

It's Flu Shot Season!



See inside for details.

Visit us online at 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

October 2007, Vol. 1, No. 10

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Special Needs Registration Program

This is a special notice from the Hopewell Valley Office of Emergency Management regarding an optional program:

The Hopewell Valley Office of Emergency Management, in conjunction with Hopewell Valley Emergency Services, the Office of Senior Services, the Health Department, and Mercer County, has developed a "Special Needs Registration Program" for residents of Hopewell Borough, Hopewell Township, and Pennington Borough.

This program will allow Valley residents with special needs to register their needs with the Office of Emergency Management. This will provide emergency responders, health, and senior services officials with quick and easy access to the information in the event of an emergency. The information will be valuable in the event of a long term power outage, an incident requiring evacuation, or some other emergency affecting the Valley for an extended period.

Forms may be obtained from, and questions may be addressed to the following:

Office of Emergency Management 737-3100

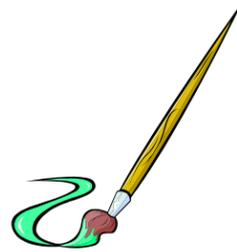
The Health Department 737-0605, ext. 636

Senior Services 7373-0605, ext. 692

Hopewell Valley Emergency Services 730-8156

Senior News

“Accessibility in the Arts” is the theme for the Fall Festival of New Jersey Library for the Blind and Handicapped. It will take place on Oct. 13 from 9am to 3pm at 2300 Stuyvesant Ave. in Trenton. For registration and transportation information, please call 1-800-792-8322.



Affordable Housing-There is still affordable housing available at Hopewell Gardens at 725 Denow Rd. in Hopewell Township. One and two bedroom apartments are available for people 55 and over and younger people with disabilities. Wheelchair-accessible units available. Access to public transportation. Call 466-5764 for more information or a tour.

Book Delivery for Homebound Residents-Members from Hopewell Valley Emergency Services are available to deliver print and audio books from the Mercer County Library. This service is available to all Hopewell Valley residents who have difficulty leaving their homes due to a disability or chronic medical problem. Hopewell Valley Emergency Services will also check smoke detectors and replace batteries upon request. For more information call 737-0605, ext. 692.

Book Lovers' Luncheon featuring Lisa Scottoline Hopewell Valley Education Foundation presents this *New York Times* bestselling author on Sunday, October 28, 2007 from 12-3pm at the Greenacres Country Club in Lawrenceville. \$50 admission. Email books@hvef.org for more information.

Delaware Valley Regional Planning Commission has created a “Mercer County Human Services Transportation Coordination Plan” to improve transportation for senior citizens, people with disabilities, and low-income residents of Mercer County. To view the plan, go to <http://www.dvrpc.org/>.

Grandparents Grove at Mercer County Park A new Grandparents Grove has been completed at the Mercer County Park off of Hughes Drive and adjacent to the marina. The grove has benches and tables along with many inspirational quotes. It was created by Mercer County to celebrate grandparents and seniors. It is wheelchair accessible.



Project Lifesaver is a program offered by the Mercer County Sheriff's Office to help locate residents with Alzheimer's and other forms of dementia who are at risk of wandering. Residents are given a wrist device that allows them to be tracked if they are lost. For more information on this free program, contact the Mercer County Sheriff's Office at 394-0286.

Around the Valley

Hopewell Valley Senior Citizens Picnic September 6, 2007 Washington Crossing State Park



A special thanks goes out to the Hopewell Valley Lions Club, the Hopewell Township staff, Hopewell Valley Emergency Services, Jack Crowley, Janssen Pharmaceutica, Pennington Quality Market, Washington Crossing State Park. Additional thanks to the many area businesses who donated door prizes and the numerous volunteers who made the day possible!



October 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.	1 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	2 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	3 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	4 10-School Volunteers (BTE) 11:45-Lunch 2:30pm-Mahjogg (MCL)	5 10:30-Physical Changes 11:45-Lunch 12:30-Stroke Brown Bag (PPC)	6	
	7	8 Columbus Day <i>No Programs</i>	9 11:45-Lunch 1-Bridge (SMC)	10 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	11 11:45-Lunch 2:30pm-Mahjogg (MCL)	12 10:30-Intellectual Stamina 11:45-Lunch	13 Used Medical Equipment Drive  Pennington Quality Market 9am-1pm
	14	15 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Chair Yoga (HTB)	16 9:30-Flu Shots 11:45-Lunch 1-Bridge (SMC)	17 7:30-Knitting Volunteers (BTE) 11-Healthy Bones (HTB) 11:45-Lunch 1-Timberlane Lunch (TMS) 1-Artists' Choice 2-Senior Advisory Board (MCL)	18 11:45-Lunch 1-Perspectives Group 2:30pm-Mahjogg (MCL)	19 11:45-Lunch 1-Newsletter folding	20
	21	22 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Chair Yoga (HTB)	23 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC)	24 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists' Choice 1-Flu Shots (HTB)	25 11:45-Lunch 2:30pm-Mahjogg (MCL)	26 10:30-Contribution to Society 11:45-Lunch	27
	28	29 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Chair Yoga (HTB) 5-Veterans (HTB)	30 11:45-Lunch 1-Bridge (SMC)	31 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists' Choice	Location Guide BTE-Bear Tavern Elementary School TMS-Timberlane Middle School HTB-Hopewell Township Building MCL-Mercer County Library PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church		<i>For directions please call 737-0605 ext. 692.</i>

