



Caregiver Series

May 2007, Tuesday evenings from 7-8pm

Hopewell Valley Senior Center

Caregivers and care recipients are invited to a free five week lecture series about care giving issues, including home care, long term care asset management, Medicare, caregiver well-being, and memory loss.

For more information, call (609)737-0605, ext. 692.



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

April 2007, Vol. 1, No. 4

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Swing Into Spring Gala, April 28, 7-10pm

A few months after I started in the position as Senior Services Coordinator, the Hopewell Valley Youth Advisory Committee invited me along with members of the Senior Advisory Board to one of their meetings. It turns out students and seniors were dealing with a lot of the same issues in Hopewell Valley: lack of organized activities, lack of space for activities, and the challenge of connecting with one another in an area that covers over 60 square miles. On a positive note, the students in the group came up with the idea of hosting an evening event for seniors.

A committee was formed that included Hopewell Valley students and senior citizens with support from the Hopewell Valley Municipal Alliance, Hopewell Valley Recreation Department, and Senior Services. Our committee of students and seniors came up with the idea of *Swing Into Spring*, an evening of live Big Band music, dancing, and a light food and beverage menu. The group also wanted to encourage senior citizens to bring their high school aged grandchildren, making this an evening to connect with both peers and a younger generation.

Merrill Lynch has generously offered us a beautiful space at their Hopewell Township corporate campus for the evening with catering by Sodexho. Stony Brook Assisted Living has kindly offered to sponsor our band for the event, Swingadelic. In addition, several F.I.S.H. volunteers have offered to help with transportation for those who need it for the occasion. I hope you will come out to enjoy a festive evening of great music, food, and community.

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.

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

Special Events for April 2007

AARP Tax-Aide Monday, April 2, 9:30am-12:30pm at the Hopewell Train Station or 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.

Mercer County Office on Aging Public Hearing Tuesday, April 3, 10:30-11:30am at the HV Senior Center. A representative from Mercer County Office on Aging will discuss Office on Aging services as well as answer questions from the audience. Free.

Healthy Aging Thursday, April 5, 10:45am-11:45am at the HV Senior Center. Third lecture given in the Senior Sense Series. Free.

Senior Sense Friday, April 13, 12:30pm at Pennington Presbyterian Church. Information on Healthy Habits for Older Adults. Free and open to the public. For more information on Senior Sense call 877-322-1918, ext. 521 or email blancey@cpofnj.org.

Perspectives Thursday, April 5, 1-2pm at the HV Senior Center. What are your thoughts on current events? How do you envision Hopewell Valley in the future? What has your past taught you about the present? Share your thoughts on these topics and more at the first meeting of a new, friendly discussion group. Refreshments served. Free. Register by calling (609)737-0605, ext. 692.

Tavern on the Green Trip Tuesday, April 10, 10am-3pm. Join the Hopewell Valley Parks and Recreation Department for a spring adventure to this grand café overlooking Central Park. \$75. **Pre-registration required.** For more information call (609)737-3753.

Keeping Active Tuesday, April 10, 1-2pm at the HV Senior Center. Thomas Bartolino, MMSc, PT, OCS of Hopewell Physical Therapy will discuss tips for staying active as you age. Free. Register by calling (609)737-0605, ext. 692.

Artists Workshop: Drawing and Painting Tuesdays, April 10-May 22 from 7-8:30 p.m. at Timberlane Middle School. Hopewell Valley Parks and Recreation Department is offering this class with instructor Susan Ewart. Drawing, pen & ink, and watercolors will be demonstrated. \$90. **Pre-registration required.** For more information call (609)737-3753.

Timberlane Middle School Luncheon Wednesday, April 11 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.** For more information call (609)737-3753.

Basketry Workshop Saturday, April 14, 10am-1pm at the Mercer County Library, Hopewell Branch. Margrite Egli will demonstrate basketry. Free. For more information call (609)737-2610.

Health Fair Tuesday, April 17, 9am-12pm at Hopewell Gardens, 725 Denow Rd. in Hopewell Township. Princeton HealthCare System will provide free blood pressure, glucose, and cholesterol screenings. Free. No registration required.

Veterans Thursday, April 19, 11am at HV Senior Center. Learn about veterans benefits in Mercer County. Free.

Family and Friends CPR Friday, April 20, 10am-noon at the Hopewell Train Station, 2 Railroad Pl. in Hopewell Borough. Free Adult and Child CPR class. To register call 1-888-897-8979.

Orchid Workshop Saturday, April 21, 10am-noon at the Mercer County Library, Hopewell Branch. Susan Grange of Stony Brook Orchids will share her expertise on orchid cultivation. Free. For more information call (609)737-2610.

Stained Glass 101 Wednesdays, April 28-May 23 from 7-8:30 p.m. at HV Central High School, Room 105. Hopewell Valley Parks and Recreation Department is offering this introduction to stained glass with teacher Jami Taranto. \$90. **Pre-registration required.** For more information call (609)737-3753.

AARP Driver Safety Class Thursday, April 26, 9am-1pm and Friday, April 27, 9am-1pm at the Pennington Presbyterian Church. Participants must attend both four hour sessions in order to receive approximately 5% insurance discount for three years. No age restriction for registered drivers. \$10. For more information contact Dick Pratt at (609)737-2767.

Swing Into Spring Gala Saturday, April 28, 7-10pm at the Merrill Lynch Corporate Headquarters. See page 1 for details. \$15. Transportation available upon request. For tickets, call (609)737-3753.

