

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
Michael Lombardo

Center Staff
Mary Beth Lawton,
Director
Lucy Frederiksen,
Outreach

Council on Aging Board
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Steve Walsh, *ViceChairman*
Nancy Longval, *Secretary*
Betty Gray
Linda Spong
Martha Hale Farrell
Sherry Leonard

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.

Spring is Busting Out All Over!

By Mary Beth Lawton, Senior Center Director

Happy late spring everyone! As we start to make plans for our summer getaways, I wanted to make sure you made sure to hold a date open for us. **The Senior Center recently installed two flags, U.S. and Massachusetts, and we are going to dedicate these flags on yes, Flag Day, Wednesday, June 14th.** The Hamilton American Legion Post 194 was able to purchase these for us at a greatly reduced price. They will be part of our dedication ceremony as will the Police Department. Please stop by at 10:30 for this ceremony and stay for light refreshments afterward.

The Council on Aging is excited to have a new webpage on the town's new website. Launch day was back in May and this will mean that seniors and family will be able to find our newsletters, menus for lunch, calendar of events, photos and much, much more. As always, the webpage is yours to help create, so ideas and suggestions are welcome. Go to www.hamiltonma.gov and look for “Departments” in menu, choose Council on Aging and you will be able to navigate to all things regarding the Council on Aging.



Brad Hill Sponsors Summer BBQ

Friday, June 16th at 10:30

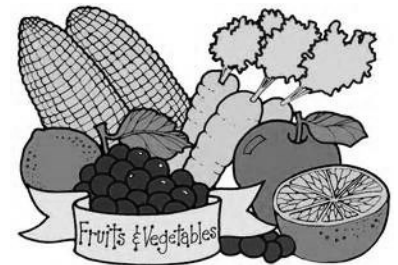
Please save June 16th to be entertained by WBZ's **Mel Simons** with a Summer BBQ cook-out **sponsored by State Representative Brad Hill** with the **Hamilton Fire Department** at the grill. BBQ includes hamburgers, hot dogs and all the fixings plus a hot fudge sundae bar by **Cherry Hill Creamery**. FREE to seniors in Hamilton. Please make your reservations with Mary Beth.



COMING SOON . . .

The COA is in the process of planning a low-cost **Dental Clinic.** STAY TUNED!

Senior Center Produce Market To Resume



Deliveries of fresh produce during the growing season will begin as soon as seasonal produce is ready for harvest from gardens around Hamilton. The kinds and amounts of produce will vary from week to week depending on availability. Distribution will take place after Open House on Wednesdays at about 11:15. The program is being done jointly by the Hamilton COA and Hamilton Acord Food Pantry. Come see what you can use.

The **Acord Food Pantry** has donated pre-packed boxes of basic non-perishable food that Seniors can pick up (free of cost) at the Senior Center for their own use or for others that they know who might be in need.

Senior Center Activities

COA WEDNESDAY OPEN HOUSE

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

June 7

Bingo and Hot Dogs

June 14

Flag Dedication

June 21

Hamilton Finance Director, Marissa Baptista

June 28

Moe Pratt with Sheriff Coppinger

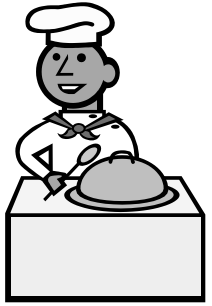
JUNE Luncheon Specials

TRAVELING CHEF

Tuesday, June 27 at Noon

"Summer Sundae Bar"

Annual end-of-year Traveling Chef event, featuring Chocolate or Vanilla Ice Cream, Hot Fudge or Strawberry Sauce, Whipped Cream and Toppings. Please make your reservations with Kim at 978-468-2616 by 11 AM on June 23. Traveling Chef will be on hiatus until September.



