



## Save the Date



**“The Great American Songbook”  
At Hunterdon Hills Playhouse  
Wednesday, February 24th**

**Call Hopewell Township Recreation Department  
at 737-3753 to sign-up.**

[www.hvseniors.org](http://www.hvseniors.org)

Hopewell Valley Senior Services  
201 Washington Crossing-Pennington Rd.  
Titusville, NJ 08560

PRSRT STD  
U.S. Postage Paid  
Permit No. 427  
Trenton, NJ 08650



# Senior Spirit

Hopewell Valley Senior Services Newsletter

**January 2010, Vol. 4, No. 1**

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### **Information is Power When It Comes to Scams**

You may have read in the news recently that a Pennington Borough resident dodged a “Publisher’s Clearinghouse” scam. This was an elaborate scheme with an explanation for everything: she had won a check, the check could not get to her because of a typo in her address, and now she would need to pay a fee to get her check. There was even a fake customs agent and a fake lawyer to ease any of her misgivings. Thankfully, the resident smelled a rat and did not send any money. She then made sure other people knew about it by alerting the police, the county, neighbors, and friends.

Retirees are often targeted because they tend to be more socially isolated than working adults. Scam artists also count on older adults having more medical issues that make them more vulnerable. So the next time you get a phone call, email, or a knock on the door that doesn’t seem right, make sure you tell others about it. You could be doing them a big favor. Scam artists are always thinking of new ways to take advantage of people. Making sure information on new scams gets out is key to staying one step ahead of them!

*Abigail Waugh*  
*Hopewell Valley Senior Services Coordinator*  
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## Senior News

**Canasta** A group of people would like to together to play canasta. If you are interested in playing, please call Senior Services at 737-0605, ext. 692 and leave a message with days and times when you are available.

**The Dallas Brass Band** will be performing at the Performing Arts Center at Central High School on Wednesday, January 20 at 7pm. Tickets are \$10 for students & seniors and \$15 for all others, and may be purchased online at [www.showtix4u.com](http://www.showtix4u.com), or by calling 866-967-



8167. Group sales are also available by calling (609) 737-4000 ext. 1425. Reserved seating, so purchase your tickets early. This event is funded by the Hopewell Valley Education Foundation, HVRSD, the HVCHS PTO, and the MTPA.

**Mercer County Surrogate** will continue to travel monthly to the Hopewell Township Municipal Building and the Pennington Borough Hall. The County Surrogate's Office provides the following services: probate or administration of an estate, adoption filing, appointment of incapacitated person, appointment of guardian of property for minor funds, review of formal accounting, contested probate filings, as well as marriage ceremonies. To schedule an appointment with the surrogate please call 989-6336.

### **Consumer Tips from Mercer County and New Jersey Division of Consumer Affairs**

#### **Gift Cards**

- No gift card or gift certificate can expire for 24 months after purchase;
- No dormancy fee can be imposed within the first 24 months following purchase or within the 24 month period following last use of the gift card;
- After 24 months of non-activity, the issuer may charge a maximum dormancy fee of \$2 per month; and the gift card must include a telephone number to call for information about its expiration date or dormancy fees.

#### **Refunds**

-Retailers must conspicuously post their refund policy for all merchandise in one of the following locations:

Attached to the item itself;

Affixed to each cash register or at point of sale;

Situated as to be clearly visible to the buyer from the cash register; or

Posted at each store entrance used by the public.

## Around the Valley

### Upcoming AARP Programs

**Tax-Aide**-AARP's volunteers are back to assist you in filing your 2009 tax return. This program is open to all ages with special attention to people who are 60+.\* Appointments will be available at the Hopewell Valley Senior Center, 395 Reading Street in Pennington on Monday afternoons: February 22, March 15, March 29 and April 12. To make an appointment, please call Hopewell Valley Senior Services at 737-0605, ext. 692.

*\*Residents will be asked to bring last year's tax return along with income documents for 2009.*

**Driver Safety Program**-The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed especially for drivers 50 and older. Participants learn defensive techniques, new traffic laws, and rules of the road. Through interacting with one another, they find out how to safely adjust their driving to compensate for age-related changes in vision, hearing, and reaction time. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ. Participants must attend both days to complete course. The program is co-sponsored by Hopewell Valley YMCA and Hopewell Valley Seniors Services. Classes will take place on Mondays, February 1 and 8 from 1-5pm at the Hopewell Valley Senior Center, 395 Reading Street in Pennington (participants must attend both classes). The cost is \$12 for AARP members and \$14 for non-members. AARP & YMCA membership is not required. Please contact the Hopewell Valley YMCA at 737-3048 to register.

## Ongoing Programs

**Artists' Choice** will meet Tuesdays, January 5 and 19, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. For more information call 737-0605, ext. 692.

**Blood Pressure Screenings** First Tuesday from 10am-noon at the HV Senior Center, 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 info., call (609)737-0120.

**Bridge** Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call (609)737-3753.

**Folding** Meets the 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 10am at St. Matthew's Church, 300 South Main St. in Pennington. Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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** Meets quarterly 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](mailto:information@hopewellvalleyveterans.org).

**Knitting and General Volunteering at Bear Tavern**-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. 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.

