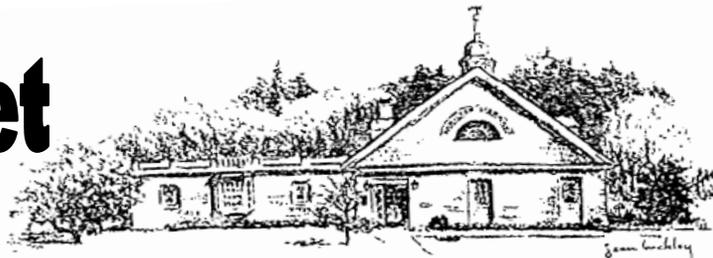


The Hamilton Hamlet

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
Stacy Verge
Caroline Mullen

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.



St. Patrick's Day Celebration

Thursday, March 15 at 11:00 AM

Our St. Patrick's Day Celebration begins with Irish entertainer Roger Tincknell, provided by the Hamilton-Wenham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Afterward, enjoy a traditional Corned Beef and Cabbage luncheon, provided **Free of Cost** by the Hamilton Council on Aging. Reservations are still necessary by signing up with Kim. You can call her at 978-468-2616.



Hamilton Candidate Debate

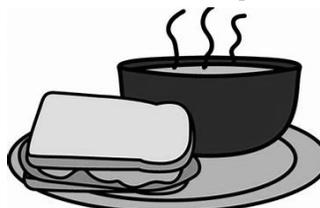
Wednesday, March 21 at 9:00 AM

Candidates from contested seats in the Town of Hamilton will be at the Senior Center to debate on issues of importance that Seniors need to know about.

Refreshments will be provided so come and hear what the candidates have to say about the things you care about.

Nutrition Program Offers Soup and Sandwich Lunch

Some of our Seniors have told us that they would like to have a soup and sandwich lunch occasionally instead of the regular hot meal. The COA has been able to work with SeniorCare Nutrition Program to make that possible.



On Monday, March 5th and Thursday, March 29th, let the COA treat you (FREE!) to our new Soup and Sandwich Lunch. On March 5, the sandwich will be a Turkey Gobbler Sand-

wich of Sliced Turkey, Cranberry Sauce and Stuffing served with Split Pea Soup, and Fresh Fruit. On March 29, the sandwich will be a Cuban Sandwich consisting of thinly sliced Pork, Ham and Swiss Cheese

with Minestrone Soup. Call Kim at 978-468-2616 to make your reservations.

If participants like the soup and sandwich format, we would like to continue to offer it for the same price as the hot meal, \$2.00.

The Senior Circuit Breaker Tax Credit is for low to moderate income seniors, age 65 or older, whose real estate payments are greater than 10% of their income. Homeowners and non-subsidized renters can claim the credit. For 2017 tax returns, total income for single people cannot exceed \$57,000 and \$86,000 for a married couple. For homeowners, the assessed value of their primary residence cannot be more than \$747,000. Many seniors do not file a MA income tax return because they do not have to, based on income: however, they should file just to receive the refund which could total \$1,080/year and is retroactive to the past 3 years.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

March 7

Jeff Hubbard, Board of Selectmen COA Liaison

March 14

Stress and Mindfulness with Sally Palmer

March 21-Note early start time of 9!

Candidates Debate

March 28

Maureen Hickey from Hamilton Garden Club



Sign-up for "Tech Hour"

Wednesday, March 21

2:00 - 3:00 PM

Do you need help or do you have questions about your computer, ipad, cell phone, tablet, etc? Honor Students from HWRHS will be at the Senior Center to help on Wednesday, March 21 to help with your technology issues.

Please sign-up with Mary Beth to ensure that there will be enough students to help everyone who wants it.

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

March 1 "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.

