kit to make your own Smore's. Everything you need will be included. Stop by after 1:00pm to say hi and grab your kit.

## Dementia Friends Session

Monday, August 15th at 10:00am

Hamilton Council on Aging will be hosting a Dementia Friends Session on Monday August 15th 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.



## Tea at the Patton Homestead

Join us on August 2nd at 10:30 for a Tea Party at the Patton Homestead. We will be serving tea, coffee, and light refreshments. Seating will be indoors and outdoors. Space is limited please RSVP with the COA at 978-468-5595.



Let's celebrate the  
August birthdays  
Monday, August 22nd  
2:30 - 3:30 pm  
Games, Prizes, Fun  
and, of course,  
Birthday Cake !

Even if you were not born in August, please come to have fun and celebrate those who were. Please call the COA at 978-468-5595 no later than Friday, August 19th to submit your reservation for this

## World Bee Day:

Join us on August 17th as we learn about Bee's. How do they pollinate, why do they pollinate, honeybee's vs bumblebee's. Program starts at 1:00pm.



## MEN'S GROUP

Join us on the first and third Thursday of the month (August 4th & August 18th) 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

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](http://capeannclinic.com).

### 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.

### COA Quilter's Group

Thursdays from 9 to Noon



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

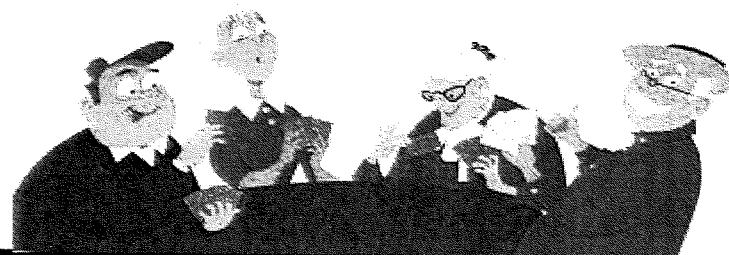
Bring your sewing machine and your latest project and join them in quilting. We have machines to use if needed.

### 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.

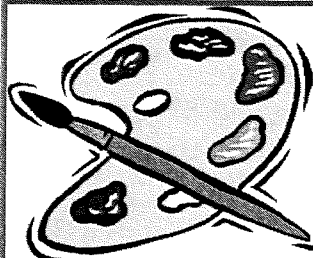
We welcome newcomers and those bridge players who have been away from the game for several months. Call Bob Bonazoli at 978-468-1963.



### Art

#### Studio

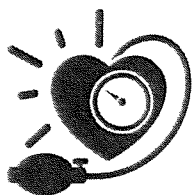
Fridays 12:30 - 3:00 pm



"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.



### Blood Pressure Clinic

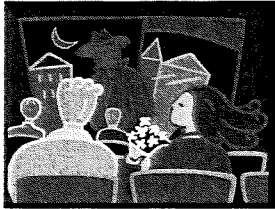
Join us on August 8th starting at 1:30 for a Blood Pressure Clinic lead by Kelly Rowland, RN. She will be back again during our Birthday Party on August 22nd starting at 2:30pm.

### GOT BALANCE:

Join us on Thursday Aug 30th at 11a when Samantha Kennerson, Doctor of Physical Therapy, will provide complimentary balance screenings as well as instruction on how you can improve your walking, strength and balance right away!

Samantha Kennerson is a local physical therapist with a specialty in improving walking and balance problems and serves clients in their own homes.

## Movies & Meals



# Movies in August

Showtimes on Thursdays at 1:00 pm

**August 4th: The Bad News Bears:** Former minor leaguer Morris Buttermaker is a lazy, beer swilling swimming pool cleaner who takes money to coach the Bears, a bunch of disheveled misfits who have virtually no baseball talent. Realizing his dilemma, Coach Buttermaker brings aboard girl pitching ace Amanda Whurlizer, the daughter of a former girlfriend, and Kelly Leak, a motorcycle punk who happens to be the best player around.

**August 11<sup>th</sup>: Rain Man:** After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance.

**August 18<sup>th</sup>: Goodwill Hunting-** Though Will Hunting has genius-level intelligence memorizing facts and an intuitive ability to prove sophisticated

mathematical theorems, he works as a janitor at MIT and lives alone in a sparsely furnished apartment in an impoverished South Boston neighborhood. An abused foster child, he subconsciously blames himself for his unhappy upbringing and turns his self-loathing into a form of self sabotage in both his professional and emotional lives. Hence, he is unable to maintain either a steady job or a steady romantic relationship.

**August 25th: Grease-** A musical about teens in love in the 1950s. It's California 1958 and greaser Danny Zuko (John Travolta) and Australian Sandy Olsson (Olivia Newton-John) are in love. They spend time at the beach, and when they go back to school, what neither of them knows is that they both now attend Rydell High. Danny's the leader of the T-Birds, a group of black leather jacket-wearing greasers while Sandy hangs with the Pink Ladies, a group of pink-wearing girls led by Rizzo (Stockard Channing). When they clash at Rydell's first pep rally, Danny isn't the same Danny from the beach. They try to be like each other so they can be together.

## 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

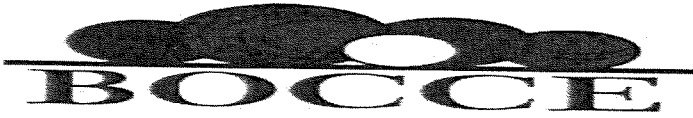
Patron/Business Sponsor-\$100

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.

