

# 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

Mary Beth Lawton,  
Director  
Lucy Frederiksen,  
Outreach

### Council on Aging Board

Sherry Leonard, *Chairman*

Steve Walsh, *Vice-Chairman*

Penny Wingate, *Secretary*

Nancy Longval

Betty Gray

Linda Spong

Stacey Verge

### Senior Van Service

Beauport Ambulance

## D-Day Celebration at Patton Homestead

On June 5th, 15 lucky Hamilton seniors will be participating in D-Day activities at the Patton Homestead. Your tour will begin at 11:30 with a visit to the newly relocated Hamilton Historical Society, followed by a brown bag picnic lunch on the Patton Homestead grounds. At 1:00 you will tour the Patton military archives which are housed at the Homestead. Lunch is free and we can only accommodate 15 people. Please call Mary Beth at 978-468-5595 to make your reservation.



## Heritage Films Historical Presentations Becomes a Monthly Event

The Hamilton Council on Aging is pleased that Dan Tremblay of Heritage Films will become a monthly event. The second Tuesday of every month Dan will bring a historical film to the Senior Center which he himself has made, edited and narrated for the enjoyment of our seniors who have welcomed him with open arms to past Open House events.

If you like history even a little and love to see well produced films about incredibly interesting

true life subjects of all kinds, that will have you emotionally involved, and utterly amazed, check out Dan's films.

Each month will bring a new subject. On 6/11 he will be showing : Three Disasters: Great Salem Fire, Molasses Tragedy, and Coconut Grove Fire. The program starts at 10:45 and will run until 11:45. These events are FREE! Light refreshments will be served.

You are invited to a

# Food Tasting



Wednesday, June 19  
10:30am

Senior Care will be providing a sample tasting of lunches which are served to our seniors in Hamilton and Wenham through Meals on Wheels and our daily congregate lunch. Your taste tasting will include a soup, a cold entrée or two, one or two hot entrees as well as dessert. We are hoping to promote our daily lunch here at the senior center by showcasing the quality and cost of the food provided by SideKim Caterers through Senior Care. Please call Mary Beth to make a reservation. It's FREE!

HAMILTON DADS ARE INVITED TO A COMPLIMENTARY LUNCH IN HONOR OF FATHER'S DAY ON THURSDAY, JUNE 13 AT THE SENIOR CENTER.

(Please make a reservation with Kim at 978-468-2616 by June 11.)



### 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.

# Senior Center Activities

## COA WEDNESDAY OPEN HOUSE

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

**June 5**

Bingo and Hot Dogs

**June 12**

Food Demo with Mike Burrill

**June 19**

SeniorCare Food Tasting of Congregate Meals  
(see page 1)

**June 26**

Gretel Clark - Recycling Committee

**NEW CLASS!**

## Balance, Bands and Strength Wellness Class 11 - 11:45 am

Join us on the 4th Tuesday of every month at 11:00 -11:45 for a brand new HCOA wellness offering in partnership with the Gordon College Center for Balance, Mobility and Wellness. Through the use of bands and your own body weight, you will become stronger, better balanced and will feel better as a result of this 45 minute offering. You will also learn exercises to implement at home for your continued stability and well-being. Taught by nationally Certified Personal Trainer Sara Twombly, BS, ACSM-CPT, you will leave each session energized and educated.

## Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

**June 6 "The House With a Clock on the Wall"** Jack Black, Cate Blanchett.

*Comedy, Family, Fantasy.* A young orphan named Lewis Barnavelt aids his magical uncle in locating a clock with the power to bring about the end of the world.

**June 13 "Free Solo"** Alex Honnold, Tommy Caldwell, Jimmy Chin  
*Documentary, Sport.* Alex Honnold attempts to become the first person to ever free solo climb El Capitan.

**June 20 "Standing in the Shadow of Motown"** Christian Bale, Amy Adams

*Documentary, Music.* Documentary about the Funk Brothers, a group of Detroit musicians who backed up dozens of Motown artists.

**June 27 "Beautifully Broken"** Benjamin A. Onyango, Scott William Winters, Emily Hahn

*Drama.* A refugee's escape, a prisoner's promise, and a daughter's painful secret converge in this inspiring real life story of hope. As three fathers fight to save their families, their lives become intertwined in an unlikely journey across the globe, where they learn the healing power of forgiveness and reconciliation.

