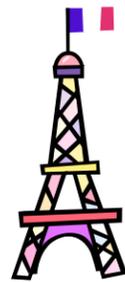


**SAVE THE DATE:**

**PHILADELPHIA FLOWER**  
**"Springtime in Paris"**



**Thursday, March 10**

**Call the Recreation Department at 737-3753**  
**To register**

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

**February 2011, Vol. 5, No. 2**

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### Generation Connection

Over the last couple of months, I've had the pleasure of working with a group of people on creating intergenerational programming for 2011. The group formed late last year and is a collaboration between teens, older adults, and representatives from several community groups. The group formed with the goal of bringing Hopewell Valley residents of different generations together. After three years of holding a dance, *Swing Into Spring*, it was time to brainstorm some fresh possibilities that would also connect people across generations.

After several fruitful round-table discussions, the first project the group is going to work on together is a community services that will bring teams of seniors and teens into pre-school and afterschool programs to read to youngsters. We liked the idea of creating an activity that was both fun and meaningful. This program will start up during the first week of March in honor Dr. Seuss' birthday and National Read Across America Day.

If you are interested in this first community service project of pairing up with a teen to read to younger children, please stop by our open house on February 2 at 3pm at the Hopewell Branch of the Mercer County Library. The group would also like your ideas on other projects and events going forward. We live in a world where more and more we are plugged in and engaged with technology. Let's find more ways to unplug and connect with people of all ages in our community!

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

## Senior News

**Borough Health Services** Effective 1/1/11, Animal Control Services for Hopewell Borough and Pennington Borough will be provided by Montgomery Township. Residents in need of Animal Control or animal sheltering can call (908)359-4308 for service. Early in 2011, Public Health Services for Hopewell Borough and Pennington Borough will also be transitioned to Montgomery Township. This Shared Service is expected to improve cost-effectiveness of essential service delivery in all three communities. The Montgomery Health Department can be reached at (908)625-2281. This change does not affect Hopewell Township residents.

**Chronic Illness Self-Management Program** NJ residents with on-going health condition can sign-up for a new on-line version of a popular and effective chronic disease self-management program traditionally conducted in community workshops. Better Choices, Better Health™ helps people with arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis and many other chronic conditions manage their symptoms and take control of their health. Interested people can register at [www.selfmanage.org](http://www.selfmanage.org).

**Civil War Series at Pennington Public Library** at 3pm on February 6 (“Strategy, Weapons and Politics”) and February 13 (“The Cost of War”) at 30 North Main St. in Pennington. On February 27, James M. McPherson, Pulitzer Prize winning author of the book, “Battle Cry of Freedom” and leading authority on the American Civil War will speak at 3pm. Reservations encouraged for film. Reservations required for McPherson lecture. For additional information or to make reservations, please contact Tara Russell at 609-737-0404.

**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. 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).

**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 Advisory Board** welcomes two new members this year: Rosaline Fleming of Hopewell Borough and Noel Goeke of Hopewell Township.

**Taste of Pennington** will be held on Tuesday, February 8, between 6:30-8:30pm at Stony Brook Assisted Living, 143 W. Franklin Ave. in Pennington. Participating restaurants include: Emily's Café, Vito's Pizza, Barone's Tuscany Grill, TJ's Trattoria, Pennington Quality Market, Wildflowers Restaurant, Cugino's Italian Specialties, and Pennington Bagel. \$5 donation will benefit the Hopewell Valley Senior Foundation. Space is limited. Please RSVP to Carolyn at 730-9922 by Feb. 4.

## Around the Valley



The WISE Program was developed over the last ten years by NJPN and implemented locally by NJPN's 19 member agencies throughout New Jersey. Implementation and evaluation efforts were made possible with support from the New Jersey Department of Human Services, Division of Addiction Services and the Northeast Center for the Application of Prevention Technology (NECAPT) Service to Science Program.

*Celebrating healthy aging and educating older adults*

**Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?**

*Join us, and bring a friend!*

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect seniors differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

A \$25.00 Gift Card to Shop Rite to each participant who completes the program

***Beginning February 10th, 3:30-4:30pm***

**Hopewell Valley Senior Center, 395 Reading St. in Pennington**

**To register for the classes, call Senior Services at 737-0605, ext. 692.**

## Ongoing Programs

**Artists' Choice** will meet Tuesdays, February 1 and 15, 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. Feel free to stop by. 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** First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. in Pennington, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville. For more information, 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.

**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 February 2011

**Google Reader: The Golden Ticket to Web Efficiency** Tuesday, February 1, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Hopewell Valley Seniors Connect is back with a new instructor, Anna Van Soyoc. Learn how to streamline your web and news browsing process, saving you time by bringing relevant updates to you. Presentation will include an overview of RSS (Really Simple Syndication), as well as a demonstration of Google Reader to help you stay updated with news, blogs, and other websites! Please note new time. No registration required. For more information, contact 737-2610.

