

**SAVE THE DATE:**

**AARP TAXAIDE**

**February 14, March 7, March 21, and April 4  
Hopewell Valley Senior Center**

**Call 737-0605, ext. 692  
for an appointment**



**www.hvseniors.org**

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

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# Senior Spirit

Hopewell Valley Senior Services Newsletter

**January 2011, Vol. 5, No. 1**

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## **Fitness Especially for You**

January is a month of new beginnings, crisp calendar pages, and another chance to recreate who we want to be. Many of the resolutions we create for ourselves in the new year have to do with being more physically active. For good reason too. Being active is an investment in our future selves, a way to prevent illness, and improve mental health.

While medical professionals and popular news channels often talk about the benefits of physical activity, we do not always hear about all the options that are available. People's interests and abilities, as they relate to exercise, vary considerably. This is especially true for older adults and people with disabilities.

In January, we are hosting a Senior Fitness Fair with information about local fitness resources that are relevant to the needs of older adults. There are a variety of options for all interests and needs. Stony Brook Assisted Living will also be providing a healthy lunch for attendees. Please turn to page 7 for more details about fitness especially for you.

Happy New Year!

*Abigail Waugh  
Hopewell Valley Senior Services Coordinator  
(609)737-0605, ext. 692  
awaugh@hopewelltp.org*

## Senior News

**ENewsletter** Would you like to get the *Senior Spirit* earlier, save paper, and save costs? Sign up for the enewsletter and receive the newsletter by email starting this January. If you would like to sign-up for the enewsletter instead of the paper version, please send your name and email address to [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Exercise Room** at Hopewell Valley Regional School District will be available to older adults in the community in 2011. Workout from 6-7:30am on Mondays and Wednesdays. Cost is \$60 for three month membership, starting January 31, 2011. Pre-registration required by calling Senior Services at 737-0605, ext. 692.

**Heating Assistance** If your income is below \$1,805 per month for an individual or \$2,429 for a couple, you may be eligible for heating assistance. Call 1-800-510-3102 for more information and ask about USF and LIHEAP.

**Hopewell Valley Senior Foundation** is a nonprofit organization that raises money in support of the Hopewell Valley seniors. If you would be interested in joining the board of trustees or would like more information about activities, call Bill Farmer at 737-8904.

**Looking for Help with Odd Jobs?** If you are interested in hiring a high school student for jobs around your home and yard, call Senior Services at 737-0605, ext. 692 to post an advertisement on a bulletin board in the high school. Interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled. Postings will be removed after two months.

**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.

**Senior Advisory Board** says goodbye to Joel May of Hopewell Township and Virginia Silliphant of Hopewell Borough, as well as honorary member Helen Lee. We appreciate all their hard work over the years and wish them well as they move on to other endeavors. Stay tuned for new members of Senior Advisory Board.

**Reading Volunteers Open House** is scheduled for February 2 from 3-4pm at the Hopewell Branch of the Mercer County. Learn how you can team up with a team to read to younger students in the area. More details in the next *Senior Spirit*.

## Around the Valley

HOPEWELL VALLEY SENIOR SERVICES & HOPEWELL TOWNSHIP  
HEALTH DEPARTMENT

# SENIOR FITNESS FAIR

"FITNESS ESPECIALLY FOR YOU"



TUESDAY, JANUARY 25, 2011

10:00 AM — 1:00 PM

HOPEWELL TOWNSHIP MUNICIPAL BUILDING  
201 Washington Crossing-Pennington Road, Titusville

LEARN MORE ABOUT: THE HEALTHY BONES GROUP, HOPEWELL VALLEY  
CENTRAL HIGH SCHOOL FACILITIES, HOPEWELL VALLEY  
SENIOR SERVICES WALKING GROUP, PEAC FOREVER YOUNG PROGRAM,  
PRINCETON FITNESS AND WELLNESS CENTER, TCNJ AQUATICS  
CENTER AND MORE!

