

New Website Just for Hopewell Valley Seniors

hvseniors.org



NEWS- ACTIVITIES - SERVICES - LIFESTYLE - HEALTH

Hopewell Valley Senior Services
201 Washington Crossing-Pennington Rd.
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Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2008, Vol. 2, No. 6

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Making Way for Summertime

If there is a theme to this month's *Senior Spirit* it's recreation and relaxation. The Hopewell Borough and Pennington Borough Recreation Commissions have been hard at work on some great summer programs, which will take you some of the lovely local parks. As always, the Hopewell Township Parks and Recreation Department is offering some exciting trips, including a trip back to Lancaster to hear "The Classic Crooners" and a trip to the Monmouth Race Track. Another way to relax is the meditation classes offered at the Hopewell Branch of the Mercer County Library.

I have been working on an exciting program with the Shelterwood 4-H and Howell Living History Farm for June 8th. It's a celebration of 4-H past and present at the farm. This event is great for anyone who has a love of animals and farming. Grandchildren are welcome. Check out page 7 for more details. I hope you will welcome summer in by coming to one of the many relaxing programs offered by local groups this month!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

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Ongoing Programs

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center (**cancelled in June**), 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 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.

Knitting at Bear Tavern-ON HOLD FOR THE SUMMER. MORE KNITTING IN FALL OF 2008. 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 June 2008

Potluck Dinner Sunday, June 1, 5-7pm at Gazebo Park in Hopewell Borough. Support NJ agriculture by bringing a covered dish to share.

Hopewell Valley Seniors Connect: Create Your Own Customized Music Radio Station Tuesday, June 3, 1:30-2:20pm at the Hopewell Branch of the Mercer County Library System. Do you long for the music from your youth like Artie Shaw, Glenn Miller, Rosemary Clooney or Mel Torme? Or maybe your preference is classical, gospel, Broadway musicals, country or jazz. Whatever kind of music you like, you can create a personalized radio station that plays just your choices. Joel May, a long-time Valley resident and computer guru will demonstrate several sites on the World Wide Web that allow you to easily specify just what you want to listen to and then provide hours of entertainment. Free. No registration required. Call Senior Services for more information at 737-0605, ext. 692.

Washington, D.C. Trip Saturday, June 7, 7am – 11pm. Join Hopewell Township Parks and Recreation for a trip to D.C., featuring a guided driving tour of the city where we will visit the World War II Memorial, catch a glimpse of the White House and tour the FDR, Lincoln, Vietnam and Korean Memorials. Next is a visit the Old Post Office Pavilion to shop, browse and have lunch on your own. The group will depart at 5pm and stop at a Crackerbarrel Restaurant on the way home for dinner on your own and a little time in their enchanting gift shop. \$65 per person. **Pre-registration required by calling HT Parks and Recreation at 737-3753.**

4-H Day on the Farm Sunday, June 8, 2-4pm. Please see page 7 for more information.

Caring for an Elderly Adult Monday, June 9, 1-2pm at the HV Senior Center. Alex Jenkins, financial advisor at Edward Jones will help you take inventory of your financial situation and discuss ways to plan for retirement. Mary Kay, Krokowski, a professional in the field of Eldercare, will discuss ways to assess if an older adult needs care, types of home care available, and how to help an older adult accept services. Free. **Pre-registration required by calling Edward Jones at 818-1682.**

Monmouth Park Racetrack Thursday, June 12, 10am-6pm. Join HT Parks and Recreation for thoroughbred racing the way it was meant to be – competitive, exciting, fast and rewarding at the beautiful Monmouth Park in Oceanport, NJ. The race package includes admission, a buffet luncheon in the Clubhouse Pavilion, and a private betting window. The lunch menu includes Chicken Piccata and London Broil, Jersey Fresh vegetables, assorted cold platters and sweet desserts and fresh fruit with iced tea, coffee or tea to conclude our meal. Come see why Monmouth Park is considered to be one of the most beautiful racetracks in the country. \$65 per person. **Pre-registration required by calling HT Parks and Recreation at 737-3753.**

Let's Chat Friday, June 13, 1-2:30pm at the HV Senior Center. Join Vivian Greenberg, LCSW and Elaine Gross, LCSW for a lively discussion on aging in place and how to make it work in Hopewell Valley. No registration required. Refreshments will be served. For information, call 737-0605, ext. 692.

Perspectives Group: Topic TBA Thursday, June 19, 1-2:30pm at the Hopewell Valley Senior Center. Monthly discussion group. Topic for June TBA. For information, call 737-0605, ext. 692.

Movie and Music Friday, June 20, 7pm (raindate: 6/21) at Kunkel Park in Pennington. The Pennington Parks and Recreation Committee presents the music of Big Foot followed by the movie *Nacho Libre*.