SeniorCare Monthly Special

Thursday, June 15 at Noon

"Father's Day Special"

The COA is offering this special free of charge to Hamilton fathers who make a reservation. Others are asked for a \$2 donation. The menu is BBQ ribs, Macaroni and Cheese, Baked Beans, Peach and Blueberry Crisp, and Dinner Roll. Please make your reservations with Kim at 978-468-2616 by June 12 at 11 AM.

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 PM

June 1 "Fences" Denzel Washington, Viola Davis

Drama. Denzel Washington directed and stars in this adaptation of August Wilson's Pulitzer Prize-winning play, which centers on a black garbage collector named Troy Maxson in 1950s Pittsburgh. Bitter that baseball's color barrier was only broken after his own heyday in the Negro Leagues, Maxson is prone to taking out his frustrations on his loved ones.

June 8 "Hacksaw Ridge" Andrew Garfield

Drama, War. Mel Gibson directed this biopic about World War II Army medic Desmond Doss (played here by Andrew Garfield). A conscientious objector who refused to take a life or even carry a weapon, Doss was eventually awarded the Medal of Honor for saving the lives of 75 soldiers on the battlefields of Okinawa.

June 15 "La La Land" Emma Stone, Ryan Gosling

Musical, Comedy. Struggling actress Mia and aspiring jazz pianist Sebastian begin a whirlwind romance as they both pursue their dreams in Los Angeles. However, their blossoming relationship is challenged when their careers pull them in different directions.

June 22 "Arrival" Amy Adams, Jeremy Renner, Forest Whitaker

Drama, Science Fiction, Thriller. Science-fiction suspense film about Earth's response to a possible alien invasion. After extraterrestrial spacecraft plant themselves at various locations around the globe, a linguist and a theoretical physicist must find a way to communicate with the mysterious visitors in order to learn what they want and whether they pose a threat to humanity.

June 29 "Captain Fantastic" Viggo Mortensen, Frank Langella

Comedy, Family Drama. Determined to shield his family from the decadence and distractions of modern life, an eccentric father raises his six children in a remote forest in the Pacific Northwest. But when his wife commits suicide, the kids are forced to interact with the outside world for the first time as he takes them on a road trip to New Mexico for her funeral.



Cribbage

Play Cribbage after lunch on Mondays.

Start time is 1:00 PM.

Please see calendar for June dates.

Readers Club First Mondays at 1:00

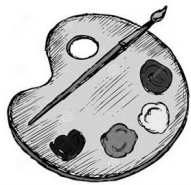
BOOKS
aren't just made of
WORDS...
they're also filled with
PLACES
to visit and
PEOPLE
to meet.

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!

Sen. Tarr's Aide visits Senior Center to meet with constituents on the second Tuesday of each month from 9:00 to 10:00 AM

Senior Center Activities



PAINTING WITH ALEAH

Wednesday, June 14 at 2:00 PM

Stimulate your creative senses with a step-by-step painting class. Aleah Gates, a graduate from Leslie University who specialized in the Expressive Arts, will walk you through a painting of your very own to take home. Call Mary Beth at 978-468-5595 to reserve your space. *Everything you need will be provided (paints, canvas, brushes, etc.) for a fee of \$10.*

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.*



**Meet
for
Breakfast**

The Senior Center has a **Do-It-Yourself Breakfast** daily. Belgian waffles are also available on Wednesdays. The Senior Center opens at 8, so why not come in for a cup of coffee, turn on the news and relax.

Suggested donation for breakfast \$1.00.

Little Known Medicare Fact of the Month

If you have cataract surgery with intraocular implants, Medicare will help pay for new prescription glasses or contact lenses after your surgery.

According to the website www.medicare.gov, "Generally, Medicare doesn't cover eyeglasses or contact lenses. However, following cataract surgery that implants an intraocular lens, Medicare B helps pay for corrective lenses (one pair of eyeglasses or one set of contact lenses)." The stipulation is that Medicare helps pay for one pair of glasses or contact lenses, purchased through a Medicare-approved supplier for a Medicare-

approved amount, regardless of who submits the claim. Your Medicare approved optician will submit the paperwork for you. The best way to utilize this Medicare benefit is to purchase your eyewear from the eye practice that performed the surgery, if they sell eyewear, and they will do the paperwork for you. You will pay up to 20% of the cost; possibly your Medicare supplement will also contribute a share of the payment.



