

# Hopewell Valley Senior Services

## *Newsletter*

January 2007, Vol. 1, No. 1

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### Something New For the New Year

Happy New Year! We are starting something new in Hopewell Valley for 2007. This is the first monthly newsletter and calendar just for Hopewell Valley residents who are fifty-five and over. It is a place to learn about programs, classes, and volunteer opportunities in the Valley. Whether you consider yourself a "senior citizen" or someone who just happens to be an older adult, this is the place for you.

Members of the Hopewell Valley Senior Advisory Board, a group of senior residents from Hopewell Borough, Hopewell Township, and Pennington Borough have been working for the past few years on increasing senior services for Hopewell Valley residents. In 2006, they received a grant for my position, Senior Services Coordinator, from the Princeton HealthCare System Foundation. The three municipalities then passed an interlocal agreement in September 2006 to support senior services in Hopewell Valley. I am looking forward to the next three years with you.

Please take the time to look over the calendar and newsletter. You will see many of your favorite programs from the Hopewell Township Health Department, Hopewell Valley Department of Parks and Recreation, and other community groups. In addition, you will see some new programs and opportunities. Is your activity missing? Is there a program you would like to see? Do you have an idea for a newsletter name? (see page 2 for "Name the Newsletter" Contest Details) Speak up. This is your newsletter!

*Abigail Waugh*  
*Hopewell Valley Senior Services Coordinator*

## *Senior News*

**"Name The Newsletter" Contest**-This newsletter needs a name! If you have an idea for an original name for this newsletter, please submit it to Abigail Waugh at [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org) or by phone at (609)737-0605, ext. 692. Potential newsletter names will be featured in the February newsletter for the community to vote on, and the new name will be featured in the March edition of the newsletter.

**Income Tax Assistance Available**-Volunteers from the AARP Tax-Aide program will be available in February and March to help people file income taxes. Look for specific dates in the next newsletter.

**Scam Alert**-Scam artists often target senior citizens. Be on the lookout for scams via mail, email, and phone. If someone you do not know is asking for personal information (social security number, bank information, etc) call your local police department.

**Hopewell Gardens**-Hopewell's affordable apartment community for residents ages 55 and above is open and starting to fill up. There are still some apartments available, including accessible apartments for people with disabilities. For more information or a tour, call (609)466-5764.

**Artists' Choice**-No cost. No obligation. Join us for an informal art workshop every Wednesday afternoon. Bring your own materials and project or get inspired by the group. A facilitator will help with questions and organize occasional focus points or friendly critiques, if desired. Come when you can and enjoy the company of other area artists. Meets Wednesdays from 1 to 3:30pm at the Hopewell Valley Senior Center at 395 Reading Ave. in Pennington.

**Mercer County Surrogate** -The Mercer County Surrogate is available to assist residents with the following services: probate or administration of an estate, adoption filing, appointment of incapacitated persons, appointment of guardian of property for minor funds, review of formal accountings, contested probate filings, as well as marriage ceremonies. The Surrogate is at the Pennington Municipal Building on the second Thursday of every month and at the Hopewell Township Municipal Building on the third Friday of every month, from 9:30-11:30am. Call (609) 989-6336 for appointments.

**Information about Senior Services Available Online**-Thanks to the hard work of some folks from the Pennington Presbyterian Church Older Adult Ministry, there is information about various services for seniors compiled into a booklet called "Hopewell Valley Senior Services Directory." Print versions of the directory will be available in 2007. Online version available at:

<http://www.hopewelltp.org/HVSeniorDirectory2006.pdf>

## *Special Events for January 2007*

**"Thinking of Moving?"** Friday, January 5, 12:30pm at Pennington Presbyterian Church in Pennington. Hopewell Valley Realtors will speak on things to consider during the moving process. Please bring your own lunch. Beverages and desserts are provided. Free and open to the public.

**Restoring Order** Tuesdays, January 9, 16, 23, 7pm-9pm at Timberlane Middle School. Susan Hart will teach this class on organization through the Hopewell Valley Department of Parks and Recreation. \$50. **Pre-registration required.** For more information call (609)737-3753.

**Watercolor Workshop** Tuesdays, January 9, 16, 30, Feb. 6, 13, 27, and March 6, 7pm-9pm at Timberlane Middle School. Susan Ewart will demonstrate basic watercolor techniques using a different subject each week. Brought to you by the Hopewell Valley Department of Parks and Recreation. \$95. **Pre-registration required.** For more information call (609)737-3753.

