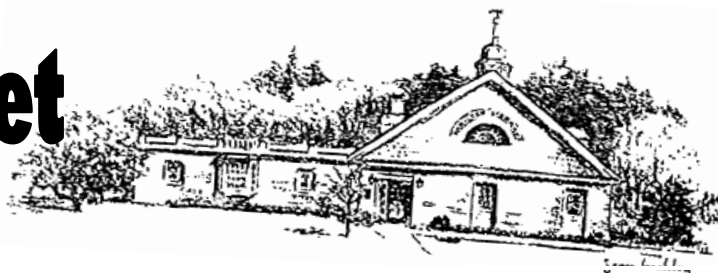


# The Hamilton Hamlet

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

### 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.

## New & Exciting Activities

### Yoga is coming back

You asked and we listened...we have hired a new Yoga Instructor...Victoria Harriss. Victoria comes to us with 15 years of experience and currently teaches at a local yoga studio as well as teaches privately and in small groups. She received her training at Kripalu Center for Yoga and Health in Stockbridge, Massachusetts.

Yoga Classes will start on **Tuesday September 13th starting at 9:00am and will run for 6 weeks.**

**Reserve your spot by calling 978-468-5595**

### Matter of Balance

Join us starting on **Monday September 26th from 10:30-12:30** for an evidence-based program that helps older adults reduce their fear of falling by learning to view falls as controllable.

A Matter of Balance will also set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and ways to exercise to increase strength and balance. The curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training and a few homework assignments.

Space is limited-attendance is required at all sessions. R.S.V.P today 978-468-5595.

## Farmers Market Coupons

Hamilton has been allotted a limited number of Farmers Market Coupons. To be eligible you must be 60 years of age or older, and meet certain income guidelines.

Coupons will be given out on a first come first serve basis. Household of 1-\$24,142, Household of 2-\$33,874, Household of 3-\$42,606, Household of 4-\$51,338. If you are interested in learning more or you are eligible please call the Senior Center at 978-468-5595 to sign up. We have limited number of coupons-so it will be first called first serve.

## 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:

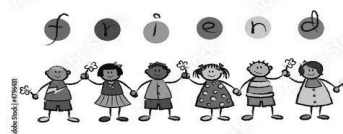
**Membership Dues are as follow:**

**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!



# September Special Events

## Cheese Pizza Day

**Tuesday September 6th**

We will be celebrating National Cheese Pizza Day on Tuesday September 6th. Stop by the Senior Center at 12:00 and have lunch with us (cheese pizza of course). RSVP 978-468-5595

## Rice Krispies Day

**Tuesday September 20th**

Join us to celebrate Rice Krispies Day on Tuesday September 20th at 2:30. Stop by the Senior Center and grab your Rice Krispies Treat.

## Dementia Friends Session

**Monday, September 12th at 10:00am**

Hamilton Council on Aging will be hosting a Dementia Friends Session on Monday September 12th 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. Pre-register by calling 978-468-5595

## The Upside of Downsizing Ice Cream Social

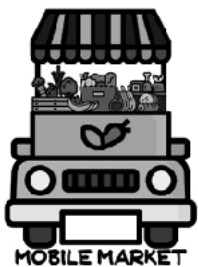
**Tuesday September 27th at 1:00pm**

Experts will point you in the right direction for all your real estate, financial, real estate trust and wills. Presenters: Blaze Johnson, CSHP Remax 360, Jeffrey Stelamn, Esq & Matt Kirschner Edward Jones



Let's celebrate the  
September birthdays  
**Monday, September 26th**  
**2:30 - 3:30 pm**  
Games, Prizes, Fun  
and, of course,  
Birthday Cake !

Even if you were not born in September, please come to have fun and celebrate those who were. Please call the COA at 978-468-5595 no later than Friday, September 23rd to submit your reservation



## Mobile Market

**September 12th & 19th**  
**12:30 pm to 2:30 pm**

Join us on September 12th & 19th 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 2:30pm. Please remember to bring your reusable bags.