## June Luncheon Specials

### SeniorCare Special

Thursday, June 13 at Noon

### "Father's Day Special"



Free today to registered Hamilton men, the SeniorCare Special this month is a menu of BBQ Ribs, Macaroni and Cheese, Baked Beans, Peach and Blueberry Crisp and topping. Donation is \$2. Please make a reservation by May 7 with Kim at 978-468-2616.

### Traveling Chef

Tuesday, June 11 at Noon

### "Summer Sundae Bar"

Traveling Chef offers Chocolate and Vanilla Ice Cream, with your choice of toppings: hot fudge, strawberry sauce, whipped topping, sprinkles, crushed Oreos, Cherries. Make your reservation with Kim by June 9 at 978-468-2616. Suggested donation for of this meal is \$3.

**SNEAK PEEK**

### Preview of July Luncheon Specials

**SeniorCare Special** - - 7/18  
"Summer Picnic Special" - Tarragon  
Chicken Salad and Egg Salad Finger

Sandwiches, Potato Salad, Coleslaw with vinaigrette.

If you are interested in the July specials, it is never too early to make your reservation with Kim.

## 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.

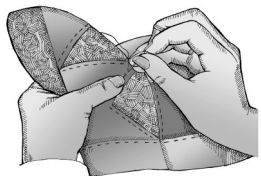
# Senior Center Activities

**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.

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!



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.*

The Hamilton-Wenham Low Vision Group will meet on Thursday, June 20. The meeting starts at 11 am, followed by optional free lunch at 12 noon. The program was not confirmed as of the time of publishing the newsletter, so please call for more information. Lunch reservations must be made by June 18. Call Lucy at 978-468-5595, or Kim, at 978-468-2616. Thank you!



## GROUP

*This group is open to residents of Hamilton and Wenham who have low or no vision; family members are welcome to attend also, and those from surrounding towns without a local low vision group. Our group combines "business with pleasure," by scheduling speakers and entertainment opportunities, monthly. We have also developed and maintain a resource book on local services for macular degeneration, glaucoma, and other vision disorders, and providers in the North Shore.*

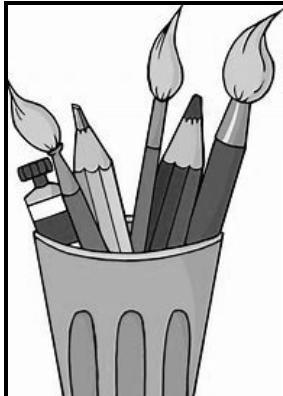
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## CHOPPED COMPETITION

Friday, September 13

Look for detail in next month's newsletter



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

Artist's Open Studio 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](mailto:katharinepickering11@gmail.com) or (978) 473-9818.



## 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.



## 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 coffee and tea K-cups.

# 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?

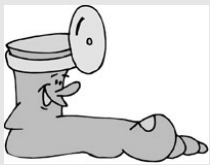
### Free Assessment Monday, June 10

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 9 to 10 AM 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

The Podiatrist, Dr. Van Ess', schedule is as follows: Hamilton COA - June 26. Appointments are scheduled 15 minutes apart starting at 9:00 am. The Wenham COA will book all appointments at 978-468-5534. Bring Insurance Card.



## 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 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.



## Meet Your Council on Aging Board

(from left to right)

Linda Spong

Betty Gray

Nancy Longval

Penny Wingate, Secretary

Stacy Verge

Steve Walsh, Vice-Chairman

Sherry Leonard, Chairman

Please let us know how the COA can help you. Board meetings are on the first Wednesday of the month from 8:30-9:30 am at the Senior Center. Meetings are open to the public.

# Outreach Corner

## Dental Health

It may surprise you how long folks have been concerned with dental hygiene! For example, the toothbrush was invented in June 1498, in China. Prior to that, people used “chew sticks” with frayed edges rubbed against the teeth, which was actually portrayed in the movie “Shakespeare in Love.” So, some form of bristle toothbrush has been in use for over 500 years!

