



Save the Date



**New York City Tour
Brooklyn Botanic Gardens Rose Tour
& South Street Seaport
June 15th**

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

May 2010, Vol. 4, No. 5

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Age Strong! Live Long!

May is Older Americans Month. The theme this year is "Age Strong! Live Long!" It reminds me of a cheer you would shout to someone who was running a race. In many ways, our lives are like marathons. The choices we make, along with factors beyond our control, all affect how we go through life and find our own rhythm. Our lives are also like marathons in other ways too. Even though we are side by side with other people and get encouragement and support from them, we are all responsible for ourselves and our own progress.

I like the slogan because it is a reminder that age can be a verb, an active verb at that. That's the part of aging that interests me: the choices we make and how we respond to challenges. While a lot of how we go through life is chance, we also have quite a bit of power in our lives. How we fair at the end of the day has to do with our own unique mixture of luck, skill, and determination.

May is full of activities between Mother's Day, Memorial Day, graduations, weddings and more. In a spare moment, take some time to reflect on Older Americans Month and what aging means to you personally. What are your strengths and challenges? Are you a passive participant or are you making active choices to age strong and live long?

Happy Mother's Day, Memorial Day, and of course, Pennington Day!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

(609)737-0605, ext. 692

awaugh@hopewelltp.org

Senior News



BenefitsCheckUp is the nation's most comprehensive Web-based service to screen for benefits programs for seniors with limited incomes and resources. It is maintained by the National Council on Aging. It can be found online at www.benefitscheckup.org. If you do not use the internet but would like to find out if there are any benefits you may be eligible for, please contact Senior Services at 737-0605, ext. 692 and set up an appointment.

Grandparent Scam is an emerging scam where con artists target grandparents. Callers claim to be their grandchild and in need of money. In most reported cases, the caller claims to be in Canada on a visit and that the money must be wired. The wired funds end up in an account controlled by the con artist. The con artist usually has the name of the grandchild, which was obtained from online blogs, networking web sites or genealogy web sites. Anyone who receives such a telephone call should report it to Donna Giovannetti, Mercer County Consumer Affairs Division Chief at 989-6671.

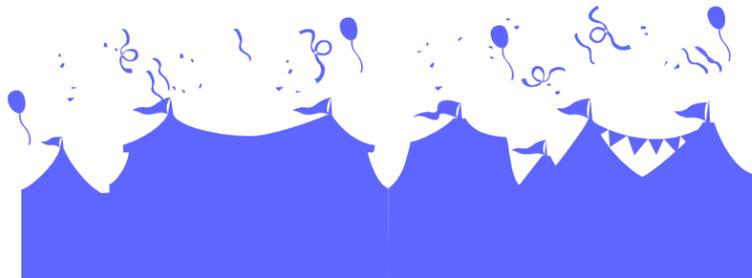


Homestead Rebate Update The proposed State Budget for FY 2011 contains modifications to the Homestead Rebate Program. The proposal provides that 2009 rebates would be paid in quarterly installments as credits on the homeowner's property tax bill. Homeowners would receive the first quarterly credit in May of 2011. Tenants would no longer receive the rebate. Stay tuned for more details.



Shredding Event for Hopewell Township Residents on Saturday, May 15 from 10am to 2pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Road. 10 boxes per household. Drop-off only. For more information, call 537-0250.

Volunteers needed for Pennington Day 5K on Saturday, May 15, between 6:45-11am or from 11am to 1pm. Potential tasks include: setting up the course, assisting with registration & prize table, water station, traffic control, and more. To volunteer, contact Tina Morak at the Hopewell Valley YMCA at 737-3048. This race benefits the Hopewell Valley YMCA and the Hopewell Valley Municipal Alliance.



Around the Valley

Join in the fun and spend a great night with family and friends...

HOPEWELL VALLEY NIGHT AT WATERFRONT PARK

Trenton Thunder vs. Richmond Flying Squirrels

(San Francisco Giants)

Friday, June 4, 2010, Game starts 7:05 PM



Sponsored by the Hopewell Valley Municipal Alliance



-----Cut here-----

THUNDER GAME TICKET ORDER FORM

Name: _____ School/Group: _____

Address: _____ Home phone: _____

City: _____ State: _____ Zip: _____

_____ Pavilion seat tickets at \$10.00 = \$ _____

_____ Senior or Child Pavilion seats at \$8.00 = \$ _____

Total # of tickets _____ Total payment \$ _____

Tickets orders MUST be submitted NO LATER than May 4, 2010

Please make checks payable to: Hopewell Valley Municipal Alliance

and mail with a full-size self-addressed stamped envelope:

Tickets will be mailed to you the week of May 18.

Hopewell Valley Municipal Alliance ■ 201 Washington Crossing Pennington Road ■ Titusville, NJ 08560

Questions? 609.737.0120 x642

Ongoing Programs

Artists' Choice will meet Tuesdays, May 11 and 25, 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. **No Lunch on 5/31.**

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.

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

Special Events for May 2010

Hopewell Valley Seniors Connect: Planning Travel on the Web Tuesday, May 4, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Learn about the many resources for travel planning available on the Web. No registration required. For more information, call 737-2610.

