

## Save the Date



The Swing Into Spring Gala will be  
Saturday, May 3, 2008 at Merrill Lynch.  
7-10pm. Invitations to follow.

Visit us online at [www.hopewelltp.org](http://www.hopewelltp.org), click on "Senior Citizen News."

Hopewell Valley Senior Services  
201 Washington Crossing-Pennington Rd.  
Titusville, NJ 08560

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# Senior Spirit

Hopewell Valley Senior Services Newsletter

March 2008, Vol. 2, No. 3

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## Preparing for the Daffodils

I have always been partial to March because of daffodils. They never cease to amaze me with their strong, bright blooms replacing the cold, barren soil of a few weeks before. These beautiful perennials are a reminder of changes in our own lives. These changes are often powerful, dramatic, and surprising.

In the last year and a half, I have had the pleasure of talking with many of you over the phone or in person. I've learned a lot about particular people and life in general. While people's lives vary tremendously, a common theme that comes up again and again is adjusting to change. Some of the changes are exciting, like retiring and looking for new ways to make a difference. Others are challenging, like the loss of a loved one or a decline in health.

Changes are always around the corner, whether we're looking forward to them or not.. We, like the daffodils, need to find ways to grow, bloom, and thrive, even after a long winter.

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

## Ongoing Programs

**Blood Pressure Screenings** First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. 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 1:30pm 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 St. 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. **\*\*Please Note that March's folding has been moved to Monday, 3/24 at 1pm due to the Good Friday holiday.**

**Healthy Bones** Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am 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** Last Monday of every month, 5pm 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).

**Knitting at Bear Tavern** First and third Wednesday of every month, except school holidays, 7:30-8:30am at Bear Tavern Elementary School. Help students learn how to knit. Students will create baby caps for local newborns. **Registration required.** For more information call (609)737-0605, ext. 692.

**Lunch** Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading St. 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 the Mercer County Nutrition Project at (609)989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

**Mahjongg** Thursdays, 2:30-4:30pm at the HV Senior Center. Monthly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

**Senior Advisory Board Meeting** Third Wednesday of the month at 2pm, at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. 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. Refreshments served.

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

## Special Events for March 2008

**AARP Tax-Aide** Mondays, March 3, March 17, and April 7 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers and is for low and middle-income taxpayers with special attention to those age 60 and over. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required.** Please call (609)737-0605, ext. 692 to make an appointment or for more information.

**Qi Gong/Tai Chi** Mondays (3/3, 3/10, 3/17, and 3/24), 7-8pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Gentle exercises. Call MCL for more information at 737-2610.

**Master Gardeners of Mercer County** Thursday, March 6, 7-8pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Learn which natives are recommended in a Mercer County home garden to provide seasonal interest, vivid color and extended bloom time. **Registration is recommended** by calling the MCL at 737-2610.

**Traditional Ukranian Egg Decoration** Saturday, March 8, 1 to 3 pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Ruth Councill will demonstrate traditional techniques for egg decorating. Call MCL for more information at 737-2610.

**Arthritis Resources** Monday, March 10, 10:30-11:30am. Pennington native and Arthritis Foundation volunteer, Neil Tucker will discuss ways of coping with arthritis. Free and open to the public.

**Atlantic City Bally's Casino** Tuesday, March 11, 8:30am-6pm. Join Hopewell Valley Parks and Recreation Department for a trip to Bally's in Atlantic City. \$20. **Pre-registration required.** For more information call (609)737-3753.

**Mercer Street Friends** Wednesday, March 12, 11:15-11:45am. Staff from Mercer Street Friends will discuss services available to residents returning from the hospital. Free and open to the public.

**Musculoskeletal Pain** Monday, March 17, 10:30-11:30pm at the HV Senior Center. Dr. Gonzalez is the director of Capital Health System's Spine Wellness Center. He will be discussing ways to address musculoskeletal pain. Free and open to the public.

**Planning Travel on the Web** Tuesday, March 18, 7-8:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Joel May will give a talk on how to sniff out interesting places to go, how to find the easiest and most economical way of getting there, how to find out what to do while you're there and how much it costs, and where to get recommendations and suggestions on places to stay and eat. **Registration is recommended** by calling the MCL at 737-2610.

**Perspectives Group** Thursday, March 20, 1-2:30pm at the Hopewell Valley Senior Center. For information, call (609)737-0605, ext. 692.

