

The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982 Phone: 978-468-5595
www.hamiltonma.gov/government/council-on-aging



“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
Michael Lombardo

Center Staff
Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board
Sherry Leonard, *Chairman*
Steve Walsh, *ViceChairman*
Nancy Longval, *Secretary*
Betty Gray
Linda Spong
Stacey Verge

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.

HAMILTON COUNCIL ON AGING ANNOUNCES “GENERALS FOR GENERATIONS”

The Hamilton Council on Aging in partnership with the Hamilton-Wenham Regional High School is pleased to announce the start of a student-led volunteer program called “Generals for Generations”. This program will provide Hamilton seniors with much-needed help every week on Wednesday afternoons between 1:30 and 2:30.

Will and Nick Glovsky, members of the Honor Society at the high school, met with the Council on Aging Director last summer. She had been trying to get a volunteer bank started to benefit elderly residents who need a helping hand with small projects around the house and yard throughout the year. Both boys solicited the support of the school administration and found a faculty advisor in November and thus, “Generals for Generations” was born.

If you are someone over the age of 60 in Hamilton and need help with chores like changing light bulbs, cleaning out a cabinet, raking leaves or shoveling snow, Nick and Will and their band of student volunteers stand ready to help.

Just call 978-468-5595 and tell Mary Beth what you need done or if you have any questions. Make sure you get your request in by the Friday before you need help.

The success of this program depends on you so feedback about the volunteers and their work is important. Let us know what you think.

See you at the senior center!

Mary Beth Lawton
Director, Hamilton Council on Aging and Senior Center

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 town 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.



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.

Senior Center Activities - January

COA WEDNESDAY OPEN HOUSE

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

January 3

Bingo and Hot Dogs

January 10

Robin Putnam from Office of Consumer Affairs will talk about Shopping Scams

January 17

Carol Pallazolla from PACE - Arthritis Class

January 24

John Root on Crop Circles

January 31

Open House Social Hour

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Jan 4 "Dunkirk" Christopher Nolan

Action, Historical Fiction, War. Acclaimed auteur Christopher Nolan wrote and directed this historical thriller about the Dunkirk evacuation during the early days of World War II. When 400,000 British and Allied troops end up trapped on the beaches of Dunkirk, France, following a catastrophic defeat, a number of civilian boats set out to rescue them before they are decimated by the approaching Nazi forces.

Jan 11 "The Finest Hours" Chris Pine, Ben Foster, and Eric Bana
Action, Thriller. This docudrama depicts the incredible true story of a daring Coast Guard rescue operation off of Cape Cod during a ferocious storm in the winter of 1952. When an oil tanker splits in half, trapping its crew aboard the sinking vessel, four brave Guardsmen set out to save them.

Jan 18 "Lone Survivor" Mark Wahlberg, Taylor Kitsch, Ben Foster
War. Based on a true story as four Navy SEALs whose sensitive mission into the Afghan mountains is unexpectedly compromised, leading to a fierce skirmish with a small army of Taliban soldiers.

Jan 25 "The Guardian" Kevin Costner, Ashton Kutcher
Action, Drama. A decorated Coast Guard search and rescue specialist still haunted by the death of his teammates during a disastrous mission off the coast of Alaska is charged with the task of training the next generation of Coast Guard rescue swimmers. Ben Randall was the best swimmer of his graduating class, but upon surfacing as the sole survivor of an Alaskan rescue mission attempted during a Category Three storm, his outlook on life has grown increasingly jaded. Now, as hotshot young swimmer Jake Fischer arrives at Coast Guard rescue school looking to accomplish something meaningful with his life, he will be forced to endure the rigorous training methods of a man who expects nothing less than the very best in order to become a member of one of the most elite rescue squads on the planet.

January Luncheon Specials

TRAVELING CHEF

Wednesday, January 26 at Noon
"Brazilian BBQ"

Choice of Beef or Pork, White Rice, Fresh Bean Sauce, Beet Salad, White Dinner Roll, Flan. Please make your reservations with Kim at 978-468-2616 by 11 AM on January 23.



Suggested donation is \$ 3.00.

SeniorCare Monthly Special

Thursday, January 18 at Noon
"Hawaiian Luau"

The menu is Ham with Pineapple, Red Pepper Scallion Sauce, Island-Style Fried Rice. Please make your reservations with Kim at 978-468-2616 by January 15 at 11 AM. Donation for meal is \$2.00



Low Vision Group: The Hamilton-Wenham **Low Vision Group** will be on hiatus for the months of January and February to avoid traveling in snow and ice. The group will meet again in March, weather permitting! Look for an announcement in the March newsletter for date and time. See you then!