Dental and oral health as a senior are very important! The research-documented relationship between your health and your oral hygiene works both ways. The American Dental Association (ADA) notes that your risk of cavities increases with age, because of thinning enamel and higher incidence of “dry mouth”, a side effect of many prescription medications that reduce saliva in the mouth that protects teeth. Bacteria in the mouth can impact your body and some systemic diseases and conditions. And doctors are aware that some diseases have oral symptoms, most notably ulcerative colitis, lupus, heart and liver disease, eating disorders and diet deficiencies, anemia, diabetes, arthritis, osteoporosis, and some autoimmune diseases. If you have any of these conditions, please tell your dentist!

The website for A Place for Mom describes the connection between oral bacteria and heart disease. Many people with known heart conditions take antibiotics when they have their teeth cleaned to lower the risk of oral bacteria impacting the heart tissues and function. Oral bacteria are also linked to pneumonia, because people can breathe bacteria into their lungs. And finally, gum disease and diabetes are related: high blood sugar has an effect on gum tissue, and gum infections can take longer to heal for a person with diabetes. Gum disease, or periodontitis, is a result of plaque or food left on and between teeth, use of tobacco products, unhealthy diets, poor fitting dentures, and diseases such as diabetes, anemia, and cancer. You can have a genetic predisposition for gum

disease as well. Poor oral hygiene can result in tooth loss. If you lose teeth, the remaining teeth can start moving around in your mouth, leading to an “uneven jawbone” that impacts your bite not just your appearance, which in turn impacts what you can eat.

All of this can be prevented by maintaining a regimen of good oral hygiene and a visit to the dentist at least once a year. Do not wait till you have pain to visit your dentist! As you get older, the nerves in your mouth get smaller and less sensitive to pain, so you feel less pain; and pain is not even a symptom of gum disease until it starts affecting exposed tooth roots. Recommendations for a good oral hygiene plan include the following: brush twice a day using a small-head soft-bristle toothbrush; floss once a day to get debris from between the teeth; keep hydrated; get fluoride in your toothpaste, mouthwash, and tap water; let your dentist know what medications you take and what health conditions you have; quit smoking; and if you have arthritis, consider changing to an electric toothbrush.

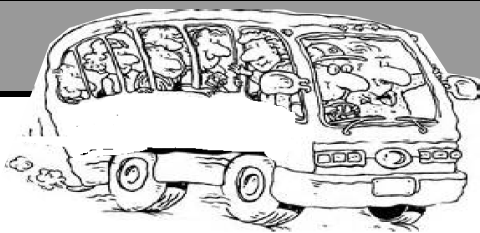
Medicare does not cover dentists, unless you are on a Senior Care Options Plan and some MassHealth-Medicaid programs for which you must be income eligible. Some supplement and Medicare Advantage plans do cover preventive cleanings, and others offer dental coverage for an additional premium: check with your provider to see if you have either of these options. You can also check with local dental practices to see if they offer a membership plan that reduces the cost of your dental services. I have a list of dental insurance and options available to seniors. Be aware that dental insurance can be expensive, and there are waiting periods of up to 12 months for some procedures!

Lucy Frederiksen, *Outreach Coordinator*

## 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.

# Day Trips



Here are the trips being planned for 2019. More information is available. Please call Ann at 978-468-4404 or email [charles.chivakos@verizon.net](mailto:charles.chivakos@verizon.net) for more details or pick up the information at the COA from the Day Trips binder.

## June 15

### Essex, Connecticut Rail and Sail -

Date: Saturday, June 15 Time: 8:15am - 8:00pm Cost: \$108 pp

*This trip is by large luxury motorcoach. We only have 16 seats for this trip. We're sharing this trip with the Ipswich COA.*

We will head south to Essex Connecticut, where we will enjoy lunch at the Griswold Inn, one of the oldest continuously operating inns in the country. Next we head off on our rail and sail afternoon! Our rail journey begins at the historic 1892 Essex Station for a 12-mile, narrated round-trip into the heart of the unspoiled Connecticut River Valley. The steam locomotive pulls vintage coaches through the quintessential New England towns of Deep River and Chester. At Deep River Landing, we will be escorted onto the Becky Thatcher riverboat for a 1 & 1/4 hour cruise along the Connecticut River. The visual serenity of the river alley is on full display from Becky's multiple decks. Just as impressive are the historic sights including Gillette Castle, Goodspeed Opera House, and the Haddam Swing Bridge. Upon Becky's return to Deep River Landing, the steam train welcomes us for the return trip back to Essex Station. Please join us as we kick off summer in style! The tour operator for this trip is Cheryl Tobey from All Around New England (think homemade cookies and prizes and surprises). For more details or pick up the information at the COA from the Day Trips binder.