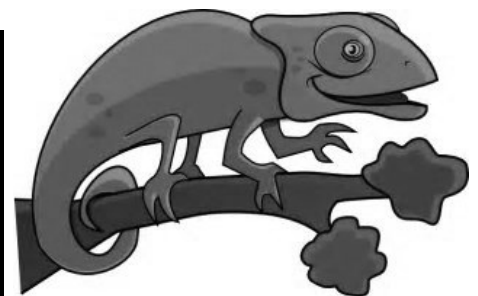
GROUP

The Hamilton Council on Aging and Senior Center hosts a monthly **Low Vision Group** for local residents with low or no vision, and their family or caregivers. The group

is open to Hamilton and Wenham residents and anyone from surrounding towns that might not otherwise have access to a low vision group.

On Thursday, June 8, the Low Vision Group will meet for "Lunch and Low Vision" at 11 am, with optional lunch at noon. The program is free, open to all, and lunch requires a reservation. Chrys Peralta, an Occupational Therapist with the Massachusetts Association for the Visually Impaired (MABVI), Services for Seniors in Essex County, will be joining us from her Worcester office.

Founded in 1903 by Helen Keller and friends, MABVI is the oldest organization in the country serving blind and visually impaired individuals. MAB's mission is to work with individuals with disabilities to eliminate barriers and create opportunities. Their experience allows them to forge strong community partnerships so that they can meet the pressing need for high-quality services and programs and transform lives. This is an excellent program for those who have recently been diagnosed with low vision. The Hamilton-Wenham group welcomes new members!



Hamilton and Wenham COAs
and
the Hamilton/Wenham
Library present
Curious Creatures
Friday, June 2, 2017
10:30 AM
at the Library

Curious Creatures offers an interactional, hands-on educational show of unusual and exotic curious creatures, featuring mammals, bugs and reptiles.

Health and Wellness

“Cubii” Comes to Senior Center

the first under-the-desk elliptical trainer.

The Cubii allows the rider to exercise in a seated position, which makes it perfect for seniors who might feel unstable or uncomfortable on a regular exercise bike.

Cubii was invented by three University of Chicago graduates. Reading the plethora of studies showing the necessity of moderate amounts of exercise all day, they decided to get more active in their workday. Constrained with limited desk exercise solutions in their own workplace, they decided to leave their jobs and create their own office wellness product. Thus, Cubii was born.



Arm 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.

Parkinson's Fitness Group

Wednesday Afternoons at 1:00

Heather Thorpe will be leading a fitness group specifically designed for seniors dealing with Parkinson's disease. Experience movement with a greater sense of ease. Learn basic balance postures, form, and breath work, while building physical strength, flexibility, and balance. Ensure comfort and safety, using a chair, wall, and other props for individual variations and modifications. Close your practice with a restorative moment paired with mindful breathing. Come experience the unlimited benefits of the Parkinson's Fitness Group.

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.

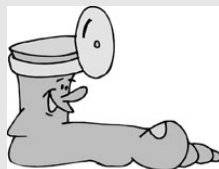
We are always grateful for K-Cup Coffee donations. Any help you can give is appreciated!



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.

Free Hearing Screenings

Sue Stein from Mass Audiology will be conducting her monthly hearing screenings at the Hamilton Senior Center on Wednesday, June 21. No appointment needed. Sue will be available from 10 to 10:30.



Podiatry

The Podiatrist, Dr. Van Ess will visit the Wenham Senior Center in June 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.



Day Trips



Blackstone Valley Experience

Thursday June 29

Time: 9:30 AM – 7:00 PM

\$81.00 includes: deluxe Motorcoach round trip transportation, Escort, Driver gratuity, Admission & Tour of Slater Mill Site, Narrated Canal Boat Ride, Lunch, Snacks & Water on the motorcoach and fun surprises.