## MEN'S GROUP

Join us on the first and third Thursday of the month (September 1st & September 15th) 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 4:30 - 6:30 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.

## Hamilton Duplicate Bridge

Wednesdays 1:00 pm

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 1:00 pm. 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.

## Health & Wellness Fair

Tuesday October 4th, 2022

3:00 pm- 5:00 pm

Join the Hamilton and Wenham Council on Aging for our First Annual Health & Wellness Fair. Participants will have tables at the Hamilton Senior Center and will feature agencies that will be of interest to members of the community. We encourage everyone to stop by and gather information about services from the participating agencies.



## Blood Pressure Clinic

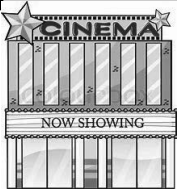
Join us on Monday September 12th starting at 1:30 for a Blood Pressure Clinic lead by Kelly Roller, RN. She will be back again during our Birthday Party on September 26th starting at 2:30pm.

## Medicare Open Enrollment:

Don't forget that Open Enrollment for Medicare Part D plans is right around the corner. Now is the time to make sure you are on the right plan. Our Shine Counselor will take a look at your medications and your current plan to ensure that nothing has changed. Call today to schedule your appointment.

Open Enrollment runs from October 15th, 2022 and closes on December 7th, 2022. 978-468-5595

# Movies & Meals



## Movies in September Thursdays at 1:00pm

**September 1st: My Girl :** This coming-of-age charmer follows a summer in the life of an 11-year-old girl who learns about love and loss as she grapples with profound changes.

**September 8th: My Girl 2:** Vada Sultenfuss must go to LA to stay with her Uncle Phil to do some research on her mother's life, but finds much more.

**September 15th: Jerry Maquire** When a sports agent has a moral epiphany and is fired for expressing it, he decides to put his new philosophy to the test as an independent agent

with the only athlete who stays with him and his former colleague.

**September 22nd: Catch Me If You Can** - Barely 21 yet, Frank is a skilled forger who has passed as a doctor, lawyer, and pilot. FBI agent Carl becomes obsessed with tracking down the con man, who only revels in the pursuit.

**September 29th: Fever Pitch:** Everything's going great between baseball fanatic Ben and his new girlfriend, Lindsay. But when spring rolls around and baseball season begins, Ben's obsession with the Boston Red Sox threatens their relationship.

## Grab and Go Meals

**Tuesdays at 12:00**

The Hamilton COA is partnering with Senior Care to offer 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. A suggested donation for \$2.00 is requested.



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.

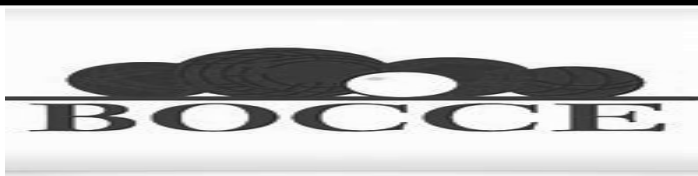
## Lunch Bunch

Join us in September when we visit The Bradford Tavern in Rowley on Friday, September 23rd at 12:00pm. Transportation is on your own, but we will need to make a reservation-please let us know if you plan on joining us so we can let The Bradford Tavern know. Reservations can be made by calling the Hamilton Senior Center at 978-468-5595.



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.

## 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.

### Cornhole

Join us at the Hamilton COA on the 2nd & 4th Thursdays from 9:30 until 11:00 to play Cornhole.



Never played before? Not a problem. No need to sign up-just stop by and join the fun.



### 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!

## Fit Over 50

Thursdays 10:00 am

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

### Pickleball

Thursdays 11:30-12:30

Patton Park

Join us Thursdays at Patton Park for our new Pickle Ball group. The group will meet every week- no equipment is needed to play. Never played before? Not a problem. Please let us know if you plan on playing so that we have enough equipment-stop by and see what all the fun is about. 978-468-5595.



