

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.”

New Programs for a New Year

The Story of You: A Celebration of You through Photos and Stories Begins Tuesday, January 8 10:00 - 11:30 am

Led by Jewel Fraser, each Tuesday (for about 6 weeks) we'll bring in an old or a new photo and talk about it's meaning. We'll each create a unique book, simple or ornate, telling our story through our photos. (We'll make a copy of the photos so the original doesn't have to go in the books.)

Jewel Fraser grew up in Hamilton and after many years of wandering has returned home to be with

family. She has a masters degree in counseling psychology with expressive therapies from Lesley University and for the 9 years she lived in Arizona, she was a professional photographer. She also a great passion for ancestry and the stories and journeys that have shaped our lives.

If participants are interested, Jewel would love to take portraits of those who are interested.

Materials needed:

- Journals/Notebooks, preferably sketchbooks without lines but whatever is comfortable for the participants. A regular lined notebook is fine.
- Printer and paper to make a copy of photos brought in.
- Paper glue and scissors. Pens and pencils

Hamilton Senior Center

Town Manager
Joe Domelowicz

Center Staff

Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board

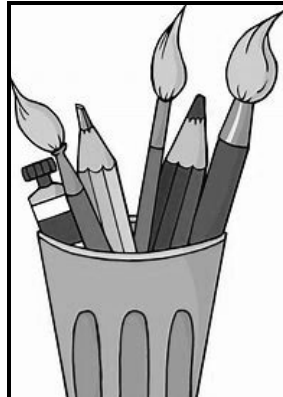
Sherry Leonard, *Chairman*
Steve Walsh, *Vice-Chairman*
Nancy Longval, *Secretary*
Betty Gray
Linda Spong
Stacey Verge
Penny Wingate

Senior Van Service

Beauport Ambulance

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.



Artist's Open Studio "A Supportive Place to Create" Wednesday Afternoons 1 - 4 pm

Artist's Open Studio begins on Wednesday, January 2nd from 1 to 4 on Wednesday afternoons (except for second Wednesday of the month.) No experience necessary. Bring all your own materials in any medium: pencils, watercolors, oils, pen and ink, pastels, acrylics. Nothing provided and nothing expected except your commitment to work on your own project. Let's get creative ! A supportive environment is guaranteed. Questions? Call or email katharinepickering11@gmail.com or (978) 473-9818.

Would You Like A "Check-In" ???

The Hamilton Council on Aging in Conjunction with the Hamilton Police and Fire Departments would like to make sure that you are OK during an extreme weather event this winter.

If you are an at-risk resident over the age of 60 in Hamilton and want Public Safety to call or visit this winter or during any storm event, please call Mary Beth at the Senior Center 978-468-5595 to register for this service. *

People who are on oxygen; legally blind or blind; diabetic; deaf or otherwise hearing impaired; people in wheelchairs or those who

have mobility issues; cardiac patients; seniors who have a handicap or cognitive issues; or, seniors who live alone, should sign up for this service.

The Council on Aging and our Public Service staff want to make sure that you know we care about your well-being when you lose your electricity and/or heat during a storm.

** Please know that your information is kept private and not given out for any purpose whatsoever.*

Senior Center Activities - January

COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00 Program at 10:30

January 2

Bingo and Hot Dogs

January 9

Chair Workout with Carol Pallazola from Element Care

January 16

Dan Tremblay

January 23

Open Social Hour

January 30

Anne Barrett presents "Life Aboard a Whaling Ship"

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Jan 3 "Crazy, Rich Asians" Constance Wu, Henry Golding
Comedy, Drama. Written and Directed by Bo Burnham, a Hamilton native.
Chinese-American New Yorker Rachel Chu travels to Singapore with her boyfriend Nick Young to attend his best friend's wedding only to discover he comes from one of Asia's most wealthy, prominent families. A commoner among the social elite, Rachel becomes a target for single women vying for Nick's attention as well as for his judgmental mother Eleanor, who wants nothing more than to break them up.

Jan 10 "RBH"

Documentary, Biography. This documentary provides an intimate look into the trailblazing life and career of octogenarian Supreme Court justice Ruth Bader Ginsburg. It focuses on her landmark gender-bias cases in the 1970s, her ongoing ideological battles, and her marriage with Martin Ginsburg.

Jan 17 "Three Identical Strangers"

Culture & Society, Drama. Director Tim Wardle's documentary re-examines the 1980 publicity blitz triggered by the reunion of long-lost New York triplets Bobby Shafran, Eddy Galland, and David Kellman. After reliving the heart-warming serendipity of their chance reunion, the film pivots to the question of why the triplets were raised by separate families with no knowledge of each other's existence.

