

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

Council on Aging Board

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

Senior Van Service
Beauport Ambulance

Walk Massachusetts Challenge

Earn Money for Our Council on Aging, and a Chance to Win a \$50 Gift Card!

Lace up your sneakers, grab some friends, and join us in the Walk Massachusetts Challenge! Your participation helps us win money for fitness programs and gives you the chance to win one of several prizes!

The challenge runs from April 1 to September 30. In that time, if you and your team of friends complete the challenge, you are entered into a drawing for a \$50 Visa gift card, a \$15 Amazon gift card or a \$10 Dunkin’ gift card . . . and for each person who completes the challenge, our Council on Aging gets an entry into the \$250 prize for use with fitness programming. The more of us who walk, the better the chances!

Here’s how it works:

You and your friends form a team and choose a challenge. Choose **‘Round the Border** and walk the equivalent of the Massachusetts border (515 miles), or **Mass-ters** and walk the equivalent of

the Massachusetts tidal shoreline (1,519 miles). Wow! That sounds like a lot of walking! It’s not, really. ‘Round the Border is only about a mile a day, three days a week, per person, while the Mass-ters is about three miles a day – fewer than 10,000 steps!

Say you’re not a current walker, or can’t walk a mile a day, we have challenges for that as well. You could walk from the shores of Provincetown to the mountains of Lee, in just 30 minutes a day, three days a week! Or maybe you’re just starting out and don’t feel you can walk that much yet. Try the Greylock Gradual Ascent Challenge and start by walking just seven minutes a day. Walk the length of your driveway and back adding a minute a day every week until you’re up to 30 minutes a day. However you choose to walk, we’re rooting for you!

Join the challenge today at
www.mcoaonline.com/walkma!

GORDON CONWELL TOUR AND LUNCH-April 30th

If you are interested in taking a tour of the beautiful Gordon-Conwell campus and enjoy lunch in the cafeteria, call Mary Beth at 978-468-5595 to make a reservation. You will be picked up at the Senior Center and driven to the campus to visit their amazing architecture and say hello to their staff. Limited to first 13 who sign up

DON'T FORGET TO CALL THE HW LIBRARY AND MAKE AN APPOINTMENT TO HAVE YOUR TAXES DONE FOR FREE. MAKE AN APPOINTMENT TO SEE IF YOU QUALIFY FOR THE CIRCUIT BREAKER TAX REFUND.

Due to its popularity **“Polished”**, a “come to you” dental cleaning service, will be increasing the number of times it will come to the Senior Center this year. Appointments will be every 50 minutes and will start at 8:30 AM. Cost for this service will be an incredibly low \$49. For anyone who has had their teeth cleaned recently you know that the average cost for cleanings runs between \$125 and a \$150 per visit.

If you have had a joint or heart valve replacement, you will need to be pre-medicated prior to receiving care, or have a note from your doctor, stating that you do not need to take an antibiotic for dental services.

The dates for dental clinics in 2020 are: April 23; July 16; September 16, December 2. Please call Mary Beth to schedule your appointment: 978-468-5595.

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.

March Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

March 4

Bingo and Hot Dogs

March 11

Town Manager—Joe Domelowicz

March 18

Cape Ann Botanicals explains CBD

Marh 25

Robin Putnam—Identity Theft and Fraud Protection

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

March 5 “The Farewell” *Shuzhen Zhao, Awkwafina, X Mayo*

Drama, Comedy. A Chinese family discovers their grandmother has only a short while left to live and decide to keep her in the dark, scheduling a wedding to gather before she dies.

March 12 “Downton Abbey: The Movie” *Michelle Dockery, Imelda Staunton, Matthew Goode*

Drama. The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century.

March 19 “Beautiful Boy” *Steve Carell, Maura Tierney, Jack Dylan Grazer*

Drama, Biography.

Based on the best-selling pair of memoirs from father and son David and Nic Sheff, *Beautiful Boy* chronicles the heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years.

March 26 “The Joker” *Joaquin Phoenix, Robert De Niro, Crime, Drama, Thriller.*

In Gotham City, mentally troubled comedian Arthur Fleck is disregarded and mistreated by society. He then embarks on a downward spiral of revolution and bloody crime. This path brings him face-to-face with his alter-ego: the Joker. streets in order to complete a deadly mission.