Please join us for this fascinating & fun day!! We will enjoy a tasty lunch that will start our Blackstone Valley theme - a casual family style chicken dinner at **Wrights Farm Restaurant**. We will then head to Pawtucket to the **Slater Mill**. As you stroll the grounds and enter the authentic 18th and 19th century buildings you'll see what life was like as America began moving from the farm to the factory in the 1830s. Also we will visit the **Sylvanus Brown House**, a typical artisan cottage of the period, and tour **Oziel Wilkinson's rubble stone mill**. We will end our day aboard the **Blackstone Valley Explorer, a covered riverboat, to take a 45 minute narrated tour along sections of the Blackstone River.**

Kennebunkport

Date: Monday, July 17 Time: 9:30 AM – 5:30 PM

\$69.00 includes: Deluxe motor coach round trip transportation, stop at When Pigs Fly Bakery, lunch at Clay Hill Farm, dining room gratuities and taxes, Guided bus tour, time for shopping on your own. Please register by June 17.

We will be traveling to the southern coast of Maine to Kennebunkport, starting with a visit to **When Pigs Fly Bakery** where old-world artisan breads are made fresh every day. Next, it's on to **lunch at Clay Hill Farm**. After lunch, you will have a **guided tour of the Kennebunkport area by bus**. Hear about famous authors, presidents, and more on this unique tour. A delightful way to spend a day!

Block Island

Date: Thursday, August 10

Time: 7:30 AM – 7:30 PM

\$105.00 includes: deluxe motorcoach round trip transportation, ferry ride, lunch at the National Hotel, dining room tax-

es and gratuities, bus tour of island and time for shopping and exploring. Please register by July 10.

For a unique day trip, visit beautiful Block Island. You will meet the **high-speed ferry** at Point Judith, Rhode Island. After a 30-minute ride, you will arrive at Block Island, where you will embark on a **tour of the Island** via the Block Island Ferry Bus. The tour includes a stop at the historical Southeast Light. After the tour, you will have **lunch at the historic National Hotel**. Listed on the National Register of Historic Places, this Block Island landmark offers breath-taking ocean views from their iconic front porch and restaurant. You will have time for shopping and exploring.

Looking Ahead to the Fall :

Salem Trolley Tour

Thursday, September 7

We'll have a private narrated one hour trolley tour of beautiful and historic Salem starting at 11am. The eight mile ride around the city takes you past the Charter Street Burial Ground, the House of the Seven Gables, Witch Dungeon Museum, Salem Witch Museum, the historic waterfront area and other locations, including Chestnut Street considered to be one of the most beautiful streets in America. Our professional driver and talented local tour guide will entertain us with factual history and interesting tidbits about Salem.

Fruitlands Museum Foliage Trip October - date not finalized

A beautiful foliage ride up Route 2 thru Concord and on to Harvard to visit the Fruitlands Museum. We'll have a 2 hour guided History and Highlights Tour including the Alcott's Farmhouse, Shaker Museum, Native American Museum and the Art Gallery.

Price will probably be around \$25 per person for transportation by Beauport 14 passenger mini-bus, \$11 per person for the tour and money for lunch. We'll either eat at the Museum Café or grab something on the way home. Probably leave around 9am and be home around 3pm.

Holiday Trip to Maine Late November or early December

We'll tour Portland's Victoria Mansion all dressed up for the holidays, lunch at the Muddy Rudder in Yarmouth, then off to the Saco Museum of Art's Festival of Trees. Transportation will be by luxury motor coach and will probably be leaving around 8:30am and returning around 5:30pm. Cost will be around \$90 per person.

**YOU DO NOT HAVE TO BE FROM HAMILTON
TO JOIN ANY TRIP!**

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TRIP!**

All trips leave from and return to the Hamilton COA.