**Tracing Your Family Roots** Wednesdays, January 10, 17, 24 at Timberlane Middle School. Three week introduction to genealogy brought to you by the Hopewell Valley Department of Parks and Recreation. \$40. **Pre-registration required.** For more information call (609)737-3753.

**Introduction to Chair Yoga** Thursday, January 11, 1pm. Capital Health System's Marsha Rudolph will provide an introduction to chair yoga. Learn basic yoga postures and breathing techniques to improve flexibility and release tension. Free. **Pre-registration required.** For more information call (609)737-0605, ext. 692.

**Microsoft Word** Thursdays, January 11, 18, 25, and Feb. 1, 6:30-8:30pm at Timberlane Middle School. Hopewell Valley Department of Parks and Recreation's class on Microsoft Word. \$75. **Pre-registration required.** For more information call (609)737-3753.

**Atlantic City Bally's Casino Trip** Tuesday, January 16, 8:30am-6:30pm. Join the Hopewell Valley Parks and Recreation Department for one of their trips to Bally's Hotel and Casino in Atlantic City. \$20. **Pre-registration required.** For more information call (609)737-3753.

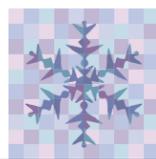
**Fitness and Finance** Thursday, January 18, 1-3pm at HV Senior Center, 395 Reading Ave. in Pennington. Alex Jenkins, Investment Representative from Edward Jones and Mel Johnson, a local health and fitness professional have teamed up to create a style of healthy living and healthy investing for people in their retirement years. Free. Call (609)818-1682 to reserve your seat.

**Les Miserables on Broadway** Thursday, January 25, 5pm-12am. Join the Hopewell Valley Parks and Recreation Department for this legendary musical on Broadway. \$115. **Pre-registration required.** For more information call (609)737-3753.

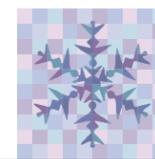
**Emergency Information** Friday, January 26, 11am at HV Senior Center, 395 Reading Ave. in Pennington. Join Hopewell Valley Fire Department for a talk on emergency services. No registration required, unless you would like to stay for lunch afterwards. For more information call (609)737-0605, ext. 692.

**Scrapbooking** Wednesday, January 31, 7pm-8:30pm, Mercer County Library, Hopewell Branch. Mary Finlayson of Creative Memories presents a program on scrapbooking brought to you by Mercer County Library. **Pre-registration required.** For more information call (609)737-2610.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.*



# January 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.	1  No Programs	2 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-5 Bridge (SMC)	3 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	4 11:45-Lunch	5 11:45-Lunch 12-:30-"Thinking of Moving?" (PPC)	6	
	7	8 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB) 5:30-Veterans' Group (HTB)	9 11:45-Lunch 1-5 Bridge (SMC) 7-Restoring Order (TMS) 7-Watercolors (TMS)	10 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 1-Cholesterol and BP (MCL) 7-Tracing Your Roots (TMS)	11 11:45-Lunch 1-Chair Yoga 6:30-Microsoft Word (TMS)	12 11:45-Lunch	13
	14	15  No Programs	16 8:30-Atlantic City Trip 11:45-Lunch 1-5 Bridge (SMC) 7-Restoring Order (TMS) 7-Watercolors (TMS)	17 9-BP(HTB) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 2-Senior Advisory Board (MCL) 7-Tracing Your Roots (TMS)	18 11:45-Lunch 1-Fitness and Finance 6:30-Microsoft Word (TMS)	19 11:45-Lunch 1-Newsletter folding	20
	21	22 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	23 10-BP(MCL) 11:45-Lunch 1-5 Bridge (SMC) 7-Restoring Order (TMS) 7-Watercolors (TMS)	24 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 7-Tracing Your Roots (TMS)	25 11:45-Lunch 5- Les Miserables Trip 6:30-Microsoft Word (TMS)	26 11-Emergency Talk 11:45-Lunch	27
	28	29 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	30 11:45-Lunch 1-5 Bridge (SMC) 7-Watercolors (TMS)	31 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 7-Scrapbooking (MCL)	<b>Location Guide-</b> <i>For directions please call (609)737-0605 ext. 692</i> HG-Hopewell Gardens HTB-Hopewell Township Building MCL-Mercer County Library, Hopewell Branch PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church TMS-Timberlane Middle School		

## *Ongoing Programs*

**Artists' Choice** Every Wednesday from 1-3:30pm at the HV Senior Center, 395 Reading Ave. in Pennington. Informal art workshop with facilitator. Bring your own materials. No pre-registration required. Free. For more information call (609)737-0605, ext. 692.