Cribbage

Play Cribbage after lunch on Mondays.
Start time is 1:00 PM.
Please see calendar for dates.



The Senior Center would appreciate donations of walking canes since we have given out all the canes we had to seniors who needed them. Quad Canes are especially needed.

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.

Senior Center Activities - February

COA WEDNESDAY OPEN HOUSE

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

February 7

Bingo and Hot Dogs

February 14

Valentine's Day Party with Sue Cooke from MavenCare

February 21

Breakfast with Riverbend

February 28

Trivia Contest

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

Feb 1 "Wind River" Jeremy Renner, Elizabeth Olsen

Mystery, Thriller. When wildlife officer Cory Lambert discovers the body of a young woman on Wyoming's Wind River Native American reservation, FBI agent Jane Banner is sent to investigate. After Banner hires Lambert as her tracker, the two must brave the isolated winter terrain and local criminal underworld in order to crack the case.

Feb 8 "Tulip Fever" Christoph Waltz, Alicia Vikander, Dane DeHaan

Drama, Romance. In 17th century Amsterdam, the young wife of a wealthy, older burgher is tempted into adultery when an artist hired to paint the couple's portrait becomes infatuated with her. The lovers soon plan to start a new life together by investing in tulip bulbs during a global craze for the flower

Feb 15 "The Mountain Between" Idris Elba, Kate Winslet

Drama. Two strangers headed from Salt Lake City to Baltimore -- one a surgeon who has to perform an operation, the other a photojournalist who's about to get married -- hail a chartered flight together after their initial travel plans fall through. Unfortunately, they end up stranded on a snowy mountain when their plane crashes, and soon realize they must trek to safety since no one is coming to rescue them.

Feb 22 "Murder on the Orient Express" Kenneth Branagh

Drama, Mystery. In 1930s Europe, legendary detective Hercule Poirot probes a murder that occurs aboard the luxury train known as the Orient Express. As the thirteen passengers grow paranoid that the killer will strike again, Poirot realizes there's more to the case than meets the eye.

February Luncheon Specials

TRAVELING CHEF

Friday, February 9 at Noon

"Panini Bar"



Tuna Melt with Pasta Fagioli Soup, Green Salad with Onion and Cranberries, Ciabatta Roll, Rice Crispy Treat. Please

make your reservations with Kim at 978-468-2616 by 11 AM on February 6.

SeniorCare Monthly Special

Thursday, February 15 at Noon

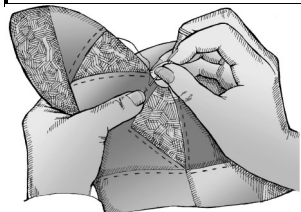
"Friendship Celebration"

The menu is Southern Fried Chicken, Southern Style Green Beans with Bacon, Sweet Potato Casserole, Biscuits, Chocolate Cake with Raspberry Puree. Please make your reservations with Kim at 978-468-2616 by February 12 at 11 AM. Donation for meal is \$2.00

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 off your chest, sound off, say what's on your mind.



QUILTING GROUP



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.

Call Ginny Seavey (978-468-1667) for more information or just pop in to say hello to see if the Readers Club is for you!

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!

Health and Wellness



Chair Yoga Monday Mornings at 10:30

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

Gentle Joints

Friday Mornings at 10:00

Gentle Joints is a **free** 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.

What If You Like to Exercise on Your Own

The Senior Center has a recumbent bicycle, a treadmill, an exercise chair, and a "Cubii" (which allows you to pedal from a regular chair) available for individual exercise. You can use the equipment when classes are not in session.

Strength, Flexibility and Balance

Wednesday Afternoons at 1:00



Practice basic postures, form, and breath work with instructor, Heather Tharpe, for building physical strength, flexibility, and balance. Comfort and safety are ensured through the use of chairs, the wall, and other equipment to accommodate individual abilities affected by: Parkinson's ~ Arthritis ~ Multiple Sclerosis ~ Stroke Post-rehab conditioning ~ other functional instability.

A \$3 fee is per class is requested.



T.O.P.S. (Taking Off Pounds Sensibly) is now meeting at the Hamilton Senior Center. Come join us every Friday at 8:45 AM: we're usually finished by 10 AM. The first visit is free. \$32 per year to join and very small dues. Let's lose weight and have good fellowship together.