March Luncheon Specials



Traveling Chef

Friday, Marcy 20 at Noon

”””

The Traveling Chef menu includes French Crepes (turkey, spinach, and swiss) with mushroom sauce, wild rice pilaf, mixed green salad with Dijon vinaigrette, Parker

House roll, and Boston Cream Cake.

Make your reservation with Heidi at 978-468-2616 by 10 am on the previous day. Donation is \$3.

SeniorCare Special

Thursday, March 12 at Noon

“St. Patrick’s Day Special”

The SeniorCare Special this month is a menu of Corned Beef au Jus, cabbage wedge, carrots and turnip blend, potatoes with parsley, Irish Soda Bread and Crème de Menthe bar.

Please make your reservation with Heidi at 978-468-2616 by 10 am on the previous day. Donation is \$2.

Heritage Films Historical Presentations:

“Service Dogs”

Tuesday, March at 10:45am

Dan Tremblay brings a historical films 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 at 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.

These events are FREE! Light refreshments will be served.

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.

April Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

April 1

Bingo and Hot Dogs

April 15

Ray Brunet—Hamilton Fire Chief

April 22

Fire Department—Overview of Department

April 29

Therapy Dog Visit

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

Apr 2 "Harriet" Cynthia Erivo, Leslie Odom Jr., Joe Alwyn

Action, Biography, Drama. The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Apr 9 "From Time to Time" Alex Etel, Timothy Spall, Maggie Smith

Adventure, Drama, Fantasy. A haunting ghost story spanning two worlds, more than a century apart. When 13-year-old Tolly finds he can mysteriously travel between the two, he begins an adventure that unlocks family secrets laid buried for generations.

April 16 "The Chaperone" Elizabeth McGovern, Haley Lu Richardson, Géza Röhrig

Biography, Drama, Romance. In the early 1920s, a Kansas woman finds her life forever changed when she accompanies a young dancer on her fame-seeking journey to New York City.

Feb 27 "Ben is Back" Julia Roberts, Lucas Hedges

Drama. The charming yet troubled Ben Burns returns home to his unsuspecting family one fateful Christmas Eve. Ben's wary mother Holly Burns welcomes her beloved son's return, but soon learns he is still very much in harm's way. During the 24 hours that may change their lives forever, Holly must do everything in her power to avoid the family's downfall.

April Luncheon Specials



No Traveling Chef

SeniorCare Special

Thursday, February 13 at Noon

"Spring Celebration"

The SeniorCare Special this month is a menu of Ham & Aspara-

gus Swiss Quich, lemon garlic roasted potatoes, reen beans with diced tomatoes, roll, honey cake with whipped topping.

Please make your reservation with Heidi at 978-468-2616 by 10am on the previous day. Donation is \$2.

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.

Heritage Films Historical Presentations:

"Statler Brothers"

Tuesday, April 7 at 10:45am



Lunch is served at 12:00 pm daily
Monday through Friday.

Reserve your meal with Heidi at 978-468-2616

Senior Center Activities

Artist's Open Studio

Wednesday Afternoons

1-4 PM

Artist's Open Studio meets from 1 to 4 on Wednesday afternoons. No experience necessary. Bring your own materials in any medium; Nothing provided, nothing expected —except your commitment to work on your own project. Let's get creative. A supportive community is guaranteed. This is a drop-in open studio, so come when you can. Questions? Call or email katharinepickering11@gmail.com or 978-473-9818



Painting with Robbin

Wednesday, March 11

Wednesday, April 8

At 2:30 pm

Robbin McMath has started a new painting class like the one Aleah used to teach. The class will run approximately 2 hours. Robbin will guide you step by step to create your painting. No experience necessary. The COA provides the canvases, paints, easels and brushes. The cost is \$10 for this 2 hour class. Please sign up with Mary Beth to reserve your space.



Quilt & Kvetch*

(plus knitting, crochet, embroidery, etc.)

Tuesdays at 1:00

The Quilting Group includes anyone who enjoys quilting, sewing, knitting, crochet, and other handiwork and it is as much about getting together as anything. 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.



Tech Time starts up again on the last Wednesday of the month from 9 to 10:30. The COA is partnering with the Miles River Middle School to bring this monthly tech seminar to Hamilton seniors. Bring your laptops, cell phones and tablets.

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.

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.

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!



Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for dates.

*Donations
are greatly
Appreciated!*

The Senior Center needs:

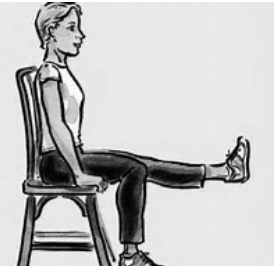
- ◆ coffee and tea K-cups
- ◆ canes in good condition
- ◆ gently used wheel chairs

Health and Wellness

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.