FEATURING  
A HEALTHY LUNCH FROM STONY BROOK ASSISTED LIVING

## Ongoing Programs

**Artists' Choice** will meet Tuesdays, January 4 and 25, 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.

**Bingo** First Wed. of the month, 10:30-11:30am at the HV Senior Center.

**Blood Pressure Screenings** Third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville. Other 2011 screenings to be announced. 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 10:30am 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. **No class on 1/3 at the Hopewell Township Municipal Building.**

**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).

**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. The public is encouraged to attend. 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 2011

**Hopewell Valley Seniors Connect** There will be no Hopewell Valley Seniors Connect in January. Next class will be held in early February.

**Canasta or RummiCube** Wednesdays, January 12 and 26, 1:30-3:30pm at the HV Senior Center. Beginners welcome. There will now be an option to play RummiCube during this time. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

**Caregivers Evening: Caregiving From Afar** Tuesday, January 11, 6-7:30pm at the Hopewell Valley Senior Center. Whether you live in the next town over or across the country from someone you are caring for, caregiving from at a distance has specific challenges. Learn how to tap into local resources across the country, as well ways you can support your loved one with Senior Services Coordinator, Abigail Waugh. Light dinner will be sponsored by CareOne in Ewing. **Registration encouraged at 737-0605, ext. 692.**

**Let's Chat** Friday, January 14, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required. Refreshments will be served.

**Walk at Cedar Ridge** Tuesday, January 18 (rain date is 1/20), 10-11:30am at the parking lot off of Van Dyke Road in Hopewell Township. All are welcome. There will be a slower and moderate paced group. Parking is limited so please consider carpooling. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692.

**The Aging Eye** Wednesday, January 19, 10:30-11:30am at the HV Senior Center. Joan Micucci, COMT of Matossian Eye Associates will talk about changes to the eye as you change and the latest treatment for cataracts, glaucoma, and macular degeneration. No registration required.

**Farming in the 21st Century** Monday, January 24, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection series will feature Jess Niederer of Chickadee Creek Farm in Hopewell Township. Ms. Niederer is a fifteen generation farmer and is the fourth generation of her family to farm in Hopewell Township. Come learn more about trends in sustainable farming, ways local farms supply the community with healthy and flavorful food, and how costs are kept down to make life enjoyable for both farmers and food eaters alike. Refreshments will be served. All ages are welcome. No registration required.

**Fitness Fair** Tuesday, January 25, 10am-1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. See page 7 for more details.

**Do You Know About Poisons in Your Home?** Wednesday, January 26, 10:30-11:30am at the HV Senior Center. Nicole Tate of the New Jersey Poison Information Education System will talk about common household hazards. No registration required.

**Movie:** There will not be a movie in January due to Friends of Hopewell Branch Library Book Sale. Stay tuned for February movie.

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

# January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 <b>Holiday</b> <i>No Programs</i>	4 <b>11-Leisure Club (SAC)</b> 11:45- Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	5 10:30-Bingo <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	6 11:45-Lunch 1:30-Mahjongg	7 11:45-Lunch	1/8
9	10 10:30-Healthy Bones (SMC) <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	11 11:45-Lunch <b>1:30-Bridge (SMC)</b> 6-Caregiving from Afar	12 <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Canasta	13 11:45-Lunch 1:30-Mahjongg	14 11:45-Lunch 1-Let's Chat	15
16	17 <b>Martin Luther King Day</b> <i>No Programs</i>	18 <b>10-Walk (CRP)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	19 <b>9-BP (HTB)</b> 10:30-Aging Eye <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 2-Senior Advisory Board	20 11:45-Lunch 1:30-Mahjongg	21 11:45-Lunch 1-Newsletter Folding	22
23	24 <b>10-Farm Talk (HTS)</b> 10:30-Healthy Bones (SMC) <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	25 <b>10-Fitness Fair (HTB)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b>	26 10:30-Poison Education <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Canasta	27 11:45-Lunch 1:30-Mahjongg	28 11:45-Lunch	29
30	31 <b>10:30-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	<b>Location Guide</b> CRP-Cedar Ridge Preserved HTB-Hopewell Town. Building HTS-Hopewell Train Station MCL-MC Library, Hopewell PQM-Pennington Market	SMC-St. Matthew's Church SAC-St. Alphonsus	<b>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>		