**Senator Tarr's Office Hours** September office hours will be held in Hamilton. If you have any questions for Senator Tarr please, stop by the Hamilton Council on Aging to visit with Mary Ann Nay on Tuesday September 13th from 9:00am-10:00am. If you have questions before the September 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](mailto: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/>

## Fuel Assistance:

Fuel assistance applications will be available in the upcoming months. If you need additional help this month, please don't hesitate to reach out to Tim or Theresa at the Senior Center and we can help you get the application through Action, Inc in Gloucester. We can also help you fill out the application through Good Neighbor Fund-Salvation Army.

The cost of fuel is high, but there is help out there for every situation-please reach out and ask if you need it!

## COMMUNITY LIVING AT ITS BEST



One Nichols Way, Groveland, MA 01834

Nichols-Village.com

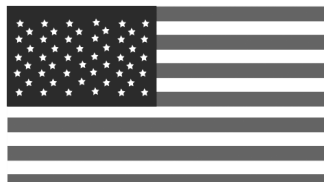
**CALL 978-372-3930**

**Hold on. Wait a minute! What do  
you mean I can't wear white  
after Labor Day?**



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

**Please contact Tom Reily 508-336-6633 x 337**



### HAPPY LABOR DAY

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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](http://theherrickhouse.org)

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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*

## Hamilton Senior Center Calendar - September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Please Sign up for Underlined Events 978-468-5595			<b>1</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>2</b> 8:45 TOPS 12:30 Art Studio
<b>5</b> Closed for Labor Day	<b>6</b> 12:00 <u>Grab n Go Lunch</u> 12:00 <u>Pizza Lunch</u> 12:30 Needleworkers	<b>7</b> 8:30 COA Board 9:00 Walking Club 10:30 Bingo 1:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>8</b> 9 - 12:00 Quilting Group 9:30 Cornhole 11:30-12:30 Pickleball 10:00 Fit Over 50 12:00 <u>Lunch</u> 1:00 Movie	<b>9</b> 8:45 TOPS 12:30 Art Studio
<b>12</b> 10:00 Dementia Friends Training 1:30 Blood Pressure Clinic 12:30-2:30 Mobile Mart 1:00 Knitters	<b>13</b> 9:00-10:00 Senator Tarr Office Hours Yoga 9:00-10:00 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	<b>14</b> 9:00 Walking Club 10:30 Crafts with Barbara 1:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>15</b> 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 11:30-12:30 Pickleball 12:00 <u>Lunch</u> 1:00 Movie	<b>16</b> 8:45 TOPS 12:30 Art Studio
<b>19</b> 12:30-2:30 Mobile Mart 1:00 Knitters 2:30 Blood Pressure	<b>20</b> 9:00-10:00 Yoga 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers 2:30 <u>Rice Krispies Day</u>	<b>21</b> 9:00 Walking Club 1:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>22</b> 9 - 12:00 Quilting Group 9:30 Cornhole 10:00 Fit Over 50 11:30-12:30 Pickleball 12:00 <u>Lunch</u> 1:00 Movie	<b>23</b> 8:45 TOPS 12:00 <u>Lunch Bunch</u> 12:30 Art Studio
<b>26</b> 10:30 Matter of Balance 1:00 Knitters 2:30 Birthday Party 2:30 Blood Pressure	<b>27</b> 9:00-10:00 Yoga 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers 1:00 <u>Ice Cream Social</u>	<b>28</b> 9:00 Walking Club 1:00 Bridge Group 12:00 <u>Lunch</u> 3:30 Vax Clinic	<b>29</b> 9 - 12:00 Quilting Group 10:00 Fit Over 50 11:30-12:30 Pickleball 12:00 <u>Lunch</u> 1:00 Movie	<b>30</b> 8:45 TOPS 12:30 Art Studio