## July 23, Tues. Time TBD

### A Day in Sandwich, MA -

Heritage Museum and Gardens tour, Daniel Webster Inn, Sandwich Glass Museum

Heritage Museums & Gardens is the largest public garden in Southern New England. It is located on 100 acres of magnificent grounds and trails on the banks of Shawme Pond in Historic Sandwich. We will have a 1 hour guided walking tour featuring 50 artifacts and memories about its history, its people, and hopes for its future selected by people with a deep appreciation for Heritage. You will also have time to browse the beautiful gardens and grounds which covers 100 acres, spend more time in the Antique car collection or even ride the 1908 Antique Carousel! The Sandwich Historical Society and its Glass Museum collects, preserves, and interprets the history of the Town of Sandwich, MA, the oldest town on Cape Cod. Named one of the top 1% of restaurants in the country, the Daniel Webster Inn is always a renowned experience. The Buffet lunch includes Greens Salad with House Dressing, Chicken Coq a Vin, Pasta Primavera, Broiled Schrod, Potato, Seasonal Vegetable, Chocolate Tuxedo Mousse Cake, Coffee or Tea. For a fun and memorable day, join us! This trip is by large luxury motorcoach. Checks payable to Royal Tours, LLC.

## August 22

### Portland Land and Sea Tour

Step-on-Guide bus tour, lighthouse lover's boat tour, lunch at Old Port Sea Grill with Stacy from Royal Tours

Date: Thursday, August 22 Time: 7:30am -5:30pm Cost \$89 PP

Today's tour begins with a trip to Portland, Maine for a guided area tour of this intriguing and historic city. On this tour of Portland, Maine's largest city-by-the-sea, you'll see views of Longfellow's boyhood home, sea captain houses and the elegant Victoria Mansion as you drive through historic neighborhoods overlooking the islands of Casco Bay in Portland Harbor. Once your tour is done, you will be having lunch at the Old Port Sea Grill. Located in the heart of Portland's historic old port district - we will love the food and excellent service here. We'll have New England Clam Chowder, your choice of Baked Stuffed Chicken Marsala or Baked Schrod, Vegetable, Roasted Potatoes, Chef's Choice Dessert, Coffee, Tea or Soda. After lunch, we will have a 1-hour Lighthouse Lovers Cruise. Enjoy this narrated 60-minute scenic cruise through the busy harbor and innermost islands to see lighthouses, forts, lobster boats, seals, and seabirds! Come aboard; take in the salt air, and spectacular sights, while enjoying the best narrated cruise around!

## September 25


### Telephones, Lakes and Native Americans!

Date: Wednesday Sept 25 Cost: \$102.00 PP  
Time: 7:45AM - 6:30 PM

The tour operator for this trip is Cheryl Tobey from All Around New England. We will begin our day with a visit to the New Hampshire Telephone Museum. Next we board the MV Kearsarge, a replica of a Victorian era steamboat, which has been sailing the waters of Lake Sunapee for over 30 years. Lunch will be on board, which will consist of a salad bar, baked stuffed chicken breast, vegetable lasagna, potato, assorted cakes, & coffee. Our last stop, the Mt. Kearsarge Indian Museum.

