



Save the Date



Longwood Gardens
Wednesday, May 12th

Call Hopewell Township Recreation Department
at 737-3753 to sign-up.

www.hvseniors.org

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

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Senior Spirit

Hopewell Valley Senior Services Newsletter

April 2010, Vol. 4, No. 4

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Swing Into Spring is Back!

At the Senior Picnic in September, many of you participated in our short survey about what kind of spring event you would like. The results were clear. You wanted *Swing Into Spring*, but you wanted it during daylight hours. Our planning committee heard you and is hosting the event on April 17 from 4 to 7pm. We also heard from many of you that you wanted the event to take place in a more central location. Our committee chose Hopewell Valley Central High School because of its location and excellent parking. Our high school hosts are currently planning the menu and picking decorations that will transform the cafeteria into an elegant space. If the weather is nice, mingle with your friends on the balcony.

The Steve Barbone Band is back by popular demand. Many of you mentioned how much you enjoyed their music last year. A couple of senior volunteers worked with us on selecting music that will make you want to get out of your chair and dance, or at least keep your toes tapping.

As always, singles, couples, and groups are welcome. You may also bring a high school-aged grandchild. This is a particularly special year for *Swing* because many of the students who were freshman at the first event are now seniors. Let's send them off with a bang. For more details, see enclosed invitation.

Abigail Waugh

Hopewell Valley Senior Services Coordinator

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Senior News

Explorations Five great courses for seniors starting April 19. Subjects are Architecture, Folk Etymology, Famous American Women, Shakespeare and Sign Language. If you need a registration form or wish information on the courses, please go to www.hvseniors.org or phone Larry Mansier at 737-0863.

IRS Scam reported by a resident in Hopewell Township. This resident was called by someone who identified himself as "Captain John Williams," and asked to speak to her husband (who is deceased). The man said he was speaking on behalf of the government and that the IRS owed her husband \$1000. He called back a few days later to report that the IRS had \$6000 to refund to him and that the resident should report to the closest Western Union Office and bring a forwarding fee of \$245. The man called a couple of days later and asked whether she had wired the money. When she said she had called the IRS and that the IRS did not owe her husband money, he hung up. Please be aware that scam artists are actively preying on area residents. Please report any scams to the Mercer County Directory of Consumer Affairs and if you are concerned for your safety, report it to your local police department.

Property Tax Reimbursement (Senior Freeze) You may be eligible for a reimbursement of the difference between the amount of property taxes you paid for the base year (the year you first became eligible) and the amount paid for the year for which you are applying for a reimbursement. You must have met **all** the following requirements for the base year and for each succeeding year: you are age 65 or older or receiving Federal Social Security disability benefits; and you have lived in New Jersey continuously for at least the last 10 years; you have owned and lived in your home for at least the last 3 years; you have paid the full amount of property taxes that were due on your home for the base year and for each succeeding year, up to and including the year for which you are claiming the reimbursement; and you must have total income for 2008 that is \$70,000 or less and for 2009 that is \$80,000 or less. These limits apply regardless of marital/civil union status. However, applicants who are married or in a civil union must report combined income of both spouses/CU partners. Residents who have filed in the past should have received a personalized application in the mail. Residents applying for the first time, should call the Property Tax Reimbursement Hotline at 1-800-882-6597 for an application. Applications are due June 1, 2010.

Gardening at Bear Tavern Residents interested in helping with a garden project at Bear Tavern Elementary School should contact Christine Defrancesco-Butrym at chrisdefb@yahoo.com or Hopewell Valley Senior Services at 737-0605, ext. 692.



Around the Valley

Hopewell Valley, Come Outside and Play!

Until a few decades ago, children spent the bulk of their recreation time outside the home, their imaginations unloosed on the whole outdoors. Watching clouds. Climbing trees. Skipping stones. This turns out to be a vital part of child development. It was then, and still is now.

Richard Louv's landmark book *Last Child in the Woods* has illuminated a wealth of research that reveals what many parents already suspected. Children who enjoy ample periods outside in unscripted, improvised play are healthier and less stressed. They exhibit greater cognitive ability, improved focus, more self-control, and higher self-esteem.

Hopewell Valley boasts a fantastic range of creeks, lakes, bikepaths, walking trails, playgrounds, and ancient trees. Sadly, today's average child spends more than thirty hours per week connected to screens and electronic devices, and less than one hour a month simply enjoying nature.

To address this issue, the Hopewell Valley Municipal Alliance and a coalition of area organizations introduces a new valley-wide initiative: Hopewell Valley Come Outside and Play! It will be held on Earth Day, Thursday, April 22 and Saturday, April 24 and feature an assortment of all-ages activities that will serve to remind us all what good old-fashioned outdoor fun looks like.

"Events like this promise to bring our children together in valuable new combinations," points out Tom Adelman, director of the Pennington Farmers Market. "When you bump into a school friend in an uncommon setting, it initiates a new type of relationship."

You can join a bird walk on Baldpate Mountain, or search for big trees, or bike ride along the canal, or stroll along a trail. Or maybe you want to choose your own adventure on the Watershed Reserve – build a shelter, pile rocks, or search for salamanders.

"A recent study shows kids are on-line for 7.5 hours a day," says Heidi Kahme, Chairwoman of the Hopewell Valley Municipal Alliance. "This underscores the need to find healthier activities for our youth. We are very excited to be participating in this event. It promises to be a fun time which is important to children's health and development too."

Activities are being finalized and will be shared with the community over the next month. For more information, please contact the Hopewell Valley Municipal Alliance at 609-737-0120 x642.