**Community Service Open House** Wednesday, February 2, 3-4:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Learn more about this new Generation Connection initiative to bring teens and older adults together for fun, fellowship, and volunteerism. Light refreshments served. No registration required.

**Brown Bag Lunch: In-Home Services** Friday, February 4 at 12:30pm at the Pennington Pres. Church, 13 S. Main St. In Pennington. Kurt Marttile of Senior Helping Seniors will speak at 1pm about services available in the home. Bring a sandwich. Beverages, fruit and a light dessert will be provide. Open to the public. **Register by calling 737-1221.**

**Pokeno** Wednesday, February 9, 10:30-11:30am at the Hopewell Valley Senior Center. Our friends at Acorn Glen are back for this fun game, which is similar to bingo. Free. No registration required.

**Canasta or RummiCube** Wednesdays, February 9 and 23, 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 737-0605, ext. 692.

**WISE** Thursdays, February 10, 17, 24, March 3, 10, and 17, 3:30-4:30pm at the HV Senior Center. Free wellness education program. See page 7 for details. **Registration required by calling at 737-0605, ext. 692.**

**AARP Tax-Aide** Monday, February 14, 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required by calling 737-0605, ext. 692.**

**Walk at Heritage Preserve** Tuesday, February 15 (rain date is 2/17), 10-11:30am at the parking lot off of Reed Road in Hopewell Township. All are welcome. Slower and moderate paced group. Parking is limited so please consider carpooling. No registration required. For directions, contact Senior Services at 737-0605, ext. 692.

**Managing Your Blood Pressure** Wednesday, February 16, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Muhammad Mustafa, Cardiologist with Capital Health will talk about ways to keep your blood pressure under control. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

**Birthday Breakfast** Friday, February 18, 9am at the Hopewell Valley Golf Club. Is your birthday in January, February, or March? **If so, pre-register for the birthday breakfast by calling the at 737-3753.**

**Hopewell Valley Deer Management Task Force** Wednesday, February 23, 10:30-11:30am at the Hopewell Valley Senior Center. Michael Van Cleef Bill Kane of the Task Force will be at the senior center to present the results of the survey. This is open to residents of all ages. No registration required.

**Movie: Secretariat** Wednesday, February 23, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Diane Lane and John Malkovich star in this film about Kentucky's thoroughbred racing legend. Free. No registration required. For more information, call the library at 737-2610.

**Let's Chat** Friday, February 25, 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.

**Saving the Sourlands-Central NJ's Last Forest** Monday, February 28, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection series will feature Cliff Wilson, President of the Sourland Mountain. Refreshments will be served. All ages are welcome. No registration required.

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

# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10-BP <b>10-Seniors Connect (MCL)</b> 11-Leisure Club (SAC) 11:45- Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	2 10:30-Bingo <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>3-Service Open House (MCL)</b>	3 11:45-Lunch 1:30-Mahjongg	4 11:45-Lunch <b>12:30-Brown Bag Lunch (PPC)</b>	5
6 3pm-Civil War Series (PPL)	7 <b>10:30-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	8 11:45-Lunch <b>1:30-Bridge (SMC)</b> <b>6:30-Taste of Pennington (SBAL)</b>	9 10:30-Pokeno <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Canasta	10 11:45-Lunch 1:30-Mahjongg 3:30-WISE	11 <b>Lincoln's Birthday</b> <i>No Programs</i>	12
13 3pm-Civil War Series (PPL)	14 <b>10:30-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Tax-aide	15 <b>10-Walk (HRP)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice	16 <b>9-BP (HTB)</b> 10:30-Blood Pressure Talk <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 2-Senior Advisory Board	17 11:45-Lunch 1:30-Mahjongg 3:30-WISE	18 <b>9-Birthday Breakfast (HVGC)</b> 11:45-Lunch 1-Newsletter Folding	19
20	21 <b>Presidents' Day</b> <i>No Programs</i>	22 11:45-Lunch <b>1:30-Bridge (SMC)</b>	23 10:30-Deer Task Force <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1:30-Canasta <b>1:30-Movie (MCL)</b>	24 11:45-Lunch 1:30-Mahjongg 3:30-WISE	25 11:45-Lunch 1-Let's Chat	26
27 3pm-James McPherson (PPL)	28 <b>10-Sourland Talk (HTS)</b> <b>10:30-Healthy Bones (SMC)</b> <b>11-Healthy Bones(HTB)</b> 11:45-Lunch	<b>Location Guide</b> HRP-Heritage Ridge Preserve HTB-Hopewell Town. Building HTS-Hopewell Train Station HVGC-HV Golf Club MCL-MC Library, Hopewell	PPC-Penn. Pres. Church PPL-Penn. Public Library PQM-Pennington Market SBAL-Stony Brook Assist. Liv. 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>		