

## Save the Date



4-H Day on the Farm  
Sunday, June 8, 2008  
1-4pm  
Howell Living History Farm

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

May 2008, Vol. 2, No. 5

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### *Working Together for Strong, Healthy, and Supportive Communities*

That's the theme for this year's Older Americans Month. It speaks to how important older adults are to the well-being of the entire community and the role communities play in keeping their older residents active and involved.

We have two big events coming of this May to celebrate older adults in Hopewell Valley. We start the month off with *Swing Into Spring* on May 3<sup>rd</sup> at Merrill Lynch. Following on last year's success, Hopewell Valley Central High School students will be hosting this event for the second year.

The *Senior Wellness Fair* will take place on Wednesday, May 28 at the Township Building and will feature information on wellness for older adults. There will be free health screenings and information, exercise, and "soupe du jour" from the *Pennington Quality Market*.

Look inside for details on these and other events. I hope you to see you at one or both of these events!

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

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

*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 May 2008

**Swing Into Spring Gala** Saturday, May 3, 7-10pm at the Merrill Lynch Corporate Campus. Join us for the second year of this wonderful event. Local high school students have been hard at work to create a special evening of live music, light food, and intergenerational fun. \$17. **RSVP by April 28** by contacting the Hopewell Township Recreation Department at 737-3753.

**University Without Walls** Monday, May 5, 11-11:30am at the HV Senior Center. Learn more about Dorot's phone-based classes and find out how to register for their spring and summer sessions at this free information session.

**Hopewell Valley Seniors Connect: Online Banking** Tuesday, May 6, 1:30-2:20pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Learn about on-line banking from Titusville resident, Joel May. Free. No registration required. For more information call Senior Services at 737-0605, ext. 692.

**How to Stay in Charge As You Age** Wednesday, May 7, 10:30-11:30am at the HV Senior Center. Tom Angstadt from Fox Rehab will discuss home safety and Barbara Bristow from Senior Care Management will review how to hire a caregiver and documents you need to have. Free. No registration required.

**Caregiver Stress and Burnout** Wednesday, May 7, 6-7:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Barbara Stender of Greater Trenton Behavioral Healthcare will discuss this important topic. Coffee and desserts will be served. Free. Registration encouraged but not required by calling Senior Services at 737-0605, ext. 692.

**Birthday Breakfast** Friday, May 9, 9am at the HV Golf Club. Is your birthday in April, May, or June? If so, you are invited to a free birthday breakfast. Catch up with friends and talk to your elected officials. **Pre-registration required** by calling the Hopewell Township Recreation Department at 737-3753.

**Let's Chat** Friday, May 9, 1-2:30pm at the HV Senior Center. Join Vivian Greenberg, LCSW and Elaine Gross, LCSW for a lively discussion on life, aging, and other topics chosen by group. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

**British Invasion** Friday, May 9, 4:30pm-12am. Hopewell Township Parks and Recreation Department is heading back to Lancaster's American Music Theatre to enjoy *The British Invasion*. \$60. **Pre-registration required** by calling the Hopewell Township Recreation Department at 737-3753.

**New York City Tour 5** Tuesday, May 13, 8am-6pm. Hopewell Township Parks and Recreation along with guide Anthony Grifa head back to New York for a tour of Central Park with lunch on your own in Morningside Heights. Limited walking on tour. \$45. **Pre-registration required** by calling the Hopewell Township Recreation Department at 737-3753.

**Timberlane Middle School Luncheon** Wednesday, May 14, 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 May 1.** To register call the Recreation Department at 737-3753.

**Perspectives Group: Traveling** Thursday, May 15, 1-2:30pm at the Hopewell Valley Senior Center. Travel is the topic of this month's discussion group. Please join us and share an experience you had on a past trip. Photographs and scrapbooks welcome. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

**Pennington Day** Saturday, May 17, 11am-4pm in downtown Pennington. Look for the Senior Services Table!

**Atlantic City** Monday, May 19, 8:30-6pm. Hopewell Township Parks and Recreation is headed to Resorts Casino in Atlantic City. Cost is \$25 per participant and includes motor coach transportation from Independence Park. Each participant will also receive a \$26 casino credit and a \$5 food voucher. **Pre-registration required** by calling the Recreation Department at 737-3753.

**Organizational Expert** Tuesday, May 20, 1-2pm at the HV Senior Center. Organization professional, Steven Serradilla will teach his SPACE method, a strategy to control clutter and downsize. Free. No registration required. For more information call Senior Services at 737-0605, ext. 692.

**Caregiver Support Group** Wednesday, May 21, noon-1pm the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Co-sponsored by Jewish Children and Family Services. **Register** by calling Julie Feibush at 987-8100.

