



Swing Into Spring

April 28, 2007, 7-10pm

Save the Date!



Enjoy an elegant evening of live Big Band music, dancing, and refreshments in the attractive Atrium at Merrill Lynch in Hopewell Township with special hosts, Hopewell Valley students.

Stay tuned for more 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

March 2007, Vol. 1, No. 3

Contents

- 1 Greeting**
- 2 News**
- 3 Special Events**
- 4-5 Calendar**
- 6 On-going Programs**
- 7 Around the Valley**
- 8 Stay Connected**

The Votes Are In

Congratulations to Nancy Brown of Hopewell Township for suggesting the winning newsletter name, *Senior Spirit!*

The new name got me to think about the various meanings of the word *spirit*. A few of my favorite definitions from the *American Heritage Dictionary* are:

"The vital principle or animating force within living beings."

"The part of a human associated with the mind, will, and feelings."

"The essential nature of a person or group."

"A causative, activating, or essential principle."

"A particular mood or an emotional state characterized by vigor and animation."

"Strong loyalty or dedication."

All too often older adults are portrayed as lacking the vitality that goes along with spirit. It's discouraging to turn on the TV and see that seniors are frequently represented as passive and powerless. My hope is that the contents of this newsletter will provide a contrast to those negative images.

I hope that it will reflect and encourage the vitality of older adults in Hopewell Valley. I am delighted to have a name that embodies an active and positive image of seniors. Let's hear it for *Senior Spirit!*

Abigail Waugh

Hopewell Valley Senior Services Coordinator

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 (609)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 (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.

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 (609)989-6650 three days in advance to reserve meal. Suggested donation. Come earlier to play cards!

Healthy Bones Every Monday at 1:30pm and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10:30am 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-First Monday of every month, 5:30 pm 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.

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. **March's meeting moved to 3/14/07 at 2pm!!**

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

Special Events for March 2007

HomeFriends Friday, March 2, 11am at HV Senior Center, 395 Reading Ave. in Pennington. Learn about HomeFriends, a friendly visitor program for home-based senior citizens and people with disabilities. Volunteer opportunities will also be discussed. No registration required. For more information call (609)737-0605, ext. 692.

AARP Tax-Aide Monday, March 5, 9:30am-12:30pm at the Hopewell Train Station and Monday, March 5, 1:30-4:30pm at HV Senior Center. Assistance filing income tax is provided by local AARP volunteers. Appointments are required. Please call (609)737-0605, ext. 692 to make an appointment.

Talking to Your Doctor March 8, 10:45-11:45am at Hopewell Valley Senior Center. This Senior Sense program will help you learn how to communicate effectively with your healthcare provider. Free and open to the public. For more information on Senior Sense call 877-322-1918, ext. 521 or email bclancey@cpofnj.org.

Atlantic City Bally's Casino Trip Tuesday, March 13, 8:30am-6:00pm. Join the Hopewell Valley Parks and Recreation Department for a trip to Bally's Hotel and Casino in Atlantic City. \$20. **Pre-registration required.** For more information call (609)737-3753.

Free Health Screenings Wednesday, March 14, 11am-1pm at the Mercer County Library, Hopewell Branch or Monday, March 19, 9am-12pm at Curves, 110 W. Franklin Ave. in Pennington. Princeton HealthCare System will provide free blood pressure, cholesterol screenings. Free. No registration required.

Local Wildlife Lecture Thursday, March 22, 2-4pm at the Hopewell Train Station, 2 Railroad Ave. in Hopewell Borough. Enjoy a lecture on local wildlife, by Hunterdon County Parks and Recreation Naturalist, Tom Sheppard. Free. **Pre-registration required.** To register call (609)737-0605, ext. 692.

Scrabble Program Saturday, March 24, 12pm-2pm at the Mercer County Library, Hopewell Branch. The Princeton Scrabble Classic will host this program, featuring an explanation of competitive Scrabble followed by demonstrations and games among attendees. Free. No registration required. For more information call (609)737-2610.

Mercer County Library Services-Monday, March 26, 11-11:45am at HV Senior Center. Learn about services and materials available at the Mercer County Library, including books on tape, interlibrary loan, large print, and delivery service. Free. No registration required. For more information call (609)737-0605, ext. 692.

Resources for Caregivers and Care-Recipients Monday, March 26, 6:30-7:30pm at the Titusville Methodist Church. Barbara Stender, a Caregiver Specialist from the Greater Trenton Behavioral Health Care Senior Well-Being Project will discuss resources for caregivers and recipients. To register, call (609)396-2788 x 241.

Downsizing? Tuesday, March 27, 1-2:30pm at the Mercer County Library, Hopewell Branch. Learn about the latest trends in home buying and selling, mortgage/financing and legal issues. Free. **Pre-registration required.** For more information call (609)737-2610.

Healthy Bones Demonstration Class Thursday, March 29, 10:45-11:45am at HV Senior Center. Kay Richards, a local Healthy Bones instructor will demonstrate exercises from the Healthy Bones program. Free. No registration required. For more information call (609)737-0605, ext. 692.