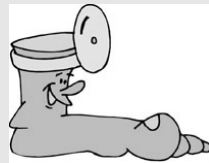
**WANTED:
NURSE**

The Senior Center Blood Pressure Screening Nurses are looking for additional nurses to help out. Please speak to one of them if you can help.



Free Hearing Screenings

Audiologist, Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on the first Friday of each month. Please call Mary Beth to make an appointment at 978-468-5595. Sue will be available from 9:00 to 10:00 AM.



Podiatry

The Podiatrist, Dr. Van Ess is in the process of determining his site visits for 2018. Stay tuned! He will probably be visiting every 62+ days in order to ensure that you are never charged for a doctor's visit personally. Call Mary Beth at 978-468-5595 if you have any questions.

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.

Neighbors Helping Neighbors

The Hamilton Foundation (THF) was created to help meet unexpected, urgent, and short-term needs of Hamilton residents due to job loss, death, divorce or catastrophic illness. All requests are confidential. Contact Coordinator, Jane Wetson, 978-233-1816. The Hamilton Foundation, c/o Town Hall - P.O. Box 429, Hamilton, MA 01936. Through financial support and referrals, THF helps Hamilton residents when unexpected emergencies occur. THF provides up to \$750 for urgent, short term problems such as: Mortgage or rent assistance, Emergency home repairs, Emergency heating and utilities, Temporary transportation, Food and nutrition, Home health care, Prescription medicine and medical supplies. THF also provides referrals to government agencies and private social service organizations that can provide additional services or longer term support.

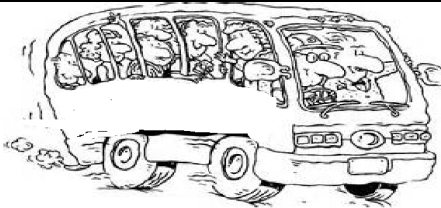
Outreach Corner

Your fuel costs may increase as the cold weather sets in in 2018. If so, please consider applying for fuel assistance, which runs November 1, 2017 through April 30, 2018. If you have already been enrolled for fuel assistance, you should have received your information packet to reapply. New enrollees must contact Action Inc. directly at by calling them at 978-282-1003. The eligibility guidelines are as follows: the limit for yearly income for a household of 1 is \$12,060 (100% federal poverty level) to \$34,380 (60% of median state income); for a household of 2, \$16,240 to \$44,958; a household of 3, \$20,420 to \$55,537; and a household of 4, \$24,600 to \$66,115. Benefits vary within each income range. In addition, Action Inc. can determine eligibility for discounts on your utility bills, heating system repairs and replacement, weatherization for your home, appliance management program, and advocacy and support. Several seniors in Hamilton have had very good results with Action, Inc. appliance management and weatherization programs! 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. Call Lucy if you are interested in having an Action Inc. representative come to Hamilton.

And finally, are you ready for winter weather? Historically, January and February are the worst for snow and ice issues. Seniors are more severely impacted by bad weather when transportation vans aren't running, Meals on Wheels aren't delivered, roads aren't clear, and power is out. Plus the added burden and potential health risk of shoveling snow to clear access to one's OWN home! Your Senior Center staff is looking into identifying resources for snow shoveling and plowing, so check here in 2018. Emergency preparedness sites suggest keeping a supply of food on hand that can be eaten without cooking, for humans and pets, and developing a personal support network of family, friends, and neighbors – including the person who already plows or shovels your driveway and walkways, if you have one. If you have a health need that requires electricity, or issues with mobility, vision and hearing, or live alone, or have a service animal, please read Mary Beth's article in this newsletter about signing up for wellness and safety checks during emergencies. Plan ahead! Pay attention to the weather reports, winterize your home, keep up in food and medication supplies, and stay warm! I have more information on preparedness and winter safety tips; just call!

Lucy Frederiksen, Coordinator of Social Services and Outreach, 978-468-5595

Day Trips



**"BINGO!" at the Inn
at East Hill Farm –
Cash Prizes
March 8**

The Inn at East Hill Farm is situated on 150

scenic acres at the base of Mt. Monadnock in Troy, NH. Take time to visit the farm yard and animal, shop in the gift shop or just relax and enjoy the views!!

We'll have a delicious, great family style home cooked meal including Slow Cooked New England Pot Roast along with Roast Turkey with Country Style Stuffing, Soup, Fresh Baked Bread, Fritter with Maple Syrup, Vegetables, Mashed Potatoes with Gravy, Dessert and Beverages.