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

# May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>All events to take place at Hopewell Valley Senior Center at 395 Reading St. in Pennington, unless marked in bold.</p>	<p><b>Location Guide</b>  <i>For directions please call (609)737-0605 ext. 692</i></p> <p>BTE-Bear Tavern Elementary School            HVGC-Hopewell Valley Golf Club            HTB-Hopewell Township Building            MCL-Mercer County Library, Hopewell Branch</p>	<p>SAC-St. Alphonsus Church            SMC-St. Matthews Church            TMC-Titusville Methodist Church            TMS-Timberlane Middle School</p>		<p><b>1</b>            11:45-Lunch            2:30-Mahjongg</p>	<p><b>2</b>            11:45-Lunch</p>	<p><b>3</b>            7pm-Swing Into Spring At Merrill Lynch</p>	
	<p><b>4</b>            10-Healthy Bones (SMC)            11-Healthy Bones (HTB)            11-University with Walls            11:45-Lunch</p>	<p><b>5</b>            10-BP            11-Leisure Club (SAC)            11:45-Lunch            1:30-Bridge (SMC)</p>	<p><b>6</b>            7:30-Knitting (BTE)            10:30-Stay in Charge            11-Healthy Bones (HTB)            11:45-Lunch            6-Caregiver Stress (MCL)</p>	<p><b>7</b>            11:45-Lunch            2:30-Mahjongg</p>	<p><b>8</b>            9-Birthday Breakfast (HVGC)            11:45-Lunch            1-Let's Chat            4:30-British Invasion</p>	<p><b>9</b>            11:45-Lunch            1-Let's Chat            4:30-British Invasion</p>	<p><b>10</b></p>
	<p><b>11</b>            10-Healthy Bones (SMC)            11-Healthy Bones (HTB)            11:45-Lunch</p>	<p><b>12</b>            8-NYC Tour            11:45-Lunch            1:30-Bridge (SMC)</p>	<p><b>13</b>            11-Healthy Bones (HTB)            11:45-Lunch            1-Timberlane Luncheon (TMS)</p>	<p><b>14</b>            11:45-Lunch            1-Perspectives            2:30-Mahjongg</p>	<p><b>15</b>            11:45-Lunch            1-Senior Spirit Folding</p>	<p><b>16</b>            11:45-Lunch            1-Senior Spirit Folding</p>	<p><b>17</b>            11am-Pennington Day</p>
	<p><b>18</b>            8:30-Atlantic City            10-Healthy Bones (SMC)            11-Healthy Bones (HTB)            11:45-Lunch</p>	<p><b>19</b>            11:45-Lunch            1:30-Bridge (SMC)</p>	<p><b>20</b>            7:30-Knitting (BTE)            9-BP(HTB)            11-Healthy Bones (HTB)            11:45-Lunch            2-Senior Advisory Board</p>	<p><b>21</b>            11:45-Lunch            2:30-Mahjongg</p>	<p><b>22</b>            11:45-Lunch</p>	<p><b>23</b>            11:45-Lunch</p>	<p><b>24</b></p>
	<p><b>25</b></p>	<p><b>26</b>            Memorial Day</p>	<p><b>27</b>            10-BP (MCL)            11:45-Lunch            1:30-Bridge (SMC)</p>	<p><b>28</b>            10-Wellness Fair (HTB)            11-Healthy Bones (HTB)            11:45-Lunch</p>	<p><b>29</b>            11:45-Lunch            2:30-Mahjongg</p>	<p><b>30</b>            11:45-Lunch</p>	<p><b>31</b></p>

## Senior News

**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. If you 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.

**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.



**Pet Census Takers Needed** The NJ Department of Health And Senior Services requires that communities perform regular surveys of municipal pet populations. Volunteers will be trained beforehand, and given instruction sheets and special identification badges. For more information, contact Belinda Ogitis at 737-0120, ext. 678.

**Tai Chi/Qi Gong** will meet every Monday, except May 26, from 7 to 8 pm at the Hopewell Branch of the Mercer County Library. Join Lois Harrison of Bright Moments to practice this ancient method of relieving stress. All ability levels are welcome. No registration necessary.

**Thank you to Brownie Troop 613 and Girl Scout Troop 154** for coming to visit the senior center over Spring Break and sharing such lovely artwork with us!



## Around the Valley

### HOPEWELL VALLEY SENIOR SERVICES & HOPEWELL TOWNSHIP HEALTH DEPARTMENT

# SENIOR WELLNESS FAIR!

WEDNESDAY, MAY 28, 2008

10:00 AM – 1:00 PM

HOPEWELL TOWNSHIP MUNICIPAL BUILDING  
201 Washington Crossing Pennington Road, Titusville

FREE SCREENINGS: STROKE, BLOOD PRESSURE, BLOOD GLUCOSE,  
POSTURE, AND SKIN DAMAGE, PLUS INFORMATION ON HEARING,  
DIABETES, ASSISTED LIVING, CAREGIVER SUPPORT, HEALTHY BONES,  
FITNESS, MEAL OPTIONS FOR OLDER ADULTS, AND  
EMERGENCY SERVICES IN HOPEWELL VALLEY

REFRESHMENTS FEATURING  
"SOUPE DU JOUR" BY THE PENNINGTON QUALITY MARKET