# June 2019 Calendar

## Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b>10:30</b> Chair Yoga</p> <p><b>9:00</b> <b>Audiologist</b></p> <p><b>12:00</b> <u>Lunch</u> - Honey Balsamic Chicken</p> <p><b>1:00</b> Readers Club</p>	<p><b>12:00</b> <u>Lunch</u> - Baked Fish or Salisbury Steak</p> <p><b>1:00</b> Quilt &amp; Kvetch</p>	<p><b>8:30</b> COA Board Mtg</p> <p><b>10:00</b> Open House</p> <p><b>10:30</b> <b>Bingo and Hot Dogs</b></p> <p><b>11:30</b> <b>D-Day at Patton Homestead</b></p> <p><b>12:00</b> <u>Lunch</u> - Hot Dog</p> <p><b>1:00</b> Artist's Open Studio</p>	<p><b>12:00</b> <u>Lunch</u> - Chicken Pot Pie</p> <p><b>1:00</b> Movie: <b>"The House with a Clock in the Wall"</b></p>	<p><b>8:45</b> TOPS</p> <p><b>10:00</b> Gentle Joints</p> <p><b>10:30</b> An 18th Century Woman meets the American Revolution @ HW Library</p> <p><b>12:00</b> <u>Lunch</u> - Cob Salad</p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b>9:00</b> <b>Balance Assessment</b></p> <p><b>10:30</b> Chair Yoga</p> <p><b>12:00</b> <u>Lunch</u> - Teriyaki Chix Meatballs</p> <p><b>1:00</b> Cribbage</p>	<p><b>10:30</b> <b>Heritage Films: Three Disasters (see pg 1)</b></p> <p><b>12:00</b> <b>Traveling Chef - "Summer Sundae Bar"</b></p> <p><b>1:00</b> Quilt &amp; Kvetch</p>	<p><b>10:00</b> <b>Blood Pressure Clinic</b></p> <p><b>10:00</b> Open House</p> <p><b>10:30</b> <b>Food Demonstation</b></p> <p><b>12:00</b> <u>Lunch</u> - Steak (julienned roast beef)</p>	<p><b>12:00</b> <b>SeniorCare Special Lunch - "Father's Day Special"</b> - BBQ, Mac &amp; Cheese</p> <p><b>1:00</b> Movie: <b>"Free Solo"</b></p> <p><b>2:00</b> Craft Circle @Wenham COA</p>	<p><b>8:45</b> TOPS</p> <p><b>10:00</b> Gentle Joints</p> <p><b>12:00</b> <u>Lunch</u> - Lemon Citrus Chicken</p> <p><u>Sat. 6/15 Trip to Essex, CT</u></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>10:30</b> Chair Yoga</p> <p><b>12:00</b> <u>Lunch</u> - Chicken Meatball Sub</p> <p><b>1:00</b> Cribbage</p>	<p><b>12:00</b> <u>Lunch</u> - Turkey w/Gravy</p> <p><b>1:00</b> Quilt &amp; Kvetch</p>	<p><b>10:00</b> Open House</p> <p><b>10:30</b> <b>Food Tasting</b></p> <p><b>12:00</b> <u>Lunch</u> - Rib Q</p> <p><b>1:00</b> Artist's Open Studio</p>	<p><b>11:00</b> <b>Low Vision Group</b></p> <p><b>12:00</b> <u>Lunch</u> - Egg Salad</p> <p><b>1:00</b> Movie: <b>"Standing in the Shadow of Motown"</b></p>	<p><b>8:45</b> TOPS</p> <p><b>10:00</b> Gentle Joints</p> <p><b>12:00</b> <u>Lunch</u> - Chicken Fajita</p>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<p><b>10:30</b> Chair Yoga</p> <p><b>12:00</b> <u>Lunch</u> - Salmon or Smothered Pork</p> <p><b>1:00</b> Cribbage</p>	<p><b>11:00</b> <b>Strength and Balance Class</b></p> <p><b>12:00</b> <u>Lunch</u> - Taragon Chicken Salad</p> <p><b>1:00</b> Quilt &amp; Kvetch</p>	<p><b>9:00</b> Podiatrist</p> <p><b>10:00</b> <b>Blood Pressure Clinic</b></p> <p><b>10:00</b> Open House</p> <p><b>10:30</b> <b>Recycling Committee Presentation</b></p> <p><b>12:00</b> <u>Lunch</u> - Lasagna</p> <p><b>1:00</b> Artist's Open Studio</p>	<p><b>12:00</b> <u>Lunch</u> - BBQ Chicken</p> <p><b>1:00</b> Movie: <b>"Beautifully Broken"</b></p> <p><b>2:00</b> Craft Circle @Wenham COA</p>	<p><b>8:45</b> TOPS</p> <p><b>10:00</b> Gentle Joints</p> <p><b>12:00</b> <u>Lunch</u> - Hamburger</p>
 <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p><b>Bolded</b> items are activities or programs which are unique or not scheduled weekly</p> <p><b><u>Underlined</u></b> items require sign-up or reservation</p> </div>				

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](mailto: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](http://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.*