**Fun Friday** Friday, March 28, 10:30-11:30 at the Hopewell Valley Senior Center. Brownie Troop #613 will be visiting for the morning. They are bringing artwork, poetry, and some treats to share. Please come and enjoy an hour with these young friends. Feel free to bring a poem or painting to share (optional). 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.*

# March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless	<u>Location Guide</u> CHS-Central High School HG-Hopewell Gardens HVGC-Hopewell Valley Golf Club 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  <i>For directions please call                      (609)737-0605 ext. 692.</i>			1
2	3 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Tax-aide 7-T'ai Chi (MCL)	4 10-BP 11:45-Lunch 11-Leisure Club (SAC) 1:30-Bridge (SMC)	5 11-Healthy Bones (HTB) 11:45-Lunch	6 11:45-Lunch 2:30-Mahjongg 7-Gardeners (MCL)	7 11:45-Lunch	8
9	10 10-Healthy Bones (SMC) 10:30-Arthritis Resources 11-Healthy Bones (HTB) 11:45-Lunch 7-T'ai Chi (MCL)	11 8:30-Atlantic City 11:45-Lunch 1:30-Bridge (SMC)	12 11-Healthy Bones (HTB) 11:15-Mercer St. Friends 11:45-Lunch	13 11:45-Lunch 2:30-Mahjongg	14 11:45-Lunch	15
16	17 10-Healthy Bones (SMC) 10:30-Musculoskeletal Pain 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Tax-aide 7-T'ai Chi (MCL)	18 11:45-Lunch 1:30-Bridge (SMC) 7-Travel (MCL)	19 9-BP(HTB) 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	20 11:45-Lunch 1-Perspectives 2:30-Mahjongg	21 Good Friday No Programs	22
23/30	24/30 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Newsletter Folding (24th only) 7-T'ai Chi (MCL, 24th only)	25 10-BP(MCL) 11:45-Lunch 1:30-Bridge (SMC)	26 11:45-Lunch	27 11:45-Lunch 2:30-Mahjongg	28 10:30-Fun Friday 11:45-Lunch	29

## Senior News

**Encore Binders**—Are you looking for work? Have you always wanted to try something new now that your retired? Looking for a little extra cash? An interesting volunteer position? More and more retirees are looking for an “encore career,” either for income or to stay active. The binder will be available starting in January in the senior services coordinator’s office in the Hopewell Township Building. For more information, please contact Senior Services at (609)737-0605, ext. 692.

**Goodbye to Jane Petrie, Hello to Joel May** After filling a vacant spot on the Senior Advisory Board for the last year, Hopewell Township resident Jane Petrie has decided it’s time to get back to her other volunteer work with FISH and Mercer County Ride Provide. In only a year, Jane was able to facilitate the creation of Hopewell Valley Rides and connect numerous area seniors with transportation and Meal on Wheels. We will miss her on the advisory board, but know she is busy improving services for seniors in her other capacities. Joel May of Titusville will be taking her place on the board. He brings to the table experience with computers and fundraising.

**Lifeline Utility Assistance Program** NJ Residents, 65 and older who have an annual income of less than \$22,572 if single or less than \$27,676 if married may be eligible for help with their utilities. For more information, call toll free 1-800-792-9745.

**Looking for Help with Odd Jobs?** If you are interested in hiring a high school student for jobs around your home and yard, you may post an advertisement by calling Senior Services at 737-0605, ext. 692. Your ad will be posted on a bulletin board in the high school and interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled and postings will be removed after two months.



**Road to Recovery** is a free service sponsored by the American Cancer Society. Trained volunteer drivers take cancer patients to a medical facility for treatment. If you would like to volunteer or are in need of this services, please call the ACS at (609) 895-0101.

**SHIP Counselors** Starting in March, a State Health Insurance Program (SHIP) volunteer will be available for appointments in the Hopewell Township Building. SHIP counselors can help people evaluate their Medicare options. This is useful for both new enrollees or people reconsidering their current plans. In Mercer County, SHIP is administered by Robert Wood Johnson University Hospital in Hamilton. To make an appointment call SHIP at 584-5900, Option 1.



## Around the Valley



Deron Williams has been working on a human services internship for Mercer County Community College with Hopewell Valley Senior Services. He has spent time registering people for the Special Needs Emergency Registry, File of Life Program, and working on other projects for area seniors.

Deron is from Ewing and works full-time for Hopewell Valley Emergency Services as a specialist with the Pennington First Aid Squad. Many thanks to Deron for all his hard work during his internship.

PBA Local 342 donated \$500 towards Hopewell Valley Rides. The money will go towards providing ride vouchers to residents with limited financial resources. Detective Michael Simonelli (left) presents a check to Abigail Waugh, Senior Services Coordinator (right) on behalf of the PBA. If you or someone you know would like to register for Hopewell Valley Rides, please contact Senior Services at (609)737-0605, ext. 692.



A view from Rt. 31. Photo courtesy of Jean Harrington of Hopewell Borough.