



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

March 2012, Vol. 6, No. 3

## Contents

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

***“You’re Never Too Old, Too Wacky, Too Wild,  
To Pick Up a Book and Read to a Child” -Dr. Seuss***

This simple advice from Dr. Seuss seems a bit silly at first glance. Like most of his words, these prove more meaningful the more you think about them. We all, no matter our age or disposition, can offer a child the gift of making a story come alive.

Every year on Dr. Seuss’s Birthday, March 2, the National Education Association celebrates the day with *Read Across America*. This is the second year Hopewell Valley Senior Services has participated in this event. As part of our Generation Connection program, we are having pairs of teens and older adults read to children in area afterschool programs.

Do you have an hour to give? Perhaps you have physical limitations and can no longer volunteer for ongoing stretches. Or perhaps you just miss reading to young people. I hope you’ll find an hour this year to promote reading and make a connection with young people. Look inside for more details.

*Abigail Waugh  
Hopewell Valley Senior Services Coordinator  
(609)737-0605, ext. 692  
awaugh@hopewelltp.org  
www.hvseniors.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. This is also a great option for people who travel for part of the year, but would like to continue to find out what's going on at home. 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).

**Mercer County Surrogate** will continue to travel monthly to the Hopewell Township Municipal Building on the third Friday of the month and the Pennington Borough Hall on the second Thursday of the month. 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.

**Misleading Flyer Alert** A flyer advertising a "Senior Help Line" was sent to some NJ seniors participating in the PAAD program. Seniors seeking financial aid from the Specified Low-Income Medicare Beneficiary Program, instead, received application forms for Medicare Advantage health plans and scope of appointment forms that would allow insurance salesperson to make a home visit. Please be alert to misleading advertising from insurance companies!

### **Ms. New Jersey Senior America Pageant 2012 Seeking Contestants**

Harrah's Resort Hotel and Casino in Atlantic City will once again host the Ms. New Jersey Senior America Pageant 2012. The pageant will be held on Thursday, June 7th in the Concert Venue Theater at 1:00 pm. "Dreams do come true, and yours can too!", is the theme for the Ms. New Jersey Senior America Pageant 2012. Since 1971, the purpose of the pageant has been a search for ladies who have reached the "age of elegance", that is, 60 years and over, to enter the nation's most prestigious contest. After winning the State Title, the Queen becomes the delegate from New Jersey, who will compete in the Ms. Senior America National Pageant, also to be held at Harrah's in October. For an application and information call or e-mail: Mrs. Johanne Santori, Ms. New Jersey State Pageant Director at (609) 822-7441 or [adejoh@comcast.net](mailto:adejoh@comcast.net). For more information, go to [www.msnewjerseysenioramerica.org](http://www.msnewjerseysenioramerica.org).

## Special Events for March 2012

**Read Across America** Friday, March 2 or Monday, March 5 from 3:30-4:30pm. Celebrate Dr. Seuss' Birthday this March by teaming up with a high school student and reading to a child at a local after school program. To volunteer, please call (609)737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org). Books will be provided. Just bring your enthusiasm!

**Computing in the Clouds** Tuesday, March 6, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Twitter is more than learning about what someone ate for breakfast. It's becoming more common to hear people talk about "using the cloud" or "computing in the cloud." You may even be "cloud computing" and not realize it! The March session of Hopewell Valley Seniors Connect will introduce participants to the cloud computing movement. Join Anna Van Scoyoc as she talks about the risks and benefits of cloud computing, as well as its impact on how we use, store, and share information, photos, and documents. No registration required. Contact the library at 737-2610 for more information.

**Philadelphia Flower Show** Thursday, March 8, 9am-4pm. Meet at Independence Park. The theme for the 2012 show is "Hawaii, Islands of Aloha." This show promises to be another beautiful and spectacular event that will have you dreaming of paradise! Lunch is on your own at the Convention Center or a stroll across the street to the Reading Terminal Market. \$49 per person (\$45 for HT residents). **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Let's Chat** Friday, March 9, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required. Refreshments will be served.