March 8 "Victoria and Abdul" Ali Fazal, Judi Dench
Drama, Historical Fiction. An Indian clerk named Abdul Karim travels to London to present Queen Victoria with a ceremonial coin for her Golden Jubilee. The pair form an unexpected bond upon meeting, but the lifelong friendship that develops is threatened by the disapproval of Victoria's inner circle. As the Queen contemplates what her life of service has meant and the restrictions it has placed on her, Abdul brings her joy as he indulges her fascination with the country she rules over from half a world away

March 15 "Stronger" Jake Gyllenhaal, Tatiana Maslany

Drama. This docudrama recounts the true story of Jeff Bauman, who lost both of his legs during the Boston Marathon bombing in 2013. After providing crucial information on the bombers, Bauman faces a long road to recovery and must turn to his family and girlfriend for support.

March 22 "Battle of the Sexes" Emma Stone, Steve Carell

Comedy, Docudrama. This sports docudrama recreates the legendary 1973 "Battle of the Sexes" tennis match between Billie Jean King and Bobby Riggs. When the 55-year-old Riggs brags that he can beat any woman in the world on the tennis court, 29-year-old King, then the reigning champion, accepts his challenge. Their highly publicized match soon takes on a larger meaning as a milestone in the fight for gender equality.

March 29 "Viceroy's House" Hugh Bonneville, Gillian Anderson

Historical Drama. The last British viceroy of India, Lord Mountbatten must uphold the prestige of his position while helping the country transition to independence. Arriving in New Delhi in early 1947, Mountbatten and his wife must contend with the challenges of a changing India.

March Luncheon Specials



TRAVELING CHEF

Wednesday, March 7 at Noon

"Pasta Bar"

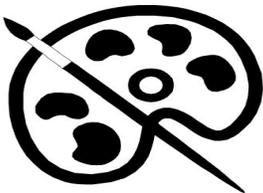
The menu is Pasta, Choice of Alfredo or Marinara, Meatball, Garlic Broccoli, Vienna Bread & Limoncello Cake. Please make your reservations with Kim at 978-468-2616 by 11 AM on March 2. Donation for meal is \$3.

SeniorCare Monthly Special

Thursday, March 15 at Noon

"St. Patrick's Day Special"

The menu is Corned Beef au Jus, Cabbage Wedge, Carrot and Turnip Blend, Potatoes with Parsley, Irish Soda Bread, Crème de Menthe Bar. Please make your reservations with Kim at 978-468-2616 by March 12 at 11 AM. Senior Care Special this month is Free with Sign-up compliments of the Council on Aging.



PAINTING WITH ALEAH

Wednesday, March 14th

2:00 PM. Stimulate your creative senses

With a step-by-step painting class with Aleah Gates. Cost is \$10 and everything is included. Call Mary Beth to make a reservation 978-468-5595.

Senior Center Activities & Notices

We Want your Feedback!

The COA has been considering planning an early evening catered dinner at the Senior Center once a month (such as a chicken dinner with all the fixings) from a caterer like Henry's that would cost each person less than \$10. Of course, the menu and the caterer would vary and we would very much like to hear your suggestions. The catered dinner would require a reservation and pre-payment. Let Mary Beth or a COA Board Member know if you think this is a good idea and whether you would participate.



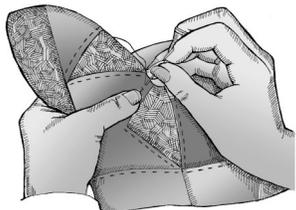
The Hamilton-Wenham Low Vision Group starts up again on Thursday, March, 22 for "Lunch and Low Vision." Please make reservations for lunch with Kim at 978-468-2616 if you want to stay for a Free lunch at 12.

Meeting at 11 am to plan activities for the coming year, followed by free lunch at the Council on Aging.

This group is open to residents of Hamilton and Wenham who have low or no vision; family members 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 are also developing a resource book on local services for macular degeneration, glaucoma, and other vision disorders.

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



QUILTING GROUP

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.



"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.

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.

Donations
are greatly
Appreciated!

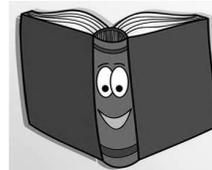
- Coffee K-cups
- Canes
- Quad Canes



Cribbage

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

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!