All trips leave from and return to the Hamilton COA. For more information and to register, please contact Ann Chivakos at 978-468-4404 or email Ann at: charles.chivakos@verizon.net. *Please be aware that there are **NO** refunds when you cancel your reservation. You are responsible for finding someone to take your place and be reimbursed by them directly. The COA maintains a "wait list" for our full trips and will make every effort to put you in touch with someone who wants to go on that trip.*

Outreach Corner



C O L U M N

By Lucy Frederikson, Outreach Coordinator

June is National Fresh Fruit and Vegetables Month. We are beginning the season of locally grown and available fresh produce, so important to your diet, especially as you get older. This month, ACORD Food Pantry will once again be starting up fresh produce drop-off on Wednesdays at the Senior Center.

According to the US Dept. of Agriculture (USDA) website, <https://healthymeals.nal.usda.gov>, June is also National Dairy month! Dairy, an important category on the USDA MyPlate diets, is important for healthy bones, including teeth and nails. The USDA site has several links to diet information about fruits, vegetables and dairy products.

Take the time to educate yourself with MyPlate for Older Americans (<http://www.choosemyplate.gov>), which takes the Dietary Guidelines for Americans for a healthy diet and adapts it to the needs of older people. Fully half of the recommended foods are fruits and vegetables, which provide necessary nutrients and fiber to stay healthy as you age, usually with a lower calorie count, if you are concerned about weight. In addition to fruits, vegetables and dairy, the site provides information about proteins, grains, and oils – and exercise! – with the following recommendations:

- Bright-colored vegetables such as carrots and broccoli.
- Deep-colored fruit such as berries and peaches.
- Whole enriched and fortified grains and cereals, such as brown rice and 100% whole wheat bread.
- Low- and non-fat dairy products such as yogurt and low-lactose milk.
- Dry beans and nuts, fish, poultry, lean meat and eggs for protein.
- Liquid vegetable oils, soft spreads low in saturated and trans fat, and spices to replace salt.
- Fluids such as water and fat-free milk.

- Physical activity such as walking, resistance training and light cleaning.

TODAY online has a good article on the importance of fruits and vegetables to help your memory as you age. If you have a computer, go here: <http://tinyurl.com/m5elwmb> On the North Shore, we are blessed to have so many local farm stands and farmers' markets to choose from:

- Green Meadows Farm (<http://gmfarm.com>, 656 Asbury St, 978-468-2277, email newsletter available) with store and CSA shares for seasonal produce, vegetables, fruit and flowers, even meats, open Tues-Sunday, 8 am to 6 pm, and hosting classes and activities as well;
- Meadowbrook Farm (an Essex National Heritage Area, 247 Essex St, 978-468-3030), open Easter through Halloween;
- Tendercrop Farm at Canaan in Wenham (<http://www.tendercropfarm.com>, 978-468-0041, 93 Main St/Rt. 1A);
- Appleton Farms in Ipswich (<http://www.thetrustees.org/places-to-visit/north-shore/appleton-farms.html>, Rt. 1A), operated by the Trustees of the Reservations, with a 7-days-a-week farm and dairy store, and which also sells CSA shares.
- Locally, Beverly's Farmers' Market (<http://www.beverlyfarmersmarket.org>, 978-712-9054, email newsletter available) opens June 12, every Monday from 3-7 pm, at the Veterans' Memorial Park across from the Beverly Train Station, accessible by train and accepts SNAP, Senior Coupons, and credit cards.
- Additional local farmers' markets are in Ipswich, Topsfield, Middleton, Rowley, Essex and Georgetown.
- If you are willing to drive a little further, the Newburyport Summer Farmers' Market (978 457-6644) already opened May 7, every Sunday from 9 am to 1 pm at the Tannery Marketplace, 50 Water St.

Many of these markets often offer hand-crafted items, local cheeses, meats, and wines, plants and flowers, and entertainment, as well as produce! And many farmers' markets with websites often offer an email newsletter subscription to keep you in the loop and let you know what special events are happening.