Jan 24 "Christopher Robin" Ewan McGregor

Adventure, Fantasy. This live action movie that features English author A. A. Milne's best loved characters as walking and talking stuffed animals. Ewan McGregor stars as a middle-aged Christopher Robin, now burdened by an stultifying white collar job that prevents him from spending quality time with his family. Winne the Pooh, Piglet, Eeyore, and Tigger venture from Hundred Acre Wood into London to turn his life around.

Jan 31 "Operation Finale" Oscar Isaac, Ben Kingsley

Drama, Historical Film, Thriller. Director Chris Weitz's historical thriller is based on the true story of how a group of Israeli secret agents arrested notorious SS officer Adolf Eichmann – the man who masterminded the "Final Solution" – in Argentina. Oscar Isaac plays the legendary Mossad agent Peter Malkin, while Ben Kingsley plays his emotionally manipulative arch-nemesis. After tracking Eichmann down to Buenos Aires, Malkin and his men captured him and brought him to Israel for a historic 8-month trial.

January Luncheon Specials

SeniorCare Special



Thursday, January 17 at Noon

"Hawaiian Luau"

SeniorCare Special this month is a menu of Huli Huli chicken w/pineapple, soy, sauce, ketchup, white wine, chix broth, fresh ginger, Worcestershire sauce, island style, fried rice, tropical slaw w/jicama, mango, papaya, scallions, cilantro, red pepper, lime juice, Luau cake, hearty white bread. Donation is \$2. Please make a reservation with Kim.

Traveling Chef

Wednesday, January 30 at Noon

"Asian Style Cuisine"

Traveling Chef offers Chinese chicken wings, boneless ribs, sweet & sour sauce, vegetable fried rice, sesame ginger broccoli, fortune cookie, fresh pineapple, garnish, white dinner roll, flan. Make your reservation with Kim at 978-468-2616. Suggested donation for of this meal is \$3.

Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.



PAINTING WITH ALEAH

Painting with Aleah will be taking a break for the next two months and will be returning to the Hamilton Senior Center in March, 2019. Call Mary Beth if you have any questions or want to make a reservation for March. 978-468-5595



Senior Center Activities - February

COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00 Program at 10:30

February 6

Bingo and Hot Dogs

February 13

Valentine's Day Party

February 20

John Younger - What to Look for in Assisted Living

February 27

Introduction to Help with Technology Program

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Feb 7 "Unbroken: A Path to Redemption" Samuel Hunt
Drama. The story of Olympian and WWII hero Louis Zamperini continues in this drama. Zamperini meets and marries the love of his life while struggling with his post-war angst, until a chance meeting with Billy Graham in 1949 changes both of their lives forever.

Feb 14 "Tea with the Dames"

Drama. British director Roger Michell's documentary takes viewers through an afternoon conversation in the English countryside with four iconic actresses: Dame Eileen Atkins, Dame Judi Dench, Dame Joan Plowright and Dame Maggie Smith. The four acting legends reminisce over their early acting days during the 1950s, relive pivotal moments in their careers, exchange industry gossip, and shed insight on their long-lived friendships.

Feb 21 "Bad Times at the El Royale" John Hamm, Jeff Bridges

Mystery, Thriller. Seven strangers, each with their own dark past and secrets to hide, converge on the El Royale, a mysterious hotel sitting at the junction of California and Nevada. As the night progresses, the strangers - which include a vacuum salesman a priest, a struggling former singer, a Southern gangster and a charismatic leader - find out that the hotel is not what it seems. Now they must survive one fateful night and find the redemption they so desperately seek - or die trying.

Feb 28 "Bohemian Rhapsody" or "A Star is Born"

Depending upon unknown release dates at the time the newsletter was being printed.

February Luncheon Specials



SeniorCare Special

Thursday, February 14 at Noon

"Friendship Celebration"

SeniorCare Special this month is a menu of Country Fried Steak, gravy, cheddar shipped potatoes, stewed tomatoes, individual red velvet cake, shipped topping, biscuit. Cost is \$2. Call Kim at 978-468-2616 to make your reservation before February 11.

Traveling Chef

Wednesday, February 6

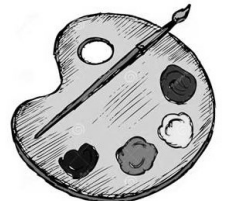
"American Comfort"

Traveling Chef offers a menu of Grilled Cheese Sandwich w/colby jack and American cheese, tomato soup, mixed green salad w/house dressing, potato chips, rice crispy treat. Make your reservation with Kim at 978-468-2616. Suggested donation for of this meal is \$3.

