



SAVE THE DATE:



Mama Mia!

Wednesday, April 27

For information, call the Recreation Department at 737-3753.

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

March 2011, Vol. 5, No. 3

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A New Appreciation for Spring

When did the cabin fever set in for you this winter? Was it the first day you could not leave the house or the second? Maybe it was when you had to cancel a trip to visit a friend or postpone a doctor's appointment. Perhaps it was after you hurt your back shoveling and did not want to move, or the day when the power went out. For me, it was when an icy blanket of snow slowly crept down from the roof and covered three of my windows blocking out the sunlight.

This winter has brought on many hurdles for us this year and has reminded us that there are many things we do not have control over. There were moments when we just had to let go of a plan or just wait for the ice to melt. There were times of frustration with icy driveways and high heating bills. Yet, there were also times of overwhelming awe at how beautiful the world is glistening in white.

Spring this year feels especially welcome. Most of us will not miss this past winter, except perhaps its beauty. We look forward to putting away our snow boots, shovels, ice melt, and getting a little bit of freedom back. It will be delightful to feel like our lives are not ruled by the weather and to make plans as we please, at least until next winter. Happy Spring!

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.

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.

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 Rides is a transportation service available to older adults and younger people with permanent disabilities within Hopewell Valley. Wheelchair accessible vans are now available upon request. Rides are \$2 each way anywhere within Hopewell Borough, Hopewell Township, and Pennington Borough. For more information or to register as a rider, call Hopewell Valley Senior Services at 737-0605, ext. 692. This program is sponsored by Bristol-Myers Squibb.

Hopewell Valley Veterans Association has established a drop-off location for US flags which need to be disposed of properly. Residents can deposit old flags in the red, white, and blue mailbox at the entrance to the Hopewell Township Public Works facility located at 203 Washington Crossing-Pennington Road in Titusville.

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.

National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual, and transgender (LGBT) older adults nationwide. For more information, go to www.lgbtagingcenter.org or call (212)741-2247.

Around the Valley

Encore Careers: Doing Good While Doing Well

Looking to combine passion, purpose and a paycheck in a second career or retirement job? Find out how you can use your skills, knowledge and experience in an encore career in growth industries such as the education, health care, and environmental fields.

**Tuesday, March 22,
3-4:30pm**

**Hopewell Valley Senior Center
395 Reading St.
Pennington, NJ 08534**

Engaged Retirement & Encore Careers Center

A program of the Princeton Senior Resource Center

For information:

609-924-7108

cking@princetonsenior.org

Ongoing Programs

Artists' Choice will meet Tuesdays, March 1, 15, and 29, 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.

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.

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 or the senior center from 9am-1pm at 737-9123 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 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 March 2011

Income Tax Help on the Web Tuesday, March 1, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Learn about several major sources of Income Tax help on the web with Anna Van Scoyoc at this month's HV Seniors Connect. No registration required. For more info, contact 737-2610.

AARP Tax-Aide Mondays, March 7 and 21, 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.**

Pokeno Wednesday, March 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, March 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.

Philadelphia Flower Show Thursday, March 10, 9am-4pm. Meet at Independence Park. The theme for the 2011 show is "Springtime in Paris." Guests will enjoy the capital of art, fashion, food and love. Lunch is on your own at the Convention Center or a stroll across the street to the Reading Terminal Market. \$46 per person. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Let's Chat Friday, March 11, 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 Washington Crossing State Park Tuesday, March 15 (rain date is 3/17), 10-11:30am. All are welcome. Slower and moderate paced group. Meet at Main Visitors Center. No registration required. For directions, contact Senior Services at 737-0605, ext. 692.

What a Pain: Information You Need to Know About Arthritis Wednesday, March 16, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Brian Vannozi of Princeton HealthCare System will be the speaker. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

Mystery Casino Tuesday, March 22, 8:30am-6pm. Meet at Independence Park. \$27 per person. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Encore Careers Tuesday, March 22, 2-3:30pm at the Hopewell Valley Senior Center. See page 7 for details.

Do You Know About Poisons in Your Home? Wednesday, March 23, 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. *Rescheduled from January.*

Movie: Fighter Wednesday, March 23, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Starring Christian Bale. Free. No registration required. For more information, call the library at 737-2610.

Celebrating Women In American History Monday, March 28, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. Celebrate Women's History Month with Cindy Saperstein as she describes women's contributions to American History. 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.

March 2011

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.	1 10-Seniors Connect (MCL) 11-Leisure Club (SAC) 11:45- Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	2 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch	3 11:45-Lunch 1:30-Mahjongg	4 11:45-Lunch	5
6	7 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Tax-aide	8 11:45-Lunch 1:30-Bridge (SMC) 6:30-Taste of Pennington (SBAL)	9 10:30-Pokeno 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	10 9-Flower Show (Trip) 11:45-Lunch 1:30-Mahjongg	11 11:45-Lunch 1-Let's Chat	12
13	14 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	15 10-Walk (WXSP) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	16 10:30-Arthritis Talk 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	17 11:45-Lunch 1:30-Mahjongg	18 11:45-Lunch 1-Newsletter Folding	19
20	21 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Tax-aide	22 8:30-Casino (Trip) 11:45-Lunch 1:30-Bridge (SMC) 2-Encore Careers	23 10:30-Poison Education 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta 1:30-Movie (MCL)	24 11:45-Lunch 1:30-Mahjongg	25 11:45-Lunch	26
27	28 10-Womens Hx (HTS) 10:30-Healthy Bones (SMC) 11-Healthy Bones(HTB) 11:45-Lunch	29 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	30 11-Healthy Bones (HTB) 11:45-Lunch	31 11:45-Lunch 1:30-Mahjongg	Location Guide 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 WXSP-Wash. X State Park