After lunch get ready to yell "BINGO" as you play for Cash Prizes! (No need to bring blotters, each person gets 2 cards)

Cost is \$69.00pp and includes round trip deluxe motor-coach transportation, delicious lunch, dining room taxes and gratuities and bingo games. Depart around 9am and return about 4:30pm.

Currier Museum of Art

April 16

Join us on our luxury motorcoach to the Currier Museum of Art in Manchester, NH.

The Currier features European and American paintings, decorative arts, photographs and sculpture, including works by Picasso, Monet, O'Keeffe, Wyeth and LeWitt. **We'll have a private guided tour** which includes collection highlights, museum history, and exploration of special exhibitions. We'll also have a **private, guided tour of the Frank Lloyd Wright-designed Zimmerman House**. It is the only Wright-designed building in New England that is open to the public.


After our tours we'll head out for a well deserved **lunch at Fratellos**, an elegantly restored mill that features exposed brick, beams and wooden columns, highlighting its original charm. Lunch choice will be Baked Haddock or Chicken Marsala.

Cost is \$90.00pp and includes 2 guided tours, lunch, dining room taxes and gratuities and round trip deluxe motor-coach transportation. Depart around 10am, return around 4:30pm.

YOU DO NOT HAVE TO BE FROM HAMILTON TO JOIN ANY TRIP! For more information, please contact Ann Chivakos at 978-468-4404 or email to: charles.chivakos@verizon.net

January 2018 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Senior Center Closed	12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class	12:00 <u>Lunch</u> 1:00 Movie: "Dunkirk"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
8	9	10	11	12
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club	9:00 Sen Tarr Constituent Visit 9:30 Audiology Clinic 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Shopping Scams 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class	12:00 <u>Lunch</u> 1:00 Movie: "The Finest Hours" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
15	16	17	18	19
Senior Center Closed for Martin Luther King, Jr. Birthday	Sign-up for SeniorCare Special 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Open House 10:30 Arthritis Class 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class	12:00 SeniorCare Luncheon Special "Hawaiian Luau" 1:00 Movie : "Lone Survivor"	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
22	23	24	25	26
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	Sign-up for Traveling Chef 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Crop Circles 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class	12:00 <u>Lunch</u> 1:00 Movie: "The Guardian" 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 Traveling Chef "Brazilian BBQ"
29	30	31	 <ul style="list-style-type: none"> • Bolded items are activities or programs which are unique or not scheduled weekly • Underlined items require sign-up or reservation 	
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	9:00 <u>Podiatrist@ Hamilton</u> 10:00 Open House 10:30 Open Social Hour 12:00 <u>Lunch</u> 12:30 Legal Clinic 1:00 Strength, Balance, Flexibility Class		

February 2018 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <ul style="list-style-type: none"> Bolded items are activities or programs which are unique or not scheduled weekly <u>Underlined</u> items require sign-up or reservation </div>			1 12:00 <u>Lunch</u> 1:00 Movie: “Wind River”	2 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
5 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader’s Club	6 Sign up for Traveling Chef 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	7 8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class	8 12:00 <u>Lunch</u> 1:00 Movie: “Tulip Fever” 2:00 Knitting @ Wenham COA	9 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Traveling Chef</u> “Panini Bar”
12 Sign up for SeniorCare Special 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	13 9:00 Sen Tarr Constituent Visit 9:30 Audiology Clinic 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	14 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Valentine’s Day Party 12:00 <u>Lunch</u> 1:00 Strength, Balance, Flexibility Class	15 12:00 <u>SeniorCare Special</u> “Friendship Celebration” 1:00 Movie: “The Mountain Between”	16 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
19 Senior Center Closed for President’s Day	20 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	21 10:00 Open House 10:30 Breakfast by River- bend 12:00 <u>Lunch</u>	22 12:00 <u>Lunch</u> 1:00 Movie: “Murder on the Orient Express” 2:00 Knitting @ Wenham COA	23 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
26 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	27 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	28 9:00 <u>Podiatrist @Wenham</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Trivia Contest 12:00 <u>Lunch</u> 12:30 <u>Legal Clinic</u> 1:00 Strength, Balance, Flexibility Class		

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, mlaw-
ton@hamilton ma.gov

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IN THIS ISSUE	
Generals for Generations	1
"Check-in " Service	1
January Open House	2
January Movies	2
January Meal Specials	2
February Open House	3
February Movies	3
February Meal Specials	3
Activity Groups	2-3
Low Vision News	2
Exercise Programs	4
Health & Wellness	4
Day Trips	5
Outreach Column	5
January Calendar	6
February Calendar	7

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.