PAINTING WITH ALEAH

Wednesday, February 13
at 2:00 PM

Stimulate your creative senses with a step-by-step painting class.



Aleah Gates, a graduate from Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Call Mary Beth at 978-468-5595 to reserve your space. **Everything you need is provided for a fee of \$10.**

Can You Help?

The Senior Center needs the following things:

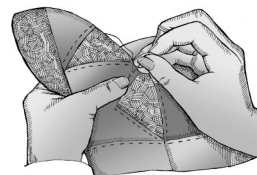
Coffee and Tea K-Cups

Canes in good condition

LAW CLINIC

Attorney Matt Karr's Law Clinic is at 12:30 PM on the last Wednesday of the month.

Call or email Mary Beth for appointment.



QUILTING GROUP

Quilt & Kvetch*

Tuesdays at 1:00

The Quilting Group includes anyone who enjoys sewing and it is as much about getting together as it is about sewing. Led by experienced quilter, Rachel Pearlstein, there is help for those who are learning to quilt and the group supports one another in their projects. Bring your own sewing machines, but the COA has purchased an additional machine which is available for use. *We use the word Kvetch affectionately, meaning to get things of your chest, sound off, say what's on your mind.

Health and Wellness



Chair Yoga Monday Mornings at 10:30

First timers can try a class for free. \$8 per class for drop-ins or \$40 for an 8 week series.

Gentle Joints

Friday Mornings at 10:00

Gentle Joints is an exercise class that is easy on your joints and will improve your strength and balance. Safe movements and proper body alignments are emphasized. All exercises can be done while seated or standing and everyone moves to their own ability. The Arthritis Foundation Exercise Program was developed especially for people with arthritis who wanted to maintain their fitness goals while reducing arthritis pain. Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants.

How is Your Balance?

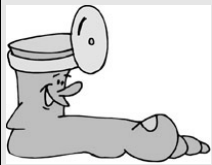
Free Assessment Tuesday, Jan 8 & Feb 5

On Tuesday, Jan. 8 & Feb. 5, from 10:30 to 11:30, Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center to do free assessments of your risk for falling and the factors that contribute to balance, stability and overall wellness. Learn how you can reduce your risk of falling, become or remain independent throughout your daily life. You will receive helpful hand outs on:

- Your fall risk screen results
- Safe and effective exercise
- How to prevent falls at home and more!

Screening is performed on a first come, first served basis and takes approximately 8 minutes.

The Center will be doing screening in Hamilton every month.



Podiatry

As of the printing of the newsletter, we do not have 2019 dates for Dr.

Van Ess visiting both the Hamilton and Wenham senior centers. Please call Kathy at 978-468-5534 or Mary Beth at 978-468-5595 if you have any questions or would like to book an appointment. Sorry for the inconvenience.



Free Blood Pressure Screening

Nurses are on duty on the second and fourth Wednesdays from 10 to 11 AM at the Hamilton Senior Center. No appointment needed.

Audiology

Our new audiologist, Dr. Cara Capozzi, will be conducting monthly hearing screenings at the Hamilton Senior Center on the first Monday of each month. No appointment needed. Screenings will be available starting at 9:00.



FREE DVD AND BOOK LENDING LIBRARIES FOR SENIORS.

Senior Center Movie DVD Library list is posted on entry bulletin board. Seniors may borrow movies for 3 days. We also have a large take-home book library. Come and check it out!

See Mary Beth.



Do You Have a Cell Phone?

Please let Mary Beth know if you do not have a cell phone. We are trying to ensure that all of our senior residents have a way to be contacted when the power goes out and a Code Red message can be sent on their cell phone to let them know of updates and that the shelter is open. You must meet the Circuit Breaker guidelines to be eligible for a free cell phone.

BOOKS
aren't just made of
WORDS...
they're also filled with
PLACES
to visit and
PEOPLE
to meet.

Readers Club First Mondays at 1:00

The Reader's Club is very informal. There's no pressure. No books are assigned to you. You can read any book you like and share your thoughts with the group. Many times members may have already read the books being discussed and can share their opinions, too, for a great discussion. At the end of meetings, we

often chat about what's going on locally and in the world, or just talk about movies we have seen or restaurants we have found. We would love to welcome anyone to stop by the Senior Center and join us for a delightful two hours.

