

## Save the Date



Hopewell Valley Senior Wellness Fair  
Wednesday, May 28, 2008  
10am-1pm  
Hopewell Township Municipal Building

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

April 2008, Vol. 2, No. 4

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## Free Medicine For Everyone

Happy April Fools' Day! There is no such thing as free medicine . . . or is there? There is something that has the power to lower blood pressure, reduce stress, boost immunity, and increases social ties with others. I'm referring to good old-fashioned laughter. It's free, it never goes out of fashion, and you don't have to understand Medicare Part D to get a hold of some. The best kind of laughter is abundant and contagious, but I am also convinced that cracking a few more smiles throughout the day could have some benefits too.

While there's no harm in laughing alone with the funny pages or a favorite comedy, it's always more fun to laugh with others. Children are experts in silliness and living in the moment. It's hard not to laugh around them. Animals (and their owners) are good for a chuckle too. Think about ways you can bring some more smiles into your life and the lives of people around you.

There are several options for fun inside the newsletter. I hope you have a wonderful month, full of laughter.

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

*(609)737-0605, ext. 692*

*[awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org)*

## 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.

**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.

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.*

## Special Events for April 2008

**Coping with Chronic Illness** Friday, April 4, 10:30-11:30am at the Hopewell Valley Senior Center. This program is presented by Capital Health System's Community Health Education Department. Learn how to cope with a chronic disease or an illness or disability. Free and open to the public.

**"Oh, Dem Bones!"** Friday, April 4, 12:30pm at Pennington Presbyterian Church in Pennington. Dr. Froncek of Princeton Healthcare System will present a program on osteoporosis. Please bring your own lunch. Beverages and desserts are provided. Free and open to the public.

**AARP Tax-Aide** Monday, 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 737-0605, ext. 692.

**Blood Pressure, Cholesterol and Glucose Screening** Tuesday, April 8 from 9:30-11:30 am. The tests will be performed by Princeton HealthCare System. For the most accurate test result, fasting for eight hours prior to the test is recommended. Free. Registration is not necessary.

**CPR Class** Wednesday, April 9, 1-3pm at the Hopewell Valley Senior Center. This course is designed for those who want to learn CPR but do not need a course completion card. Sponsored by Princeton HealthCare System. Free. **Pre-registration required.** To register call Senior Services at 737-0605, ext. 692.

**Seussical, Jr.** Thursday, April 10, 5:30pm at the CHS Performing Arts Center. Enjoy many of your favorite Dr. Seuss characters in this fun Flaherty and Ahrens musical brought to you by the Timberlane Players. Free sneak preview for senior citizens. Refreshments will be served.

**Let's Chat** Friday, April 11, 1-2:30pm at the HV Senior Center. Join Vivian Greenberg, LCSW and Elaine Gross, LCSW for a lively discussion group. Vivian Greenberg is currently a therapist working in Pennington and also writes a column on aging for the *Trenton Times*. Elaine Gross is a retired social worker. Discuss life, aging, and other topics chosen by group. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

**Timberlane Middle School Luncheon** Wednesday, April 16, 1-2pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and local businesses. Free. **Pre-registration required, but not before April 1.** To register call the Recreation Department at 737-3753.

**Perspectives Group: Hobby Day** Thursday, April 17, 1-2:30pm at the Hopewell Valley Senior Center. Hobbies is the topic of this month's discussion group. Please join us and share your hobby and perhaps find a new one that might have promise. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

**Philadelphia Park Casino & Racetrack** Monday, April 21, 10:00 am – 5:00 pm. The \$25 registration fee includes motor coach transportation and all participants will receive a slot **and** food credit on the day of our visit. **Pre-registration required.** Call Hopewell Valley Parks and Recreation at 737-3753 to register.

**What's New with Ham Radio** Monday, April 21, 1-2pm at the HV Senior Center. Local resident, Don Wright will give a talk about the fascinating world of amateur radio and answer any questions you may have. Free. No registration required.

**Writing Course** Wednesdays, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, and 6/11, 1-3pm at the Hopewell Valley Senior Center. Hopewell Township resident, Shirley Norton will be teaching a low key, no pressure course, designed to evoke memories and encourage participants to write them down for their own benefit and for future generations. \$25 for 8-week series. **Pre-registration required.** To register call 737-0605, ext. 692.