Stayed tuned for more information on activities, including an event sponsored by Hopewell Valley Senior Services!

Ongoing Programs

Artists' Choice will meet Tuesdays, April 13 and 27, from 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. For more information call 737-0605, ext. 692.

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. in Pennington, second Tuesday from 11-noon at the Pennington Quality Market, 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 info., call (609)737-0120.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

Folding Meets the 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 10am at St. Matthew's Church, 300 South Main St. in Pennington. Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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 Meets quarterly 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.

Knitting and General Volunteering at Bear Tavern-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. 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.

Mahjongg Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly 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 2010

Hopewell Valley Seniors Connect: Edit, Catalog and Display Your Photographs Tuesday, April 6, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Almost all of us these days have digital cameras. But what about the pictures we take? Are they all still in the camera on the memory card, or are they saved to the hard drive, organized into slide shows and readily available for viewing by our friends and neighbors? In this month's session of Hopewell Valley Seniors Connect, you'll learn how to use web-based tools to edit, catalog and display those prize photos of yours. No registration required. For more information, call 737-2610.

Special Bingo Wednesday, April 7, 10:30-11:30am at the Hopewell Valley Senior Center. Our favorite bingo callers are back. Girl Scout Troops 70613 and 70154 will be joining us this month. No registration required.

Brown Bag Lunch: Music We Knew Growing Up Friday, April 9, 12:30pm lunch, 1pm program at the Pennington Pres. Church. *Trenton Times* columnist Tom Glover will lead you down a nostalgic path of the music from your past. Bring your sandwich. Beverages and desserts provided. Free. Open to the public. RSVP by calling 737-1221, ext. 10.

AARP Tax-Aide Monday, April 12, 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required by calling 737-0605, ext. 692.**

Timberlane Lunch Wednesday, April 14, 2:40-1:40pm 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 Hopewell Township Recreation Department at 737-3753.**

Canasta Wednesdays, April 14 and 28, 1:30-3:30pm at the Hopewell Valley Senior Center. Do you remember how much fun you used to have playing canasta or have you always wanted to learn? Hopewell Valley Senior Services is starting up a canasta game twice a month. Beginners welcome. **Register for group by calling Hopewell Valley Senior Services at 737-0605, ext. 692.** The game rules we are using will be mailed to you once you register.

Outdoor Hike Tuesday, April 20, 10am to noon. Meet at the Pleasant Valley Road parking lot at Baldpate Mountain. We will walk along the ridge trail, which is wide and fairly flat, but as some inclines. All are welcome. There will be a slower and moderate paced group. No registration required. Feel free to bring a picnic lunch. For more information, contact Senior Services at 737-0605, ext. 692.

Ask the Dietitian Wednesday, April 21, 10:30-11:30am at the Senior Center. Nicole Schaldone, MS, RD of Hunterdon Healthcare System will answer all your dietary questions. No registration required.

Let's Chat Friday, April 23, 1-2:30pm at the Hopewell Valley Senior Center. Join the Let's Chat group with Vivian Greenberg, LCSW. The group is writing a booklet on vitality. Come share your perspective on staying active. Refreshments provided. No registration required.

Coffee Connections: Bird Banding as a Scientific Tool Monday, April 26, 10-11:30am at the Hopewell Train Station. Coffee will be served from 10 to 10:30am. At 10:30 Hannah Suthers will talk about her 33 years of experience with bird banding at the Featherbed Lane Bird Banding and Research Station. Free. No registration required.

Mercer County Surrogate Wednesday, April 28, 10:30-11:30am at the Hopewell Valley Senior Center. Learn more about services offered through the Mercer County Surrogate Office, including the satellite offices. Free. No registration required.

Movie: It's Complicated Wednesday, April 28, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Meryl Streep, Alec Baldwin, and Steve Martin star in a comedy about a couple reuniting after divorce. Free. No registration required. For more information, call the library at 737-2610.

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

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.	Location Guide BPM-Baldpate Mountain HTB-Hopewell Town. Building HTS-Hopewell Train Station HVCHS-HV Central High MCL-Mercer County Library,	Hopewell Branch PPC-Penn. Pres. Church PPL-Penn. Public Library PQM-Pennington Market SAC-St. Alphonsus Church SMC-St. Matthew's Church		¹ 11:45-Lunch 1:30-Mahjongg	² Good Friday No Programs	³
⁴	⁵ 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	⁶ 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC)	⁷ 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	⁸ 11:45-Lunch 1:30-Mahjongg	⁹ 11:45-Lunch 12:30-Brown Bag Lunch (PPC)	¹⁰
¹¹	¹² 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-AARP Taxaide	¹³ 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC)	¹⁴ 11-Healthy Bones (HTB) 11:45-Lunch 12:30-Timberlane Lunch 1:30-Canasta	¹⁵ 11:45-Lunch 1:30-Mahjongg	¹⁶ 11:45-Lunch 1-Newsletter Folding	¹⁷ 4-7 Swing Into Spring (HVCHS Cafeteria)
¹⁸	¹⁹ 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	²⁰ 10-Hike (BPM) 11:45-Lunch 1:30-Bridge (SMC)	²¹ 9-BP (HTB) 10:30-Ask the Dietitian 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	²² 11:45-Lunch 1:30-Mahjongg	²³ 11:45-Lunch 1-Let's Chat	²⁴
²⁵	²⁶ 10-Coffee Connections (HTS) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	²⁷ 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	²⁸ 10:30-County Surrogate 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL) 1:30-Canasta	²⁹ 11:45-Lunch 1:30-Mahjongg	³⁰	