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 Assessments

Gordon College's Center for Balance, Mobility and Wellness will be at the Senior Center from 9:00 to 10:30 on the second Monday of each month 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.

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 978-468-7253.



**TAKE OFF POUNDS
SENSIBLY**

Exercise on Your Own

Don't want to pay for a gym membership? Your Senior Center has exercise equipment you can use for free on your own. Times of use are just limited to times when there is NOT another activity going on in the exercise area. We have a treadmill, recumbent bike, and other equipment to build strength. Come on in and check it out!



Podiatry

Our new podiatrist, Robert Uhrich will be coming to the Hamilton COA on the third Wednesday of the month.

He will alternate between Hamilton COA and Wenham COA. 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.

Hearing Screening

Our new Hearing Instrument Specialist, Lisa Winton-Rogers, from Hearing Solutions will do free hearing screenings monthly on the first Monday- from 9:00 to 10:00 am.



Hamilton Council on Aging Program Schedule

Monday

Hearing Test	9 - 10:00 am	First Monday
Balance Assessment	9:00 am	Second Monday
Chair Yoga	10:30 am	Weekly
Reader's Club	1:00 pm	First Monday
Cribbage	1:00 pm	Weekly (except for first 1st Monday)
Lunch	12:00 pm	Every Weekday

Tuesday

Sen Tarr Aide	9:30 am	Second Tuesday
Quilt and Kvetch	1:00 pm	Weekly
Heritage Films	10:45 am	Second Tuesday
Balance, Bands, & Strength Class	11:00 am	Fourth Tuesday
Lunch	12:00 pm	Every Weekday

Wednesday

Shine Counseling	9 - 12 am	Weekly by appt.
Podiatrist	9:00 am	Third Wednesday
Open House	10 - Noon	Weekly
Veterans Agent	10:30 am	Second Wednesday
Painting Class	2:30 pm	Second Wednesday
Artist Open Studio	1:00 pm	Weekly (except 2nd Wed)
Tech Time	9 - 10:30 am	Last Wednesday
Blood Pressure Clinic	10:00 am	Second and Fourth
Lunch	12:00 pm	Every Weekday

Thursday

Low Vision Group	11:00 am	Scheduled Monthly
Movie	1:00 pm	Weekly
Lunch	12:00 pm	Every Weekday
Dental Clinic	All Day	April 23, July 16

Friday

TOPS	8:45 am	Weekly
Gentle Joints	10:00 am	Weekly
Lunch	12:00 pm	Every Weekday

Cut here to save

Cut here to save

“Generals for Generations”

This program is a partnership with the Hamilton-Wenham Regional High School. Honor Society students will be going to the homes of seniors on Saturday mornings from 10:00 to 11:00 am to help with chores and small projects around the house. Please note that the day and time is a change from last year's programs. 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.

If you have a volunteer coming to work at your house outdoors, and it is inclement weather, it is up to the discretion of the volunteer as to whether or not they feel comfortable working in those conditions. We have many people who request help through this program and have a waiting list. It isn't fair to either the volunteer or the person whose request could have been filled and is on a wait list. Thank you for your cooperation and understanding that will allow this program to succeed in reaching the most seniors possible each week-end.



The Hamilton-Wenham-Essex Low Vision Group will be meeting at the Essex COA, 17 Pickering Street in March, April and May.

All meetings are from 11 to 12:30 with lunch (which is optional). You must call Essex COA at (978)768-7932 to reserve lunch. Meeting subjects are as follows:

Thursday March 19 Essex COA, member Eileen Thomas and info on Ischemic Optic Neuropathy (ION)

Thursday April 16, Essex COA. Gayle Yarnall and the Talking Book Program, updates and demonstration of a Talking Book player.



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 for more details or pick up the information at the COA from the Day Trips binder.