**Tech Time** Tuesday, March 13, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Would you like to learn how to text? Use your new laptop? Attach a photo to an email? If you answered yes to any of these questions or have other technology questions, stop in for tech help from local teens. Are you a techie yourself? Come by and share your expertise. This program is part of Generation Connection, an on-going effort to bring people of different generations together. **Registration required by 3/2.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Brain Teasers** Wednesday, March 14, 1-2pm at the HV Senior Center. Come enjoy an hour of brain games and logic puzzles. No registration required. For more information or to submit brain teasers, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**AARP Tax-Aide** Monday, March 12 and 26, 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 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**Walk in Hopewell Borough** Tuesday, March 20 (rain date is 3/22), 10-11:30am. Meet at Gazebo Park on the corner of Columbia and Greenwood Avenues. Street parking is available along Columbia Avenue. There will be a slower and moderate paced group. No registration required. For more information or directions, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Stroke: What You Need To Know** Wednesday, March 21, 10:30-11:30am at the HV Senior Center. Join Dr. Paul Kaiser of Princeton HealthCare System to learn about stroke risk factors, prevention, and symptoms. No registration required.

**What's At Your Library?** Wednesday, March 28, 10:30-11:30am at the HV Senior Center. Meet staff and volunteers from the Hopewell Branch of the Mercer County Library, the Hopewell Public Library and the Pennington Public Library to learn more about their collections, exciting programming, and interesting volunteer opportunities. No registration required.

**Historical Images of Hopewell Valley** Monday, March 26, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection series will feature a slide show about education and transportation with Jack Koeppel of the Hopewell Valley Historical Society. All ages are welcome. No registration required. For more information, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Movie: Ides of March** Wednesday, March 28, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Ryan Gosling and George Clooney star in this political thriller about the days leading up to a heavily contested Ohio presidential primary. No registration required. 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 now be held every Tuesday, 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Co-facilitators are Bob Barish and Sue Ewart. The theme for March will be working with the color green. Feel free to stop in. 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.

**Blood Pressure Screening** First Tuesday of the month, 10-11am at the HV Senior Center.\* Second Tuesday of the month, 11-11am at the Pennington Quality Market. Third Tuesday of the month, 10-noon at the Hopewell Township Health Clinic, Lower Level. Fourth Tuesday of the month, 10-11am at Stop N Shop. \*This month blood glucose testing will be offered at the senior center (fast or be 2 hours 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 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. 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.

**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 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.

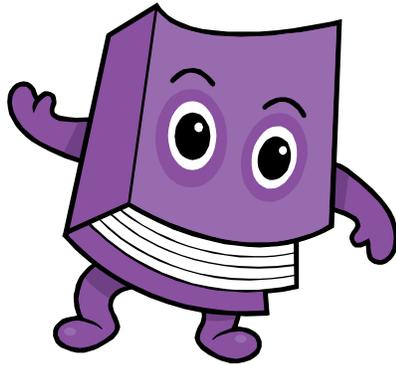
**Mahjongg** Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

**Senior Advisory Board Meeting** 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.*

Generation Connection Presents:

# *Read Across America*



*Celebrate Dr. Seuss's Birthday this year by reading to a child. Older adults will be paired up with teens to read for an hour at area after-school programs.*

**Friday, March 2 from 3:30-4:30-pm**

*or*

**Monday, March 5 from 3:30-4:30pm**

**Call Hopewell Valley Senior Services to volunteer and for details on location by calling (609)737-0605, ext. 692 or emailing [awaugh@Hopewelltp.org](mailto:awaugh@Hopewelltp.org).**

*Generation Connection:  
Bringing teens and senior citizens together  
in community service*



**SAVE THE DATE:**

**Thursday, March 8**



**PHILADELPHIA FLOWER SHOW**

*Hawaii, Islands of Aloha*

Contact the Hopewell Township Recreation Department  
at 737-3753 for more information.

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

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

**RETURN SERVICE REQUESTED**

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