Outreach Corner

It is full-on winter now! Many seniors are looking for snow removal services; some can pay, some can pay a little, and some would benefit from free services. If you have a known provider, or can provide such a service yourself in your neighborhood, please consider sharing the contact information. The COA is maintaining a list of locally recommended providers. If you need regular snow-clearing services because you have in-home caregivers on a regular basis, please call and we will share our list with you!

December concluded Open Enrollment for Medicare on Dec. 7. However; you may still have some opportunities to change your plan selections, especially if you have selected a Medicare Advantage Plan. If you are new to Medicare and have a Medicare Advantage Plan, you have 12 months to try out the plan, and choose to switch to another. Medicare Advantage Plans have a special Open Enrollment Period Jan 1 through March 31, if you are already enrolled in a Medicare Advantage Plan. If your Medicare Advantage Plan is a 5-Star Plan, you get one additional opportunity for changing. Being a member of Prescription Advantage, Massachusetts' secondary drug insurance plan, also gives you one Special Enrollment opportunity during 2019. Medicare always allows Special Enrollment Periods if you need to change your selections because you end your employment insurance coverage or move

to a new area. I can get you the phone numbers for SHINE and SHIP counselors in other states, if needed.

Another seasonal project – it is time to reapply or apply for the first time for fuel assistance, weatherization and energy efficiency programs, which runs November 1 through April 6, 2018. If you have already been enrolled for fuel assistance, you should receive your information packet to reapply. New enrollees must contact Action Inc. directly at www.actioninc.org, or call them at 978-282-1003. It looks like eligibility guidelines for fiscal year 2019 are as follows: the limit for yearly income for a household of 1 is \$12,140 (100% federal poverty level) to \$35,510 (60% of median state income); for a household of 2, \$16,460 to \$46,437; a household of 3, \$20,780 to \$57,363; and a household of 4, \$25,100 to \$68,289. Benefits vary within each income range. In addition, Action Inc. can determine eligibility for discounts on your utility and phone bills, heating system repairs and replacement, weatherization for your home, appliance management program, and advocacy and support. If there are enough people interested in being screened for the first time, we can arrange for a representative from Action Inc. to come to the Senior Center and save you all a drive to Gloucester.

Lucy Frederiksen, Outreach Coordinator



The Council on Aging section of the Hamilton website can be found at: www.hamiltonma.gov/government/council-on-aging. You can also navigate to the Council on Aging page by following the "Your Government" menu on the main page of the Hamilton website: www.hamiltonma.gov



GROUP

again in March! Call if you have questions! 468-5595

The Low Vision Group is on hiatus during January and February because of seasonal weather conditions. See you

Hamilton/Wenham School Students Help Seniors

Monthly Tech Seminars



The Council on Aging is partnering with the Miles River Middle School to bring a monthly tech seminar to Hamilton seniors. **On the last Wednesday of every month students and their advisor, Johanna Wilson will be at the senior center to work with seniors from 10 to 11 AM.** You have been asking for our tech program to be a regular feature and now it is! So, bring your laptops, cell phones and tablets and let our students work with you to help you understand better the technology you own.

Generals for Generations

The "Generals for Generations" program is a partnership with the Hamilton-Wenham Regional High School. **Honor Society students will be going to the homes of seniors weekly from 11:00 AM to noon every Saturday to help with chores and small projects around the house.** We are very proud of the fact the National Honor Society has recognized this worthy club at the High School and the good work these students are performing for our seniors. Please call Mary Beth at 978-468-5595 to make your request for a student to help you.