#### Lunch Bunch:

There will be no Lunch Bunch in August. Join us in September when we visit The Bradford Tavern on Friday September 23rd at 12:00pm. Please let us know if you will be joining us so we can reserve you a seat.



### 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.

### Fitness Classes are Back!

## Fil 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.

**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 Wenham Council on Aging to visit with Mary Ann Nay on August 9th from 8:30am-10:00am. 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 [twood-bury@hamiltonma.gov](mailto:twood-bury@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/>

## Ask the Nutritionist

Date: Wednesday, August 24<sup>th</sup>

Time-10:30am

Want to know the latest about better control of diabetes through Diet? Need to reduce your sodium but don't know where to start? Not sure if you are getting enough protein? Do certain foods cause you indigestion due to gastric reflux?

Come and stop by and have your nutrition questions answered by the nutritionist, Deb Davidson- nutritionist at SeniorCare.



## COMMUNITY LIVING AT ITS BEST

*Be Independent for Life*

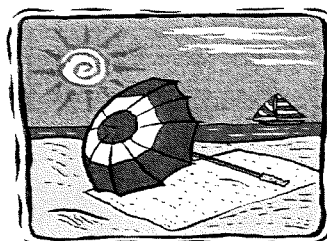
**Nichols Village**

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

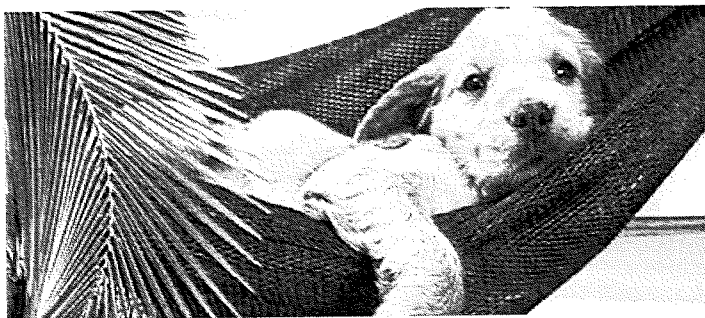
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**CLEAN, QUIET,  
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- Social Activities
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### Amenities

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- For Seniors 62 and Older

Maximum Qualifying Income

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



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POAH Communities, LLC



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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

## Protect Yourself, Your Family, and Your Assets

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

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



*Beckingham*  
CHIROPRACTIC OFFICE

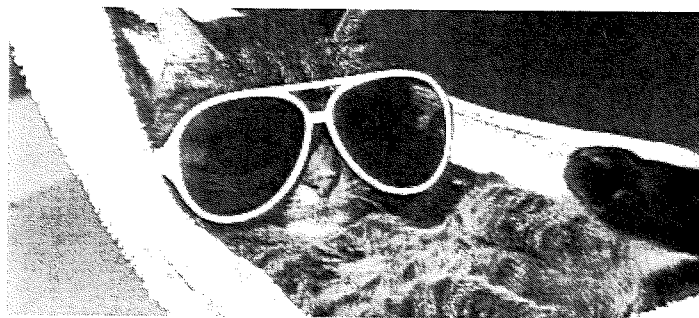


To Learn More or To  
Make an Appointment

**Please Call  
978-356-3979**

for More Information

130 County Rd, Suite J, Ipswich, MA 02938  
[www.beckinghamchiropractic.com](http://www.beckinghamchiropractic.com)



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**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.

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- Not-for-Profit Organization
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- 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](http://theherrickhouse.org)

Beth Israel  
Lahey Health



Hamilton Council on Aging

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Hamilton, MA 01936

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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 Calendar - August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 12:30-2:30 Mobile Mart 1:00 Library Knitters	<b>2</b> 10:30 <u>Tea at Patton</u> 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	<b>3</b> 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	<b>4</b> 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	<b>5</b> 8:45 TOPS 12:30 Art Studio
<b>8</b> 12:30-1:30 Blood Pressure Clinic 12:30-2:30 Mobile Mart 1:00 Library Knitters	<b>9</b> 8:00 Office Hours Senator Tarr @ Wenham 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	<b>10</b> 8:30 COA Board 9:00 Walking Club 9-12:00 Tech Support 10:30 Crafts w/Barbara 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>11</b> 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	<b>12</b> 8:45 TOPS 11:00 <u>Sea Glass Art Class</u> 12:30 Art Studio
<b>15</b> 10:00 <u>Dementia Friends Training</u> 12:30-1:30 Blood Pressure Clinic 12:30-2:30 Mobile Mart 1:00 Library Knitters	<b>16</b> 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	<b>17</b> 9:00 Walking Club 11:00 Bridge Group 12:00 <u>Lunch</u> 1:00 Bee Day 3:30 Vax Clinic	<b>18</b> 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	<b>19</b> 8:45 TOPS 11:00 <b>SNAKE DAY</b> 12:30 Art Studio
<b>22</b> 12:30 - 2:30 <b>Mobile Market</b> 1:00 Library Knitters 2:30 <u>Birthday Party</u> 2:30 Blood Pressure	<b>23</b> 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	<b>24</b> 9:00 Walking Club 9-12:00 Tech Support 10:30 Nutrition Talk 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>25</b> 9 - 12:00 Quilting Group 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	<b>26</b> 8:45 TOPS 10:00 K-9 Presentation 12:30 Art Studio
<b>29</b> 1:00 Library Knitters	<b>30</b> 11:00 <u>Balance Screening</u> 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	<b>31</b> 9:00 Walking Club 9-12:00 Tech Support 11:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>Please Sign up for Underlined Events</b> <b>978-468-5595</b>	