American Heritage Museum - Tuesday, April 14

At the **American Heritage Museum** we explore America's conflicts, beginning with the Revolutionary War to today. The American Heritage Museum is designed to fully engage people in understanding our turbulent past. In this remarkable place, American history will be explored, studied and most of all, remembered. Through educational interpretation, and a chronologically arranged series of dioramas and exhibits, the American Heritage Museum brings the history of our veterans to life. Among the staggering variety of rare relics, the American Heritage Museum features over fifteen tanks and artifacts that are the only ones on public display in North America. After our **guided 90 minute tour of the museum** we will head to a National Treasure and Massachusetts Landmark, **The Wayside Inn for a delicious lunch (on your own)**. The Wayside Inn property is located within The Wayside Inn Historic District and is listed on the National Register of Historic Places. The

property consists of nine historic buildings situated on just over 100 idyllic acres in the town of Sudbury, Massachusetts. The centerpiece and namesake of the property is Longfellow's Wayside Inn, d America's oldest operating inn, which has been providing food, beverages, and lodging to guests since 1716. Originally known as How's tavern, and later also as the Red Horse Tavern, the Inn was immortalized by poet Henry Wadsworth Longfellow in his epic work, Tales of a Wayside Inn, published in 1863 – and was thereafter forever rechristened "Longfellow's Wayside Inn." In addition to over ten historic dining rooms serving classic New England cuisine with gracious hospitality. Admission to the museum is \$18pp payable on the day of the trip, \$25pp for Beauport mini-bus transportation payable to the Town of Hamilton by April 1. Lunch is on your own at the Wayside Inn.

Leave the Hamilton COA at 9am, return around 3pm .

Non-residents may sign up after March 15.

Arnold Arboretum - Thurs, May 14

The **Arnold Arboretum** of Harvard University is an arboretum located in the Jamaica Plain and Roslindale neighborhoods of Boston, Massachusetts. The Arboretum remains one of the finest examples of a landscape designed by Frederick Law Olmsted. It is known as the Frederick Law Olmsted National Historic Site and has been designated as a National Historic Landmark . It is the second largest "link" in the Emerald Necklace.

With 397 lilac plants representing 179 taxa (kinds), the Arboretum holds one of the premier lilac collections in North America. Fortunately, we will be visiting at the time all the lilacs should be blooming. We will have a **step-on-guide 90 minute bus tour** focusing on the Arboretum's past, present, and future We will tour special collections, seasonal highlights, learn Arboretum history, its mission, and more.

We'll **stop for lunch at the Continental Restaurant** (on your own) in Saugus on the way home.

Cost is \$35pp for admission, tour and transportation by Beauport mini-bus payable to the Town of Hamilton by April 15. Lunch is on your own at the Continental.

Leave the Hamilton COA at 9am, home by about 3pm. Non-residents may sign up after April 15

Hampton Beach Sandcastles - Friday, June 19

How lucky we are to have **one of the 10 best Sandcastle Competitions in America** right in our backyard! Hampton Beach, New Hampshire!! This invitation-only event for master sand sculptors produces exquisite works of art that seem too elaborate, too finely detailed to be made of mere water and sand. Local sand-shaper Greg Grady co-organizes the event and, with his "Grady Bunch," creates a large collection of sculptures saluting the event's sponsors.

After an inspirational morning will head to lunch at north of Boston's premiere oceanfront dining destination. Seaglass Restaurant and Lounge is located on the Atlantic Ocean in The Pavilion on Salisbury Beach. Offering guests a unique culinary experience with unmatched panoramic ocean views. The open dining room features floor-to-ceiling windows, and a relaxed beach chic environment with comfortable banquette seating, romantic fireside dining, and tables literally over the ocean. Simply spectacular!

Cost is \$25pp for transportation payable to Town of Hamilton by June 1. Lunch is on your own at Seaglass.