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

# April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All events to take place at Hopewell Valley Senior Center at 395 Reading St. in Pennington, unless marked in bold.	<b>1</b> 10-BP 11:45-Lunch 11-Leisure Club (SAC) 1:30-Bridge (SMC)	<b>2</b> 7:30-Knitting (BTE) 11-Healthy Bones (HTB) 11:45-Lunch	<b>3</b> 11:45-Lunch 2:30-Mahjongg	<b>4</b> 10:30-Coping with Chronic Illness 11:45-Lunch 12:30-Dem Bones (PPC)	<b>5</b>
<b>6</b>	<b>7</b> 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	<b>8</b> 9:30-Screenings (MCL) 11:45-Lunch 1:30-Bridge (SMC)	<b>9</b> 11-Healthy Bones (HTB) 11:45-Lunch 1-CPR Class	<b>10</b> 11:45-Lunch 2:30-Mahjongg 5:30-Seussical, Jr. (CHS)	<b>11</b> 11:45-Lunch 1-Let's Chat	<b>12</b>
<b>9</b>	<b>14</b> 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	<b>15</b> School Board Elections (No Lunch) 1:30-Bridge (SMC)	<b>16</b> 7:30-Knitting (BTE) 9-BP(HTB) 11-Healthy Bones (HTB) 11:45-Lunch 1-Timberlane Lunch (TMS) 2-Senior Advisory Board	<b>17</b> 11:45-Lunch 1-Perspectives 2:30-Mahjongg	<b>18</b> 11:45-Lunch 1-Senior Spirit Folding	<b>19</b>
<b>20</b>	<b>21</b> 10-Philadelphia Park 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Ham Radio	<b>22</b> 10-BP(MCL) 11:45-Lunch 1:30-Bridge (SMC)	<b>23</b> 11-Healthy Bones (HTB) 11:45-Lunch 1-Memoir Class	<b>24</b> 11:45-Lunch 2:30-Mahjongg	<b>25</b> 11:45-Lunch	<b>26</b>
<b>27</b>	<b>28</b> 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	<b>29</b> 11:45-Lunch 1:30-Bridge (SMC)	<b>30</b> 11-Healthy Bones (HTB) 11:45-Lunch 1-Memoir Class	<b>Location Guide</b> <i>For directions please call (609)737-0605 ext. 692</i> BTE-Bear Tavern Elementary School CHS-Central High School HTB-Hopewell Township Building MCL-Mercer County Library, Hopewell Branch	PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church TMC-Titusville Methodist Church TMS-Timberlane Middle School	

## Senior News



**AARP Driving Class Offered in May** Pennington Presbyterian Church will be hosting an AARP Driver Safety Course on May 5th and 6th from 9am-1pm (both days required). For more information, call 737-2767.

**Baseball Association Looking for Volunteers....** The Hopewell Valley Baseball & Softball Association provides organized spring, summer and fall baseball and softball programs for our children. They are **looking for volunteers** to assist them in announcing games and working the scoreboards at the Municipal Athletic Complex. If you would like to spend some time watching exciting ball games, provide a great service to our youth, or if you long to be the next great Sportscaster, then call the Hopewell Township Recreation Department at 737-3753 for more information.

**Focus Group Participants Needed** The Hopewell Valley Needs Assessment Group is looking for residents to participate in two-hour focus groups during the week of May 4th. The group was created in order to study the health and well-being of residents in Hopewell Valley. Three specific age groups are being recruited:

Adults (30-55)	5/4/08, 5-7pm Focus Group
Teens (15-17)	5/4/08, 7-9pm Focus Group
Older adults (55+)	5/8/08, 9-11am Focus Group

If you are in one of these age ranges and would like to participate, please contact Hope Nemeth at (609)737-0605, ext. 657 or [ValleySurvey@hopewelltp.org](mailto:ValleySurvey@hopewelltp.org). Selected participants will receive a gift certificate from a local business.



**The Hopewell Valley Education Foundation's** annual E-Squared Awards Dinner will be held on Friday, May 2, at 6:30pm at the Washington Crossing Inn. The dinner honors one individual and one corporation who have made significant contributions to the Hopewell Valley public schools. This year's winners are Melissa Weeks, a district parent who has been active in many roles, and the Hopewell Valley Community Bank. Also honored are the districts Teachers of the Year. Tickets are \$100, and can be purchased by contacting Carmela Lane at (609) 468-2884 or Barbara Kirsh at (609)737-1827.

**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.



**Swing Into Spring-Save the Date:** Saturday, May 3, 7-10pm.. Spring gala with live band, hosted by local high school students. Invitations will arrive by mail the week of April 7th.

## Caregiver Resources

### 2008 Caregiver Series

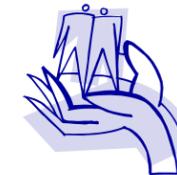
**Senior Housing Options** Wednesday, April 23, 11:30am-1pm

**Difficult Conversations** Wednesday, April 30, 11:30am-1pm

**Caregiver Stress and Burnout** Wednesday, May 7, 6-7:30pm

Mercer County Library, Hopewell Branch  
245 Pennington-Titusville Rd.

*Brought to you by Greater Trenton Behavioral Healthcare and Hopewell Valley Senior Services. Registration encouraged, but not required by calling Senior Services at 737-0605, ext. 692.*



### Free Caregiver Support Group

The third Wednesday of each month  
5/21, 6/18, 7/16, 8/20, and 9/17  
Noon-1pm

Mercer County Library, Hopewell Branch  
245 Pennington-Titusville Rd.

*Providing care for an aging parent, spouse, relative or friend can be challenging. You are not alone. Our Caregiver Support Group, shares information about resources in the community available to you and also provides a forum to share your experiences and learn from others. Everyone is welcome. Please join us.*

*This program is co-sponsored by Jewish Family & Children's Service of Greater Mercer County, Janssen Ortho-McNeill Pharmaceuticals, and Hopewell Valley Senior Services. To reserve a place, contact Julie Feibush at 609-987-8100.*