



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

February 2013, Vol. 7, No. 2

## Contents

- 1 Greeting
- 2 News
- 3 Special Events
- 4 Ongoing Programs
- 5 Around the Valley
- 6 Save the Date

### **Important Legal Decisions**

The best time to talk about legal matters with your family is when you don't feel like you need to. You and your loved ones are in relatively good health and you have many decades ahead of you to enjoy. Decisions can be made in the context of thoughtful judgments rather than in a time of crisis or high emotions.

Once we get ourselves organized legally, however, we're still not done. Our lives change and grow as time passes. Older relatives pass on while new generations are born. Weddings, divorces, job and health changes, and retirement all affect our most important legal choices. We can't let our legal documents get stuck in the past.

Learn what important legal decisions you should be making at this point in your life. As part of a new Baby Boomer series, there will be a talk on legal issues on February 13, from 6:30-8pm at the Pennington Public Library. This program is geared towards people in their sixties, but is also perfect for anyone who is too busy to get out to our daytime programs. Hope to see you there.

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## **Senior News**

**Chair Yoga: Movement and Meditation for Seniors** is starting at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. The program will be Fridays (starting 2/1/13) 10-11:15am with Melissa Nier, PT, RYT. Come join us for a practice that will help to calm your mind, open your heart and strengthen your body. Chair yoga is a gentle form of yoga done seated or standing using a chair for support while performing the yoga postures. You will learn how to use your breath to help you relax and to connect to your inner strength. Please come 5-10 min early to sign in and dress comfortably. Please check with your physician before coming to class, if you have any pre-existing medical conditions or concerns about whether chair yoga is appropriate for you. For more information, contact the library at (609)737-2610.

**Styrofoam, CD/DVD & Wine Cork Collection** held by Hopewell Valley Green Team & Pennington Environmental Commission. In collaboration with the East Amwell Recycling Committee on Saturday, February 2, 2013, 12 pm – 3 pm at the Hopewell Township Public Works Building, 203 Washington Crossing – Pennington Road. **For all Hopewell Valley Residents and Businesses! GOT STYROFOAM?** Don't throw away those **sheets & blocks** of Styrofoam Packing Material that you've been accumulating. Bring it to our Styrofoam collection day and keep it out of the landfill. Packing **peanuts** must be in a separate bag. We will not be collecting Styrofoam food containers. Styrofoam will be delivered to Raybob Packaging, Inc., Bristol, PA. **OLD, USELESS CDs & DVDs?** Free **CDs** that you got in the mail, outdated software, **DVDs** with corrupted files. Those disks can really pile up! Don't send them to the Landfill. Bring them to our Recycling Event and we will deliver them to "Back Thru The Future Technology Disposal" in Franklin, NJ Jewel Cases will be accepted if they are empty and have no paper inserts. **WINE CORKS?** Bring your wine bottle **corks** (real cork, not synthetic) and we will send them to a cork tile manufacturer in Missouri.

**Fraud Warning from the United States Postal Service** Learn the warning signs of fraud found in solicitations. Talk to someone who is knowledgeable but not judgmental about fraud schemes. For anyone who has questions about a suspicious solicitation they've received, call 1-800-646-2283. AARP-trained Fraud Fighters are standing by with consumer protection tips. Hearing you are a prize winner can be exciting, and often addictive. Some people refuse to stop taking calls from a person claiming to be a prize distributor because they enjoy receiving them. Find other activities to fill the day. Get informed. Educate yourself about the potential of age-related damage to the brain that affects financial decision making or inhibits the ability to tell if someone is lying. Understanding the problem and knowing it's a natural part of aging will help you and everyone around you to maintain perspective. Call the non-emergency number of the police and ask where to make the report. You can also file a complaint with Mercer County Division of Consumer Affairs at (609)989-6671.