Leave the Hamilton COA at 9am, return by 3pm

Non-residents may sign –up after May 15


March 2020 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Audiologist 10:30 Chair Yoga 12:00 <u>Lunch</u> - Apple Glazed Pork Loin 1:00 Reader's Club	3 12:00 <u>Lunch</u> - Chicken Pot Pie 1:00 Quilt & Kvetch	4 9:00-12:00 <u>Shine Counseling</u> 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> - American Chop Suey 1:00 Artist Open Studio	5 12:00 <u>Lunch</u> - Roasted Turkey w/gravy 1:00 Movie: "The Farewell"	6 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Broccoli & Cheese Egg Bake
9 9:00 Balance Assessment 10:30 Chair Yoga 12:00 <u>Lunch</u> - Meat Loaf 1:00 Cribbage	10 10:45 Heritage Films "Service Dogs" 12:00 <u>Lunch</u> - Chicken Meatball Sub 1:00 Quilt & Kvetch	11 9:00-12:00 <u>Shine Counseling</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Town Manager 12:00 <u>Lunch</u> - Chicken w/Wenter Vegetables 2:30 Painting with Robbin	12 12:00 SeniorCare Special "St. Patrick Day Special" 1:00 Movie: "Downton Abbey: The Movie"	13 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Egg Salad Plate
16 10:30 Chair Yoga 12:00 <u>Lunch</u> - Honey Rosemary 1:00 Cribbage	17 12:00 <u>Lunch</u> - Cranberry Orange Glazed Chicken 1:00 Quilt & Kvetch	18 9:00-12:00 <u>Shine Counseling</u> 9:00 Podiatrist @ Hamilton 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Cape Ann Botanicals 12:00 <u>Lunch</u> - Stuffed Pepper 1:00 Artist Open Studio	19 12:00 <u>Lunch</u> - Beef Hot Dog 1:00 Movie: "Beautiful Boy"	20 8:45 TOPS 10:00 Gentle Joints 12:00 Traveling Chef "French Crepes"
23 10:30 Chair Yoga 12:00 <u>Lunch</u> - Chicken Caccitore 1:00 Cribbage	24 11:00 Balance, Bands, and Strength Class 12:00 <u>Lunch</u> - Beef Burgundy 1:00 Quilt & Kvetch	25 9:00-12:00 <u>Shine Counseling</u> 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Identity Theft and Fraud Protection 12:00 <u>Lunch</u> - Rib-Q 1:00 Artist Open Studio	26 12:00 <u>Lunch</u> - Balsamic Glazed Chicken 1:00 Movie: "Joker"	27 8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u> - Tomato, Onion & Cheddar Frittata
30 10:30 Chair Yoga 12:00 <u>Lunch</u> - Hoisin Chicken Stir Fry 1:00 Cribbage	31 12:00 <u>Lunch</u> - Lasagna 1:00 Quilt & Kvetch	<div style="border: 1px solid black; padding: 10px; background-color: #f0f0f0;"> <p>Bolded items are activities or programs which are unique or not scheduled weekly</p> <p>Underlined items require sign-up or reservation</p> </div>		

April 2020 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</p> <p>Underlined items require sign-up or reservation</p>		<p>8:30 COA Board Mtg 1</p> <p>9:00-12:00 <u>Shine Counseling</u></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 Open Studio</p>	<p>2</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Harriet"</p>	<p>3</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>6</p> <p>9:00 Balance Assessment</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Cribbage</p>	<p>7</p> <p>10:45 Heritage Films "Statler Brothers"</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>8</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Selectmen Debates</p> <p>12:00 <u>Lunch</u></p> <p>2:30 <u>Painting with Robbin</u></p>	<p>9</p> <p>12:00 Senior Care Special "Spring Celebration"</p> <p>1:00 Movie: "From Time to Time"</p> <p>2:00 Craft Circle @Wenham COA</p>	<p>10</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>13</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p>14</p> <p>9:00 - 3:00 Trip to Heritage Museum</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>15</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Fire Chief</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist Open Studio</p>	<p>16</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "The Chaperone"</p>	<p>17</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>20</p> <p>Closed for Patriot's Day</p>	<p>21</p> <p>11:00 Balance, Bands, and Strength Class</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>22</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Fire Department</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist Open Studio</p>	<p>23</p> <p>"Polished" Dental Cleaning</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Movie: "A Beautiful Day in the Neighborhood"</p>	<p>24</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>
<p>24</p> <p>10:30 Chair Yoga</p> <p>12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p>25</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Quilt & Kvetch</p>	<p>26</p> <p>9:00-12:00 <u>Shine Counseling</u></p> <p>10:00 Blood Pressure Clinic</p> <p>10:00 Open House</p> <p>10:30 Therapy Dog</p> <p>12:00 <u>Lunch</u></p> <p>1:00 Artist Open Studio</p>	<p>27</p> <p>12:00 <u>Lunch</u>—</p> <p>1:00 Movie: "Bombshell"</p>	<p>28</p> <p>8:45 TOPS</p> <p>10:00 Gentle Joints</p> <p>12:00 <u>Lunch</u></p>

Hamilton Council on Aging

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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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*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, 9 am until 3 pm.

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, Rowley, Rockport, Gloucester, Manchester, Essex.

Please note that trips to Salem, Peabody and Danvers have been discontinued.

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 Heidi at 978-468-2616. COA staff does not take lunch reservations. (Note: You can make a reservation ANY TIME prior to 24 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.