**Mahjongg** Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly 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 January 2010

**Hopewell Valley Seniors Connect: Navigating Google Maps** Tuesday, January 5, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. There is probably no other Web destination that provides access to so much travel-related information as Google Maps. You can get street maps, terrain maps, driving and walking directions, satellite view, traffic reports, street views, restaurant recommendations, public transit routes, photos, videos, Wikipedia articles and more for almost any location on earth. Joel May will explore the various features of Google Maps, which are also available on many mobile devices that one can take along while traveling. *This program was rescheduled from December.* No registration required. For more information, call 737-2610.

**Billy Elliot, The Musical on Broadway** Wednesday, January 6, 10am-7pm, meet at Independence Park. Called "Intoxicating" by the New York Times, *Billy Elliot* is a joyous, exciting and feel-good celebration of one boy following his heart and making his dreams come true. The show is brought to life by the original movie's creative team along with music by legend Elton John, who has written what the New York Post calls "His Best Score Yet!" Bus will arrive in the city for a quick lunch on your own before 2pm matinee show. \$150 per person. **Pre-registration required by calling 737-3753.**

**Bingo** Wednesday, January 6, 10:30-11:30am at the Hopewell Valley Senior Center. Please stop by for an informal game of bingo at the senior center. No registration required.

**What on Earth is Happening to Our Free Press?** Friday, January 8, 12:30pm at the Pennington Presbyterian Church, 13 S. Main St. in Pennington. The speaker is George White, who has been a newspaper executive for most of his career. Open to the Public. Bring a sandwich. Beverages, fruit and a light dessert will be provided. Call to make a reservation, 737-1221.

**Outdoor Hike** Tuesday, January 19, 10am to noon. Meet at the main Visitor's Center at Washington Crossing State Park for a group walk. All are welcome. There will be a faster and slower paced group. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

**How to Stay Limber and Prevent Injury** Wednesday, January 20, 10:30-11:30am at the Hopewell Valley Senior Center. Debbie Hutchinson, PT with Princeton HealthCare System will talk about why flexibility is important, how it changes as we age, and will demonstrate exercises you can do at home. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

**Let's Chat** Friday, January 22, 1-2:30pm. Join the Let's Chat group with Vivian Greenberg, LCSW for a discussion on grief and the healing process. Refreshments provided. No registration required.

**Coffee Connections: Native Wildlife** Monday, January 25, 10-11:30am at the Hopewell Train Station. Coffee will be served from 10 to 10:30am. At 10:30am Jane Yates of the Mercer County Wildlife Center will speak about native wildlife. She will bring real animals from the wildlife sanctuary to show the group. Free. Open to the public.

**Transportation Update** Wednesday, January 27, 10:30-11:30am at the Hopewell Valley Senior Center. Learn more about transportation options available to residents in Hopewell Valley. Get brochures on various transportation programs and meet staff from RideProvide of Greater Mercer County. No registration required.

**Movie: The Invention of Lying** Wednesday, January 27, 1:30pm at the Hopewell Branch of the MCL. Free. Comedy starring Ricky Gervais. No registration required. For more information, call the library at 737-2610.

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

# January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.	<b>Location Guide</b> HTB-Hopewell Town. Building HTS-Hopewell Train Station MCL-Mercer County Library, Hopewell Branch PPC-Pennington Pres. Church	PQM-Pennington Market SAC-St. Alphonsus Church SMC-St. Matthew's Church TMS-Timberlane Middle School WXSP-Wash. Crossing State Park			<b>1 New Year's Day</b> <i>No Programs</i>	<b>2</b>
<b>3</b>	<b>4</b> 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	<b>5</b> 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 1:30-Bridge (SMC) 1:30-Artists' Choice	<b>6</b> 10-Billy Elliot (Trip) 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	<b>10</b> 11:45-Lunch 1:30-Mahjongg	<b>8</b> 11:45-Lunch <b>12:30-Brown Bag Lunch (PPC)</b>	<b>9</b>
<b>10</b>	<b>11</b> 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	<b>12</b> 11-BP (PQM) 11:45-Lunch <b>1:30-Bridge (SMC)</b>	<b>13</b> 11-Healthy Bones (HTB) 11:45-Lunch	<b>17</b> 11:45-Lunch 1:30-Mahjongg	<b>15</b> 11:45-Lunch 1-Newsletter Folding	<b>16</b>
<b>17</b>	<b>18</b> Martin Luther King Day <i>No Programs</i>	<b>19</b> 10-Hike (WXSP) 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	<b>20</b> 9-BP (HTB) 10:30-Staying Limber <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 2-Senior Advisory Board	<b>21</b> 11:45-Lunch 1:30-Mahjongg	<b>22</b> 11:45-Lunch 1-Let's Chat	<b>23</b>
<b>24/31</b>	<b>25</b> 10-Native Wildlife (HTS) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	<b>26</b> 10-BP (MCL) 11:45-Lunch <b>1:30-Bridge (SMC)</b>	<b>27</b> 10:30-Transportation <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>1:30-Movie (MCL)</b>	<b>28</b> 11:45-Lunch 1:30-Mahjongg	<b>29</b> 11:45-Lunch	<b>30</b>