**Bingo**-Fourth Wednesday of the month from 10:30-11:30am at the HV Senior Center, 395 Reading Ave. in Pennington. Informal weekly game. For more information call (609)737-0605, ext. 692.

**Blood Pressure Screenings** First Tuesday from 10am-noon at the HV Senior Center, 395 Reading Ave. in Pennington, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville, and fourth Tuesday from 10-11am at Mercer County Library, 245 Pennington-Titusville Rd. For more information call (609)737-0120.

**Bridge** Every Tuesday at 1pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

**Folding** Third Friday of the month, 1pm at the HV Senior Center, 395 Reading Ave. in Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call (609)737-0605, ext. 692.

**Lunch** Monday-Friday, 11:45AM at the Hopewell Valley Senior Center, 395 Reading Ave. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals that are served in centers that unite people for activities and social contact. Transportation available through TRADE. Call (609)989-6650 three days in advance to reserve meal. Suggested donation. Come earlier to play cards!

**Healthy Bones** Every Monday at 1:30pm and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120.

**Hopewell Valley Leisure Club**-First Tuesday of every month, 11am at St. Alphonsus Church, 54 East Prospect St. in Hopewell Borough. Social club, including activities and speakers for Valley seniors. For more information, please call (609)466-0761.

**Hopewell Valley Veterans' Association**-First Monday of every month, 5:30 pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. A meeting of area veterans and community members to establish and promote cooperation and understanding among veterans and community members. For more information, email [information@hopewellvalleyveterans.org](mailto:information@hopewellvalleyveterans.org).

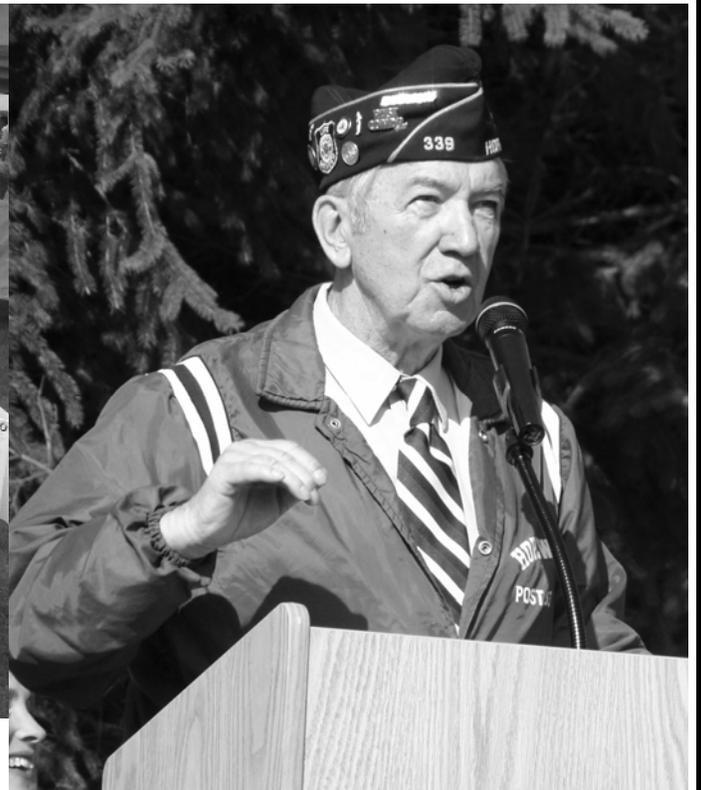
**Senior Advisory Board Meeting**-Third Wednesday of the month at 2pm, Mercer County Library, Hopewell Branch. The Senior Advisory Board seeks to enrich the quality of life for Hopewell Valley Seniors by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. For more information call (609)737-0605, ext. 692.

*Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 692.*

## *Around the Valley*



Hopewell Valley Senior Services had a table at the Harvest Fair in Hopewell Borough. Volunteers from the Senior Advisory Board and F.I.S.H gave out information during the day. Pictured above are Larry Mansier, Senior Advisory Board Chairman, Anne Bolick, Senior Advisory Board Member, and Abigail Waugh, Hopewell Valley Senior Services Coordinator.



Joseph Kianka speaks at the Veterans Day Ceremony at the Hopewell Valley Veterans Memorial. at the Hopewell Valley Veterans Memorial site.



Margaret Van Hise and Anna Gallager at the Hopewell Valley Recreation Department's Senior Birthday Breakfast in August.



The Hopewell Township Health Department provided another successful flu clinic this past November. Vaccine administered by Angela Topley, RN, Dr. Jose Fuentes, Sylvia Niederer Lawton, RN, and Grace Rarich, RN.