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

April 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30-Tax-Aide (TS) 10:30-Healthy Bones (SMC) 11:45-Lunch 1-Tax-aide 1:30-Healthy Bones (HTB) 5:30pm-Veterans' Group (HTB)	3 10-Blood Pressure 10:30-Office on Aging 11-Leisure Club (SAC) 11:45-Lunch 1-Bridge (SMC)	4 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice	5 10:45-Healthy Aging 11:45-Lunch 1-Perspectives	6 No Programs	7
8 	9 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	10 10-Tavern on the Green Trip 11:45-Lunch 1-Keeping Active 1-Bridge (SMC) 7-Artists Workshop (TMS)	11 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 1-Timberlane Lunch (TMS)	12 11:45-Lunch	13 11:45-Lunch 12:30-Senior Sense (PPC)	14 10-Basketry (MCL)
15	16 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	17 9-12-Health Fair (HG) 11:45-Lunch 1-Bridge (SMC) 7-Artists Workshop (TMS)	18 9-BP(HTB) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 2-Senior Advisory Board (MCL) 7-Stained Glass (CHS)	19 11-Veterans Speaker 11:45-Lunch	20 10-CPR (TS) 11:45-Lunch 1-Newsletter folding	21 10-Orchids (MCL)
22	23 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	24 10-BP(MCL) 11:45-Lunch 1-Bridge (SMC) 7-Artists Workshop (TMS)	25 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice 7-Stained Glass (CHS)	26 9-Driver Safety (PPC) 11:45-Lunch	27 9-Driver Safety (PPC) 11:45-Lunch	28 Swing Into Spring 7-10pm Merrill Lynch Campus
29	30 10:30-Healthy Bones (SMC) 11:45-Lunch 1:30-Healthy Bones (HTB)	31 11:45-Lunch 1-Bridge (SMC) 7-Artists Workshop (TMS)	All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.	<u>Location Guide</u> CHS-Central High School HG-Hopewell Gardens HTB-Hopewell Township Building MCL-Mercer County Library, Hopewell Branch	PPC-Pennington Presbyterian Church SAC-St. Alphonsus Church SMC-St. Matthews Church TMS-Timberlane Middle School <i>For directions please call (609)737-0605</i>	

Senior News

Good Luck to Paul Scheirer, Welcome to Nils Stout-The Senior Advisory Board is sad to see Paul Scheirer of Pennington Borough step down from the board, but wish him luck in his move to a new community. We know his wisdom and enthusiasm will be a great gift for his new neighbors. Nils Stout, a longtime Pennington Borough resident will replace him on the Senior Advisory Board. Nils' experience as a contractor and his knowledge of the community will be an asset for the board.



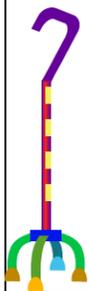
HomeFriends is a friendly visitor program for homebound seniors and people with disabilities. It was created by the Princeton Senior Resource Center and funded by the United Way of Greater Mercer County as well as by individual and corporate donations. Volunteers visit their "HomeFriends" weekly and provide services such as shopping, assistance with errands, and friendly visits. Program is free and available to Hopewell Valley residents. For more information on receiving a visitor or becoming a volunteer, contact the HomeFriends director at (609)252-2362.

Hopewell Valley Oral History Project-Have you lived in Hopewell Valley for an extended period of time? Your whole life? Do you have a memory of what it used to be like back when . . .? If so, please consider taking part in the Hopewell Valley Historical Society's oral history project. Volunteers are also needed to interview participants. For more information, call (609)737-0605, ext. 692.

Mercer County Connection is a new outreach center that provides a wide range of information and services to the citizens of Mercer County at one convenient location. Located near Acme Market at the Hamilton Square Shopping Center on Highway 33 & Paxson Ave. in Hamilton. For more information, call (609)890-9800.

Pennington Borough Parks and Recreation Commission is looking for your ideas and input on recreation in the borough. Borough residents can get in touch with the commission by contacting Pennington Borough at (609)737-0276.

Your Resource-Medical equipment (walkers, hospital beds, wheelchairs) which is no longer being used can be donated to Your Resource, a nonprofit agency. Medical equipment is collected, refurbished and made available to those in need at affordable cost. A tax deduction receipt is available for all donations. Your Resource is located at 8 Industry Court, Ewing, NJ 08638. For more information, call (609)530-1513.



Around the Valley

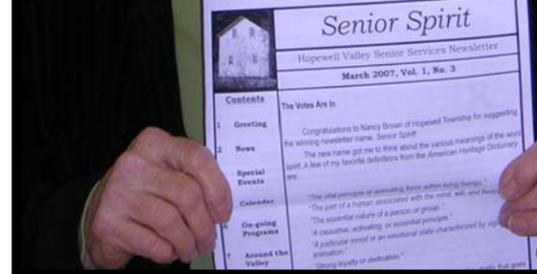


Above: Noel Goeke of the Hopewell Valley Historical Society gave a talk in February on the Hopewell Valley Oral History Project.

Right: Members of the planning committee for *Swing Into Spring*, seated from left to right is Heidi Kahme, Lena Klett, Molly Haggerty, Molly Foster, and Michael DeVencinzo. Standing from left to right are Rob Henderson and Abigail Waugh.



Above: Suzanne Fanzblau, a local nutritionist gave a talk on fiber at the senior center.



Left: Nancy Brown of Hopewell Township, the winner of the "Name the Newsletter" contest with her *Senior Spirit*.