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Senior Spirit

Hopewell Valley Senior Services Newsletter

December 2007, Vol. 1, No. 12

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Hopewell Valley Rides

You spoke up about the lack of adequate transportation for non-drivers and your message was heard. As many of you may know, Bristol-Meyers Squibb donated \$22,176 for senior transportation in Hopewell Valley. This generous gift allows us to pilot a senior transportation project. This is great news for people who are not able to drive but have things that they want and need to do outside their homes.

The new transportation program, *Hopewell Valley Rides* will be available starting in January. It will be offered for local trips within Hopewell Valley during the day, Monday through Friday. Residents 65 and over are eligible for the program. Rides will be \$2 each way. Residents will need to register and purchase ride vouchers ahead of time through Hopewell Valley Senior Services. Please contact me at (609)737-0605, ext. 692 if you would like to register as a rider or if you would like more information on this program.

This service will be available in an addition to the current modes of transportation available to seniors, including TRADE, Access Link, Ride Provide, and FISH. While there are still some gaps in service times and areas, my hope is that this will offer more independence and flexibility to non-drivers. Thanks for speaking up about this issue and a special thanks to Bristol-Meyers Squibb for this opportunity.

Happy holidays!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

Senior News



AARP Tax-aid Volunteers Needed-AARP Tax-aid will be back in Hopewell Valley in early 2008! Volunteers will receive training through the AARP and will help local residents file income taxes. If you are interested in volunteering in 2008, please call Carol Ober 252-1167 for details.

Artists' Choice, the weekly art group is taking an extended break. Stay tuned for more art demonstrations in the new year!



Knitting Volunteers-Looking for experienced knitters to teach 4th and 5th grade students knitting basics twice a month (1st and 3rd Wednesdays). Students will be knitting hats for newborns. Call Senior Services at 737-0605, ext. 692.

Merrill Lynch Christmas Calls are on Saturday, December 15, from 9-10am at their office in Hopewell Township. Senior citizens are invited to make calls to friends and family anywhere in the world for free. Refreshments will be served and gifts will be distributed. **Pre-registration required by calling Senior Services at 737-0605, ext. 692.**



State Health Insurance Program (SHIP) provides free, objective, confidential help to NJ Medicare beneficiaries who have problems with, or questions about Medicare, Medigap, Medicare Advantage Plans and Long-Term Care Insurance. Appointments available in Pennington. Call (609)584-5900 to set up an appointment.



Take a Seat Support the performing arts in all Hopewell Valley public schools by contributing towards a seat in the Performing Arts Center at Hopewell Valley Central High School. Personalized plaque becomes a memorable way to honor an individual, group, or class, or commemorate a special achievement or significant event. More information on this exciting program can be found on the HVEF website at www.hvef.org or by calling Randee Tengi at 737-7198.