Ongoing Programs

Artists' Choice Every Wednesday from 1-3pm at the HV Senior Center, 395 Reading Ave. in Pennington. Informal art workshop with facilitator. Bring your own materials. No pre-registration required. Free. For more information call 737-0605, ext. 692.

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading Ave. 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 737-0120.

Bridge Every Tuesday at 1pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call 737-3753.

Folding Third Friday of the month, 1pm at the HV Senior Center, 395 Reading Ave. in Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call 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 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 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.

Lunch Monday-Friday, 11:45am at the Hopewell Valley Senior Center, 395 Reading Ave. 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 989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

Mahjongg Thursdays, 2:30-4:30 pm at the Hopewell Branch of the Mercer County Library. Come enjoy the American version of this ancient Chinese tile game. Instruction for beginners available upon request. Call 737-0605, ext. 692 to register.

Perspectives Third Thursday of the month at the HV Senior Center in Pennington. Discussion Group. Refreshments served. Free. For more information call (737-0605, ext. 692).

Senior Advisory Board Meeting-Third Wednesday of the month at 2pm, Mercer County Library, Hopewell Branch. 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. For more information call 737-0605, ext. 692.

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

Special Events for October 2007

School Volunteers Thursday, October 4, from 10am-11am, Bear Tavern Elementary School, 1162 Bear Tavern Rd. Volunteers are needed to assist with office duties at Bear Tavern Elementary School for 3-4 hours per month. Volunteers will be in charge of greeting and signing in visitors and assisting office staff with routine office work. Lunch will be provided for volunteers. To register for training, call senior services at 737-0605, ext. 692.

Physical Changes Friday, October 5, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for one of her *Spice of Life Workshops*. She will discuss how to love your changing body and enhance your physical health. Free and no registration required.

Stroke and the 2 Hour Window Friday, October 5, 12:30pm at Pennington Presbyterian Church in Pennington. Colleen Rudnick of St. Francis Medical Center will discuss signs, symptoms, and fast treatment of a stroke. Please bring your own lunch. Beverages and desserts are provided. Free and open to the public.

Used Medical Equipment Drive Saturday, October 13, 9am-1pm at the Pennington Quality Market. Drop off gently used medical equipment for distribution by local non-profit. Call YourResource at 530-1513 for information or if you have a large item (i.e. electric scooter, hospital bed) that needs to be picked up.

Intellectual Stamina Friday, October 12, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for one of her *Spice of Life Workshops*. Learn how to cope with your changing mind and celebrate your wisdom. Free and no registration required.

Chair Yoga Series-8 Wednesdays of Chair Yoga (10/15, 10/22, 10/29, 11/19, 11/26, 12/3, 12/10, and 12/17), 1-2:30pm at the Hopewell Township Municipal Building Auditorium. Marsha Rudolph, RYT will teach 8 sessions of gentle chair yoga. \$32. Space is limited. **Pre-registration required.** To register call Recreation at 737-3753.

Flu Shots-Tuesday, October 16, 9:30-11am at the Hopewell Valley Senior Center or Wednesday, October 24, 1-3:30pm in the Hopewell Township Municipal Building. Free flu shots for people 65 and over. Pneumonia shots available for a fee. **Appointment required.** Call Hopewell Township Health Department at 737-0120, ext. 684. *If you live in a 55+ community, look for notices about flu shots at your facility.*

Knitting Volunteers-Wednesday, October 17, 7:30-8:30am at Bear Tavern School, 1162 Bear Tavern Rd. Looking for experienced knitters to teach 4th and 5th grade students knitting basics twice a month (1st and 3rd Wednesdays). First session is on Oct. 17. Call Senior Services at 737-0605, ext. 692 to sign-up.

Timberlane Middle School Luncheon- Wednesday, October 17, 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 Oct. 1.** To register call Recreation at 737-3753.

Where were you during World War II? Thursday, October 18, 1-2:30pm at the HV Senior Center. Join the Perspectives group for a conversation about your life during World War II. Free. Refreshments served. No registration required.

Contribution to Society Friday, October 26, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for one of her *Spice of Life Workshops*. Five Steps to feeling productive and happy in the golden years. Free and no registration required.

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