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.



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. For more information call 478-468-7253.

How is Your Balance?

Free Assessment Tuesday, March 6

On Tuesday, March 6 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 on the first Tuesday from 10:30 to 11:30.

Our **Strength, Flexibility and Balance Class** on Wednesday Afternoon has been cancelled due to lack of funding to subsidize participants fees. We hope to resume classes if a benefactor can be found.

Register at the Hamilton Recreation Department on Monday, Wednesday, or Friday between 9:30 and 11:30 to get a FREE pass to use the Gordon College Bennett Center's indoor walking track.



Free Hearing Screenings

Audiologist, Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on the second Friday of each month. No appointment needed. Heidi will be available from 8:30 to 9:00.



Podiatry

The Podiatrist, Dr. Van Ess will visit the Hamilton Senior Center in at 9:00 AM on the last Wednesday of the month. Appointments will be 15 minutes apart and the Wenham COA will book the 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.

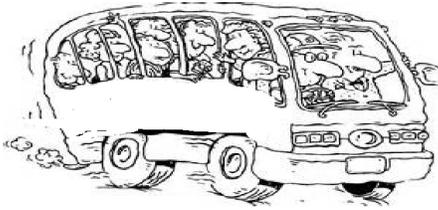


No appointment needed.

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



"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 motorcoach transportation, delicious lunch, dining room taxes and gratuities and bingo games. Depart around 9am and return about 4:30pm.

Looking ahead to the rest of the Spring and Summer – Plans are in the works for:

May – another small local North Shore narrated tour with Beauport 14 passenger mini-bus through Essex, Annisquam and Rockport, Paper House, lunch. Around \$30 plus lunch. Leave around 10am, be home around 3pm.

June 27– Falmouth, MA

Guided tour of Highfield Hall and Gardens, lunch at the Coonamessett Inn, shopping in lovely downtown Falmouth, deluxe motorcoach transportation. \$89 per person. Leave around 9am.

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 motorcoach transportation. Depart around 10am, return around 4:30pm.

July – 30 Wolfeboro, New Hampshire

Winnepesaukee boat tour, lunch at Wolfeboro Inn, Wright Museum, time for shopping/people watching, deluxe motorcoach transportation. \$83 per person. Leave around 8am, return around 6pm.

August 25 – Sea'ing the South Shore

Luxury motorcoach to Scituate Light with an historical talk about the history of the light, special luncheon at the Barker Tavern, narrated bus tour of Plymouth, narrated harbor tour aboard an old fashioned paddle-wheeler. \$101 per person. Leave around 8:30am, return around 6pm.

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

New Medicare Cards

You will be getting a new Medicare card between April 2018 and 2019. Social Security numbers are being removed from new Medicare cards. This will keep your information more secure and help protect your identity.

- Making sure your mailing address is up to date. If not, contact Social Security at ssa.gov/my account or call 800-772-1213.
- Beware of anyone who contacts you about your new Medicare card. Social Security will never ask you to give personal or private information to get you new Medicare number or card.
- Understand that people will get their cards at different times.

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!

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.

Outreach Corner

March 3 is National Caregiver Appreciation Day, so we are using this opportunity to talk about caregivers. One statistic states that around 29% of all US residents are caregivers in some way: for a spouse, a parent, even a child. The Family Caregiver Alliance page says that families provide around 80% of long-term care for elderly and chronically ill individuals. What does this mean for YOU? You may BE a caregiver; you may HAVE caregivers, including family, neighbors, clergy, friends, volunteers, or paid staff; or be IN NEED OF a caregiver for yourself or a family member. So first, we thank you for being a caregiver! Second, remember to thank your caregivers if you have any, even if they don't seek recognition! Third, if you are in need of a caregiver, read on!