January 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>programs which are kly n-up or reservation</p>		<p>1</p> <p>8:30 COA Board Mtg 2</p> <p>9:00 Audiologist</p> <p>10:00 Open House</p> <p>10:30 Bingo and Hot Dogs</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist's Open Studio</p>	<p>3</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Crazy, Rich, Asians"</p>	<p>3</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>7</p> <p>9:00 Audiologist</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Readers Club</p>	<p>8</p> <p>10:00 The Story of You Workshop</p> <p>10:30 Balance Assessment</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>9</p> <p>10:00 Open House</p> <p>10:00 Blood Pressure Clinic</p> <p>10:30 Chair Workout</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist's Open Studio</p>	<p>10</p> <p>12:00 Traveling Chef <i>"Asian Style Cuisine"</i></p> <p>1:00 Movie: "RBG: Ruth Bader Ginsburg"</p> <p>2:00 Knitting @ Wenham COA</p>	<p>11</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>14</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>15</p> <p>10:00 The Story of You Workshop</p> <p>11:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>16</p> <p>10:00 Open House</p> <p>10:30 Dan Tremblay</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist's Open Studio</p>	<p>17</p> <p>12:00 SeniorCare Special <i>"Hawaiian Luau"</i></p> <p>1:00 Movie: "Three Identical Strangers"</p>	<p>18</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>21</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>22</p> <p>10:00 The Story of You Workshop</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>23</p> <p>10:00 Open House</p> <p>10:00 Blood Pressure Clinic</p> <p>10:30 Open Social Hour</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist's Open Studio</p>	<p>24</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Christopher Robin"</p> <p>2:00 Knitting @ Wenham COA</p>	<p>25</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>28</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>29</p> <p>11:00 The Story of You Workshop</p> <p>2:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>30</p> <p>10:00 Tech Seminar</p> <p>10:00 Open House</p> <p>10:30 Life Aboard a Whaling Ship</p> <p>12:00 <u>Lunch</u></p> <p>12:30 Law Clinic</p> <p>1:00 Artist's Open Studio</p>	<p>31</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "Operation Finale"</p>	

February 2019 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Bolded items are activities or programs which are unique or not scheduled weekly Underlined items require sign-up or reservation</p>				1 8:45 TOPS 10:00 Gentle Joints 11:00 <u>Lunch</u>
4 9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Readers Club	5 10:00 The Story of You Workshop 10:30 Balance Assessment 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	6 8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Traveling Chef</u> "American Comfort" 1:00 Artist's Open Studio	7 12:00 <u>Lunch</u> 1:00 Movie: Unbroken: A Path to Redemption 2:00 Knitting@Wenham	8 8:45 TOPS 10:00 Gentle Joints 11:00 <u>Lunch</u>
11 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	12 9:30 - 10:30 Sen Tarr Constituent Visit 10:00 The Story of You Workshop 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	13 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Valentine Party 12:00 <u>Lunch</u> 1:00 Artist's Open Studio	14 12:00 <u>SeniorCare Special</u> "Friendship Celebration" 1:00 Movie: "Tea with the Dames"	15 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
18 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	19 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	20 10:00 Open House 10:30 What to Look for in Assisted Living 12:00 <u>Lunch</u> 1:00 Artist's Open Studio	21 12:00 <u>Lunch</u> 1:00 Movie: "Bad Times at the El Royale" 2:00 Knitting@Wenham	22 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
25 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	26 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	27 10:00 Tech Seminar 10:00 Open House 10:00 Blood Pressure Clinic 10:30 Intro to Tech Help Classes 12:00 <u>Lunch</u> 12:30 <u>Law Clinic</u> 1:00 Artist's Open Studio	28 12:00 <u>Lunch</u> 1:00 Movie: "Bohemian Rhapsody" 2:00 Knitting@Wenham	

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

Please call or email if you do not want to be on
this mailing list. (978)468-5595,
mLawton@hamiltonma.gov

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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 Van Transportation Information

Provider: Beauport Ambulance Service

Booking Line Phone Number: 978-281-6955, 24-hour open dispatch line

Cost: \$3.00 round-trip for non-medical trips. **FREE** for medical appointments and trips to and from the Senior Center. Long distance outings offered at discounted rates.

Hours of Operation: Monday through Friday, 8 am until 4:00 pm (late appointment accepted if necessary)

Booking a Pickup: Can be done 24 hours a day. 24-hour notice needed (though exceptions can be made if possible.)

BOOK YOUR RETURN TRIP WHEN YOU BOOK YOUR PICK-UP

Points: Beverly, Hamilton, Wenham, Ipswich, Salem, Rockport, Gloucester, Manchester, Essex, Danvers, Peabody

Daily Senior Lunches

SeniorCare serves daily lunches at the Hamilton Senior Center for all those age 60+ and their spouse of any age. Meals include an entrée, side dishes, bread, milk and dessert. They are designed to be nutritious and flavorful. Reservations are necessary and must be made by 10 AM - 2 days before the day you wish to eat lunch by calling Kim at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 48 hours of your reservation. You can make multiple reservations at the same time.) There is a voluntary donation of \$2.00 per meal.



Lunch Menus are at the front desk of the Senior Center and can be found on-line at www.hamiltonma.gov/government/council-on-aging

"The Hamilton Hamlet" is the official newsletter of the Hamilton Council on Aging with information specifically about its programs and activities. In addition, the Hamlet's publisher, produces "The Hamilton Connection" free of charge with additional information that may be of interest to seniors.