Mahjong Class-Thursday, March 29, 1-2pm at HV Senior Center, 395 Reading Ave. in Pennington. Dorothy Friedman will lead an introductory class in the popular game of Mahjong. Free. **Pre-registration required.** 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.

March 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.	Location Guide <i>For directions please call (609)737-0605 ext. 692</i> HTB-Hopewell Township Building HG-Hopewell Gardens HVGC-Hopewell Valley Golf Club MCL-Mercer County Library, Hopewell Branch		PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church TMC-Titusville Methodist Church TMS-Timberlane Middle School TS-Hopewell Train Station	1 11:45-Lunch	2 11-Homefriends 11:45-Lunch	3
	4	5 9:30-Tax-Aide (TS) 10:30-Healthy Bones (SMC) 11:45-Lunch 1-Healthy Bones (HTB) 1:30-Tax-Aide 5:30-Veterans' Group	6 10-Blood Pressure 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	7 11:45-Lunch 1-Artists' Choice	8 10:45-Talking to Your Doctor 11:45-Lunch	9 11:45-Lunch
11	12 10:30-Healthy Bones (SMC) 11:45-Lunch 1-Healthy Bones (HTB)	13 8:30-AC Trip 11:45-Lunch 1-Bridge (SMC)	14 9-Blood Pressure (HTB) 11-Health Screenings (MCL) 11:45-Lunch 1-Artists' Choice 2-Senior Advisory Board (MCL)	15 11:45-Lunch	16 11:45-Lunch 1-Newsletter folding	17 
18	19 9-Health Screening (Curves) 10:30-Healthy Bones (SMC) 11:45-Lunch 1-Healthy Bones (HTB)	20 10-BP (MCL) 11:45-Lunch 1-Bridge (SMC)	21 11:45-Lunch 1-Artists' Choice	22 11:45-Lunch 2-Local Wildlife (TS)	23 11:45-Lunch	24 12-Scrabble (MCL)
25	26 10:30-Healthy Bones (SMC) 11-Librarian Talk 11:45-Lunch 1-Healthy Bones (HTB) 6:30-Caregivers (TMC)	27 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC) 1-Downsizing (MCL)	28 11:45-Lunch 1-Artists' Choice	29 10:45-Healthy Bones Demo Class 11:45-Lunch 1-Mahjong Class	30 11:45-Lunch	

Senior News

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 (609)737-0605, ext. 692.



Breast Cancer Resource Center-The Breast Cancer Resource Center provides breast cancer education, information, and emotional support. It is located at the Princeton YWCA at 59 Paul Robeson Place in Princeton New Jersey. For more information call the breast cancer helpline at (609)497-2126 or the office at (609)497-2100. More information available at [www.http://www.bcrcnj.org](http://www.bcrcnj.org).

Senior Greeters Needed-Retired volunteers are needed for a new program at Bear Tavern Elementary School. Participants will be asked to volunteer four hours a week, greeting visitors and parents as they enter the school. For more information call at (609) 737-0605, ext. 692.

SHIP-The State Health Insurance Assistance Program (SHIP) provides free help to New Jersey Medicare beneficiaries who have problems with, or questions about their health insurance. Volunteers are at the Pennington Presbyterian Church on the 1st and 3rd Thursdays from 1 to 4 pm BY APPOINTMENT ONLY by calling the HealthConnection at (609) 584-5900.

Senior Aerobics at the YMCA-Did you know the Hopewell Valley YMCA offers an aerobic class with elements of yoga and t'ai chi movements just for seniors? For more information, call the YMCA at (609)737-3048 or email hvymca@verizon.net.



Tina Morak of the Hopewell Valley YMCA and Marie Aaron, the Senior Aerobics instructor.

Senior Sense Computer Classes-Coming this spring to Hopewell Valley, the Senior Sense program will offer small group classes in beginner computer operations just for seniors. Classes are free. For dates and location, call (609)737-0605, ext. 692.



Around the Valley

FISH of Hopewell Valley

A Message from Connie Dixon, FISH Coordinator

Hopewell Valley FISH (Friends in Service Here) is a local network of volunteers that has been helping people in this area since the early 1970's. FISH is *the* "Meals on Wheels" provider for Hopewell Township and the boroughs, and also helps arrange rides to doctor appointments. Most FISH volunteers help once or twice a month by delivering meals, driving people to doctor appointments, or by answering our phone line which is call forwarded to a different volunteer's home each weekday.

What FISH is able to do depends on the willingness and availability of the volunteers. FISH volunteers are a diverse group of all ages including retirees, people who work at home or part-time, and parents at home with young children. The FISH line rings in the home of a volunteer dispatcher on duty for the day. As requests com, the dispatcher finds volunteers to fill the requests. Drivers are then scheduled to deliver meals and to provide transportation to doctor appointments. Meal delivery is our first priority, so we must limit transportation requests and even occasionally refuse them according to the availability of the volunteer drivers. FISH meals are made and subsidized by the Pennington Quality Market, and are delivered starting at 11:00 am each weekday.

If you would like more information about the services that FISH provides, or if you are interested in exploring a volunteer opportunity, call FISH at (609) 737-9123.



FISH volunteers, Alex Semple (left) and Dan Lundquist, delivering a meal in Hopewell Borough.