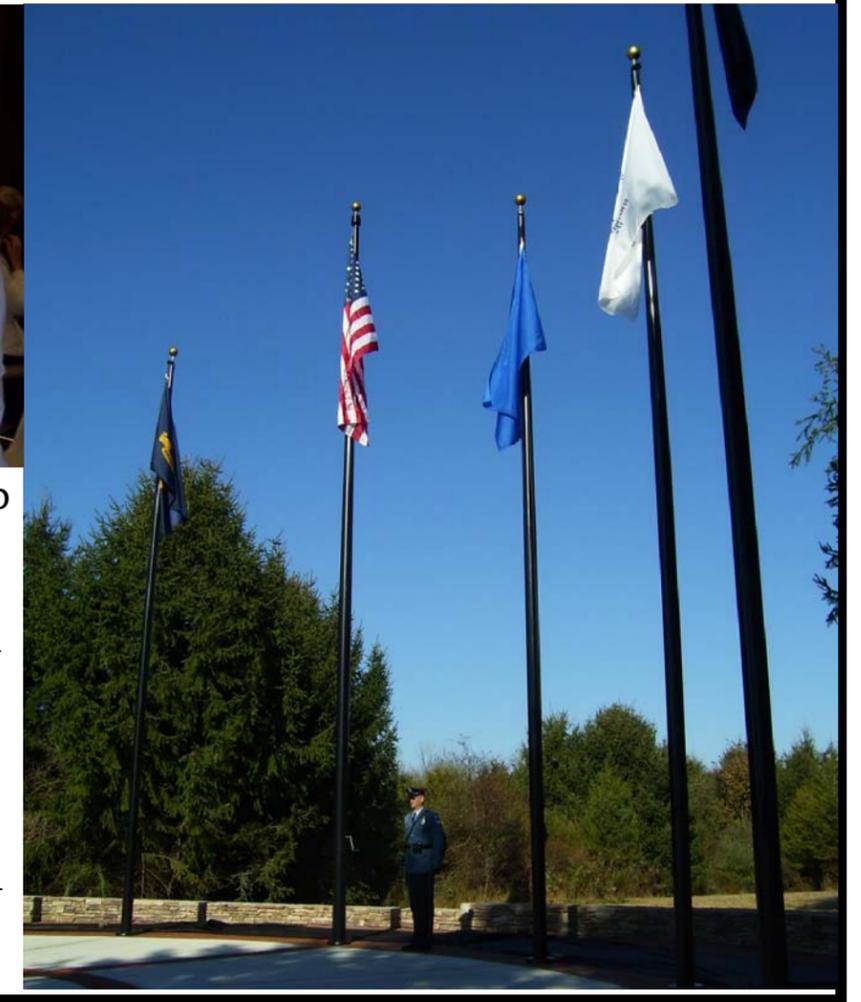
Around the Valley



Residents from Stony Brook Assisted Living took a trip to Bear Tavern Elementary School to participate in the Grandbuddies Program. Second graders from Mrs. McCann's class gave their Grandbuddies a tour of the school and then interviewed them about what they enjoyed when they were in second grade.



Above: Hopewell Township RN, Grace Rarich gives Hopewell Township resident, Norma Schultz a shot at the Health Department's flu shot clinic. Right: a scene from the Veterans Day Ceremony at the Hopewell Valley Veterans Park.



December 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Location Guide</u> BTE-Bear Tavern Elementary HTB-Hopewell Township Building MCL-Mercer County Library SAC-St. Alphonsus Church SMC-St. Matthews Church	TMS-Timberlane Middle School <i>For directions please call (609)737-0605 ext. 692.</i>		All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.			1
2	3 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	4 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	5 7:30-Knitting Volunteers (BTE) 11-Healthy Bones (HTB) 11:45-Lunch	6 1-Perspectives Group 2:30pm-Mahjongg (MCL) 5-Christmas Show	7 11:45-Lunch	8
9	10 10-Healthy Bones (SMC) 11-Maintaining Strength (HTB) 11:45-Lunch	11 11:45-Lunch 1-Bridge (SMC)	12 11-Healthy Bones (HTB) 11:45-Lunch 1-Timberlane Lunch-TMS	13 1-Geneology Lecture 2:30pm-Mahjongg (MCL)	14 10:30-Enjoyment 11:45-Lunch	15 9-ML Christmas Calls
16	17 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	18 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC)	19 7:30-Knitting Volunteers (BTE) 9-Blood Pressure (HTB) 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board (MCL)	20 11:45-Lunch 2:30pm-Mahjongg (MCL)	21 11:45-Lunch 1-Newsletter folding	22
23/30	24/30 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) (30th only) 11:45-Lunch	25 Christmas No Programs	26 11-Healthy Bones (HTB) 11:45-Lunch	27 11:45-Lunch 2:30pm-Mahjongg (MCL)	28 11:45-Lunch	29

Ongoing Programs

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 (609)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 (609)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 (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.

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 (609)989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

Mahjongg Thursdays (beginning 9/20), 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 (609)737-0605, ext. 692 to register.

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 (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 December 2007

NYC Holiday Shopping Trip Saturday, December 1, 8am to 7pm. Join the Hopewell Valley Parks and Recreation Department for a day in the city without travel or parking headaches. Get dropped off near St. Paul's Cathedral on Madison Avenue and within walking distance of Rockefeller Center, FAO Schwartz, Barney's, Bloomingdale's, Saks, and hundreds of specialty shops. \$25. **Pre-registration required.** For more information call (609)737-3753.

NJ Department of Banking and Insurance Tuesday, December 4, from 10:30 to 11:30 am. At the HV Senior Center. Pat Fleming from the New Jersey Department of Banking and Insurance will talk about consumer banking and insurance issues and will be available to answer questions. No registration required.

The 2007 Christmas Show Thursday, December 6, 5pm to 12am. Join the Hopewell Valley Parks and Recreation Department for a trip to the American Music Theatre in Lancaster, PA. Great for all ages. \$69. **Pre-registration required.** For more information call (609)737-3753.

Enjoyment Friday, December 14, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for her final *Spice of Life* Workshop and celebration. Laugh, love, and live for well-being at any age! Refreshments provided. Free and no registration required.

Maintaining Strength and Function Monday, December 10, 11am-noon in the auditorium of the Hopewell Township Municipal Building at 201 Washington Crossing-Pennington Rd. Join James McCracken, PT, CEES, Physical Therapist and Coordinator at the University Medical Center at Princeton's Outpatient Rehabilitation Network for a demonstration on weight training, strengthening exercises and other tips for exercising as you age. Free. **Pre-registration required.** For more information call (609)737-0605, ext. 692.

Timberlane Middle School Luncheon Wednesday, December 12, 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 Dec. 1.** To register call the Recreation Department at 737-3753.

Genealogy: Get Ready, Get Set, Get Going Thursday, December 13, 1-2pm at the HV Senior Center. Carol Sheaffer and Nancy Nelson from the Central Jersey Genealogical Club will talk about their experience in the field and give you tips for getting involved in genealogy yourself. Free. No registration required. For more information call (609)737-0605, ext. 692.

Mercer County Clerk's Office Tuesday, December 18, 10:30-11:30am at the HV Senior Center. Information on passports and absentee ballots. No registration required.

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