A Caregiver is anyone who works in people's homes to assist family caregivers or to assume the responsibilities of primary caregiving. They come in several different varieties, most notably, visiting nurses, physical therapists, and occupational therapists, usually prescribed by the client's medical professionals. A Home Health Aide or Personal Care Aide provides assistance for health-related tasks, such as bathing, personal care, and giving medication. A Homemaker provides household services, such as cleaning, laundry, and shopping. A Companion or Sitter provides supervision and meal preparation. Other individuals provide services for activities associated with the ability to live independently: preparing meals, managing money, shopping, housework, using the telephone, and others. Community-based services provide services in a community setting or through a community program: adult day care, transportation, home-delivered meals, among others.

Massachusetts and Essex County have many resources for non-family caregivers, to help with a person's Activities of Daily Living (ADLs): bathing, dressing, grooming, eating, walking, taking medication, and personal care. Generally, a home-care agency representative comes to assess the NEEDS of the

client by measuring their success with ADLs and developing a plan based on the individual's and family's needs and financial resources. Some sharing of costs may be available through health insurance or subsidies for lower-income families. In Hamilton, SeniorCare, Inc, in Gloucester is the Aging Resources Access Provider (ASAP), to whom we refer individuals for assessment and enrollment into home-care services with or without subsidies. The area also has a great many of private-pay agencies and individuals to provide the same service. In some cases, a client's plan is for LONG TERM CARE using a combination of family care, in-home care, and community-based services, to ensure the client's medical, nursing, custodial, and social needs are met. Finally, RESPITE care is care for the individual when the primary caregivers are not available or need a break: respite care can be individuals coming in to the home, or placement of the individual in short-term skilled nursing facility or foster care. And SUPPORT GROUPS are for family caregivers who are seeking assistance in providing better care for their family members.

If you need help with caregiving or getting in-home help, please contact the Council on Aging, and we can help you start the process. Lack of in-home care services for chronically ill and aging folks puts them at risk of falls and failure to thrive. Plus, family caregivers who themselves are aging or chronically ill may not be able to cope with the increasing needs of family members.

Fuel assistance runs through April 30, 2018. 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.

Lucy, Coordinator of Social Services and Outreach



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.



March 2018 Calendar



Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			12:00 <u>Lunch</u> 1:00 Movie: “Dunkirk” 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
Sign up for Traveling Chef 5 10:30 Chair Yoga 12:00 <u>Soup and</u> <u>Sandwich Lunch</u> 1:00 Reader’s Club	6	7	8	9
	10:30 Balance Assess - ments 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	8:30 COA Board Mtg 10:00 Open House 10:30 Jeff Hubbard, Selectman Liaison 12:00 <u>Traveling Chef</u> “Pasta Bar”	9:00 <u>Trip to East Hill Farm</u> 12:00 <u>Lunch</u> 1:00 Movie: “Victoria and Abdul”	8:30 Audiology Clinic 8:45 TOPS 10:00 Gentle Joints 12:00
Sign up for SeniorCare Special 12 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	13	14	15	16
	9:00 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	10:00 Blood Pressure Clinic 10:00 Open House 10:30 Stress and Mindful - ness 12:00 <u>Lunch</u> 1:30-2:30-G4G	11:00 <u>St. Patrick’s Day</u> ¹⁵ <u>Party with Irish</u> <u>Entertainer and</u> <u>SeniorCare “St.</u> <u>Patrick’s Day Spe-</u> <u>cial”</u> 1:00 Movie: “Stronger” 2:00 Knitting @ Wenham COA	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
19	20	21	22	23
10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage	12:00 <u>Lunch</u> 1:00 Quilt & Kvetch	9:00 Candidate Debate 12:00 <u>Lunch</u> 1:30-2:30-G4G 2:00 <u>Tech Hour</u>	11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: “Battle of the Sex- es”	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>
26	27	28	29	30
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 Blood Pressure Clinic 10:00 Open House 10:30 Hamilton Garden Club 12:00 <u>Lunch</u> 12:30 <u>Legal Clinic</u> 1:30-2:30-G4G	12:00 <u>Soup and</u> <u>Sandwich Lunch</u> 1:00 Movie: “Viceroy’s House”	8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u>

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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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.