## Special Events for February 2013

**Brown Bag Luncheon: After the Fall** Friday, February 1, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Nancy Distelcamp, Injury Prevention Coordinator of the Trauma Center at Capital Health Regional Medical Center will advise us on when to call 911, what to expect when you do, emergency room procedures, and so much more, with emphasis on prevention of injuries. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

**Book Club** Monday, February 4, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Edith Wharton's House of Mirth. Books available at Mercer County Library. Pre-registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692. or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Protect Yourself Online** Tuesday, February 5, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Guest speaker, Ross Holley, will share a variety of tools and tips that the "everyday Internet user" can use to ensure his or her safety while perusing the web, using email, and locating reliable computer tech support. No registration required.

**Let's Chat** Friday, February 8, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

**Knitting and Crocheting Group** Wednesdays February 13 and 27 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**How To Keep Your Most Important Decisions Out of Court** Wednesday, February 13, 6:30-8pm at the Pennington Public Library, 30 N. Main St.. Judge Alexander P. Waugh Jr., of the NJ Appellate Division will discuss important legal information for you and your family. No registration required.. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Winter Birthday Breakfast** Friday, February 15, 9am at the Hopewell Valley Golf Club. Is your birthday in January, February, or March? If so, you are invited to attend our quarterly birthday breakfast. **Registration required by calling the Hopewell Township Recreation Department at 737-3753 by 2/8/13.** Guests are welcome to attend with you for a fee of \$15.

**Walk in Hopewell Borough** Tuesday, February 19 (rain date is 2/21), 10-11:30am. Meet at Gazebo Park on the corners of Greenwood Ave. and Columbia Avenues in Hopewell. Street parking available. The group will set the place. No registration required. Bring comfortable shoes and water. For more info, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Movement Disorders** Wednesday, February 20, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Jill Farmer, DO, MPH, Movement Disorder Specialist at Capital Health will discuss movement disorders, including Parkinson's. No registration required.

**Taxaide** Monday, February 25, 1:30-4:30pm at the Hopewell Valley Senior Center. *See insert for details.*

**Keeping Your Home Safe: Tips From the Police Department** Wednesday, February 27, 10:30-11:30am at the Hopewell Valley Senior Center. Learn ways to keep your home safe from intruders from a member of the Hopewell Township Police Department. No registration required.

**Movie: Alex Cross** Wednesday, February 27, 1:30-3:30pm at the Hopewell Branch of the MCL. American crime thriller starring Tyler Perry. For more information, contact the library at 737-2610.

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

## Ongoing Programs

**Artists' Choice** will meet on February 5, 19, and 26 this month from 1-4pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. This group is facilitated by local artists, Bob Barish and Sue Ewart. Participants should bring their own supplies and projects. Critiques are available upon request. For more information call 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Bingo** First Wednesday of the month, 10:30-11:30am at the HV Senior Center. No registration required.

**Blood Pressure Screening** First Tuesday of the month, 10-11am at the HV Senior Center. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level. *Blood glucose screenings will be done in February. Fasting or 2 hour post meal for accurate results.*

**Bridge** Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. No pre-registration required. \$4. 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:am at St. Matthew's Church, 300 South Main St. in Pennington. Call for 466-2324 for information. Also every Monday 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, ext. 638.

**Hopewell Valley Leisure Club** . Social club, including activities and speakers for Valley seniors. The club meets the first Tuesday of every month at 11am at St. Alphonsus Church in Hopewell. For more information, please call 466-0657 or 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. . Call the Mercer County Nutrition Project at 989-6650 for information or the senior center from 9am-1pm at 737-3855 to register. 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** is the 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.*



# AARP Tax-Aide

AARP Tax-Aide volunteers will be available to help Hopewell Valley residents prepare tax returns and answer tax questions.

Dates and locations are as follows:

**Mondays: February 25, March 18, and March 25  
1:30pm-4:30pm**

***Hopewell Valley Senior Center, 395 Reading Ave., Pennington***

This service is provided by local AARP volunteers with special attention to those age 60 and over. Residents are asked to bring all relevant financial information for 2012, as well as 2011 federal and NJ tax returns to their appointments.

***Appointments are required. Please call (609)737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org) to make an appointment or for more information. For year-round tax assistance visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide).***



## **Save the Date**



Monday, March 11, 2013 at 7pm

**Voluntourism: See the World in a New Light**

*At the Hopewell Valley Senior Center*

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

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

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