American Music Theatre's Classic Crooners Wednesday, June 25, 11:30am – 7:30am. Join HT Parks and Recreation for and remember the smooth sounds, the larger than life entertainers, the Classic Crooners. In addition, we will also experience Flavor Fest – A Taste of PA Dutch Country in the theatre's lobby prior to our afternoon show. Bus will arrive one hour prior to show time to sample goodies from some of Lancaster's favorite restaurants. \$60 per person. **Pre-registration required by calling HT Parks and Recreation at 737-3753.**

Music in Gazebo Park Friday, June 27th, 7:30pm (raindate: 6/29) at Gazebo Park in Hopewell Borough. Enjoy listening to cover songs in the park with the band Kindred Spirit.

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

June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Potluck Dinner 5-7pm (GP)	2 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	3 <i>No Lunch-Primary Day</i> 1:30-Bridge (SMC) 1:30-HV Srs Connect (MCL)	4 11-Healthy Bones (HTB) 11:45-Lunch	5 11:45-Lunch 2:30-Mahjongg	6 11:45-Lunch	7 Washington D.C. 7am-11pm
8 4-H Event Howell Farm 2-4pm	9 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Caring	10 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC)	11 11-Healthy Bones (HTB) 11:45-Lunch	12 10-Monmouth Park Racetrack 11:45-Lunch 2:30-Mahjongg	13 11:45-Lunch 1-Let's Chat	14
15	16 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	17 11:45-Lunch 1:30-Bridge (SMC)	18 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	19 11:45-Lunch 1-Perspectives 2:30-Mahjongg	20 11:45-Lunch 1-Senior Spirit Folding 7-Movie and Music (KP)	21
22	23 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	24 10-BP(MCL) 11:45-Lunch 1:30-Bridge (SMC)	25 9-??BP(HTB) 11-Healthy Bones (HTB) 11:30-Classic Crooners 11:45-Lunch	26 11:45-Lunch 2:30-Mahjongg	27 11:45-Lunch 7:30-Music in the Park (GP)	28
29	30 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	31 11:45-Lunch 1:30-Bridge (SMC)	Location Guide <i>For directions please call (609)737-0605 ext. 692</i> HTB-Hopewell Township Building KP-Kunkel Park in Pennington GP-Gazebo Park in Hopewell Borough MCL-Mercer County Library, Hopewell Branch PQM-Pennington Quality Market PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church TS-Hopewell Borough Train Station		All events to take place at Hopewell Valley Senior Center at 395 Reading St. in Pennington, unless	

Did you miss the talk on amateur radio? If you missed the April talk on ham radio but would like to learn more about it contact Don Wright at aa2f@arrl.net or 737-1723.

 Hopewell Borough's Annual Townwide Yard Sale Look for bargains on June 7th and 8th as Hopewell Borough as a townwide yard sale.

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.

Meditation will be led by Mary Ryan of Namaste Holistic Bodyworks and Reiki Center. Reiki meditation balances the physical and spiritual energy in your body and increases mental clarity. The program will be held on Tuesdays, June 10 and 17 from 7 to 8 pm at Hopewell Branch of the Mercer County Library. You need not have any previous experience to join these sessions and are welcome to attend one or both. Registration is encouraged. Please call the Hopewell Branch of the Mercer County Library at 737-2610.

Quoits, Horseshoes, and Fishing (June 11th-August 27th) Quoits and Horseshoes, 1st and 3rd Wednesday at the Hopewell Borough Train Station at 7pm. Fishing at Rosedale Park on the 2nd and 4th Wednesday, also at 7pm.



 Rides Outside Hopewell Valley Hopewell Valley Rides has been giving residents 65 and over rides within Hopewell Valley since January. Now you have the option of extending your ride to other nearby towns. Your Hopewell Valley Rides voucher will take you to the town line. If you'd like to extend your trip you can do so by paying a few more dollars directly to Stout's Charter Services. For more information on Hopewell Valley Rides, contact Senior Services at 737-0605, ext. 692. For list of prices beyond Hopewell Township, contact Stout's at 883-8891, ext. 692.

Thank you to Merrill Lynch, Sodexo Catering, Stony Brook Assisted Living, Senior Care Management, and Pennington Quality Market for supporting *Swing Into Spring*. Special thanks to all the high school students for all the hours (and enthusiasm) they put into the event!



4-H Day on the Farm



Wouldn't it be nice to spend one leisurely afternoon down on the farm . . . but without all the work? Shelterwood 4-H Club members have created a program that will do just that in the setting of a beautiful, local farm that has been part of Hopewell Township history for more than two decades-Howell Living History Farm. The program is open to the public and will feature presentations and livestock exhibits by 4-H Members in Howell Farm's recently restored visitor center barn. All 4-H members, past and present, are encouraged to attend and join the program by sharing their experiences and farm stories after Shelterwood's program. Not only is the barn a natural setting for 4-H activities, but it is fully accessible and located just steps from parking. Following the program, volunteers will host a reception featuring homemade ice cream and offer tours of the farm's historic barns, house and field operations.

Howell Living History Farm
70 Wooden's Lane
Sunday, June 8, 2008 from 2-4pm

This event is co-sponsored by Howell Farm, a facility of the Mercer County Park Commission, the Shelterwood 4-H Club and Hopewell Valley Senior Services. For more information about the event, including accessibility and volunteer opportunities, please contact Hopewell Valley Senior Services at (609)737-0605, ext. 692.