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

Hamilton Fire Department - Lock Boxes Available

The Hamilton Fire Department is happy to announce a new seniors program that is available on request. This program is a grant offered through the Hamilton Wenham Rotary Club and is being distributed by the Hamilton Fire Department. We currently have forty lock boxes to loan out and install on seniors homes at no cost. All you need to do is allow us to install this device on your house and place your Spare Key inside the box. The box then would be accessed only by the Hamilton Fire Department and could be used to gain access in case of a fire, medical or any other type of emergency. Just call us at (978)-468-5558 between the hours of 8am and 5pm Tuesday through Friday to set up an appointment.

June 2017 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 • Underlined items require sign-up or reservation </div>							<p style="text-align: right;">1</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Fences"</p>	<p style="text-align: right;">2</p> <p>8:45 TOPS 10:00 Gentle Joints 10:30-Curious Creatures-HWRL 12:00 <u>Lunch</u></p>
<p style="text-align: right;">5</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Reader's Club</p> 	<p style="text-align: right;">6</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">7</p> <p>8:30 COA Board Mtg 10:00 Open House 10:30 Bingo and Hot Dogs 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness</p>	<p style="text-align: right;">8</p> <p>11:00 Low Vision Group 12:00 <u>Lunch</u> 1:00 Movie: "Hacksaw Ridge" 2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">9</p> <p>8:45 TOPS 10:00 Gentle Joints 11:00 12:00 <u>Lunch</u></p>				
<p style="text-align: right;">12</p> <p>Sign-up for SeniorCare Special 10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">13</p> <p>9:00 Sen Tarr Constituent Visit 12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">14</p> <p>10:00 Blood Pressure Clinic 10:00 Open House 10:30 Flag Dedication 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness 2:00-Painting w/Aleah</p>	<p style="text-align: right;">15</p> <p>12:00 SeniorCare Monthly Special "Father's Day Special" 1:00 Movie: "LaLa Land"</p>	<p style="text-align: right;">16</p> <p>8:45 TOPS 10:00 Gentle Joints 10:30 Brad Hill's Summer BBQ with Mel <u>Sismons</u> 12:00 <u>Lunch</u></p>				
<p style="text-align: right;">19</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">20</p> <p>12:00 <u>Lunch</u> 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">21</p> <p>10:00 Audiology Clinic 10:00 Open House 10:30 Hamilton Finance Director, Marissa Baptista 12:00 <u>Lunch</u> 1:00 Parkinson's Fitness</p>	<p style="text-align: right;">22</p> <p>12:00 <u>Lunch</u> 1:00 Movie: "Arrival" 2:00 Knitting @ Wenham COA</p>	<p style="text-align: right;">23</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>				
<p style="text-align: right;">26</p> <p>10:30 Chair Yoga 12:00 <u>Lunch</u> 1:00 Cribbage</p>	<p style="text-align: right;">27</p> <p>12:00 <u>Lunch</u> 12:00 Traveling Chef "Summer Sundae Bar" 1:00 Quilt & Kvetch</p>	<p style="text-align: right;">28</p> <p>9:00 Podiatrist@ Wenham 10:00 Blood Pressure Clinic 10:00 Open House 10:30 Moe Pratt with Sheriff Coppinger 12:00 <u>Lunch</u> 12:30 Law Clinic 1:00 Parkinson's Fitness</p>	<p style="text-align: right;">29</p> <p>9:30 Blackstone Valley Trip 12:00 <u>Lunch</u> 1:00 Movie: "Captain Fantastic"</p>	<p style="text-align: right;">30</p> <p>8:45 TOPS 10:00 Gentle Joints 12:00 <u>Lunch</u></p>				

Hamilton Council on Aging
299 Bay Road
Hamilton, MA 01982

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

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 book library. Come and check it out!



Hamilton Senior Van Transportation Information

Provider: Beauport Ambulance Service

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

Cost: **FREE** for medical appointments. **\$3.00** round-trip for non-medical trips. 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.**



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

Attorney Matt Karr's Law Clinic at 12:30 PM on the last Wednesday of the month. Call or email Mary Beth for appointment