Bingo Wednesday, May 5, 10:30-11:30am at the Hopewell Valley Senior Center. Stop by for an informal game of bingo.

Brown Bag Lunch: Senior Center Update Friday, May 7, 12:30pm lunch, 1pm program at the Pennington Pres. Church. Members of the Hopewell Valley Senior Advisory Board will talk about long-term planning for a senior center. Bring your sandwich. Beverages and desserts provided. Free. Open to the public. RSVP by calling 737-1221, ext. 10.

Longwood Gardens Tour & Buffet Lunch Wednesday, May 12, 9am-5pm. Meet at Independence Park. Day includes guided tour, the "Forget-Me-Not" Sandwich Buffet and time on your own to stroll the gardens and fountains. \$70 per person. **To register, call Hopewell Township Recreation Department at 737-3753.**

Canasta Wednesdays, May 12 and 26, 1:30-3:30pm at the Hopewell Valley Senior Center. 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.

Pennington Day Saturday, May 15, 10am to 4pm. Annual street fair for all ages on Main Street in Pennington.

Pennington Borough Walk Tuesday, May 18 10am to noon. Meet at Hopewell Valley Senior Center Parking lot for a springtime walk around Pennington Borough. 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.

What to Look for in a Discharge Plan Wednesday, May 19, 10:30-11:30am at the Senior Center. Bonnie Hoegl, MSW of Princeton Healthcare System will tell you about discharge planning upon leaving a hospital. No registration required.

Timberlane Lunch Wednesday, May 19, 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 area businesses. Free. Pre-registration required, but not before May 1. **To register, call Hopewell Township Recreation Department at 737-3753.**

Birthday Breakfast Friday, May 21, 9am at the Hopewell Valley Golf Course. Is your birthday in April, May, or June? If so, you are invited to our free quarterly birthday breakfast. Guests are welcome to attend for a fee. **To register, call 737-3753.**

Coffee Connections: Caring for Your Antique Quilts and Textiles Monday, May 24, 10-11:30am at the Hopewell Train Station. Coffee will be served from 10 to 10:30am. Dana Balsamo will tell you how to take care of your prized quilts and textiles. Free. No registration required.

Atlantic City Casinos "Mystery Series" Tuesday, May 25, 8:30am-6pm. Meet at Independence Park. Stroll the boardwalk, shop at the outlets or roll the dice in the casinos. Bonuses are typically \$20-25, but vary by season. \$27 per person. **To register, call Hopewell Township Recreation Department at 737-3753.**

Mercer County Office on Aging Wednesday, May 26, 10:30-11:30am at the Hopewell Valley Senior Center. Learn more about services offered through the County Office on Aging with Eileen Doremus, Executive Director. Free. No registration required.

Movie: Nine Wednesday, May 26, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Romantic musical with Daniel Day-Lewis, Judi Dench, and more. Free. No registration required. For more information, call the library at 737-2610.

Let's Chat Friday, TBA, 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.

Memorial Day Ceremony Saturday, May 29, 11am at Alliger Park on Washington Crossing-Pennington Rd. in Titusville. Free. No registration required.

Memorial Day Parade and Concert Monday, May 31. The annual parade in Pennington Borough starts at 11am on Main Street. The Dadz band will be playing a concert from 5:30-7:30pm at Howe Commons (off of Main Street). Free. No registration required.

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

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 (Saturday) 2	3 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	4 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC)	5 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	6 11:45-Lunch 1:30-Mahjongg	7 11:45-Lunch 12:30-Brown Bag Lunch (PPC)	8
9	10 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	11 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	12 9-Longwood Gardens (Trip) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	13 11:45-Lunch 1:30-Mahjongg	14 11:45-Lunch	15 10-Pennington Day (MSP) 10-Shredding Day (HTPW)
16	17 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	18 10-Walk 11:45-Lunch 1:30-Bridge (SMC)	19 9-BP (HTB) 10:30-Discharge Planning 11-Healthy Bones (HTB) 11:45-Lunch 12:40-Timberlane Lunch 2-Senior Advisory Board	20 11:45-Lunch 1:30-Mahjongg	21 9-Birthday Breakfast (HVGC) 11:45-Lunch 1-Newsletter Folding	22
23	24 10-Coffee Connections (HTS) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	25 8:30-Casino (Trip) 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	26 10:30-Office On Aging 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL) 1:30-Canasta	27 11:45-Lunch 1:30-Mahjongg	28 11:45-Lunch	29 11-Memorial Day Ceremony at Alliger Park
30	31 Memorial Day No Lunch 11-Parade (MSP) 5:30-Dadz Concert (HC)			Location Guide HC-Howe Commons HTB-Hopewell Town. Building HTPW-Hope. Town. Pub. Wrks HTS-Hopewell Train Station HVGC-HV Golf Club	MCL-MC Library, Hopewell MSP-Main St, Pennington PPC-Penn. Pres. Church PQM-Pennington Market SAC-St. Alphonsus Church SMC-St. Matthew's Church	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.