



Senior Spirit

Hopewell Valley Senior Services Newsletter

March 2014, Vol. 8, No. 3

Contents

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

Staying In

As I write this we are just digging out from our fourth major snow storm of the year with a few more inches predicted soon. Almost everyone is having snow day fatigue, even those of us who love the white stuff and are staying home to make soup. Many of us are looking forward to getting back into our routine and back to not having to worry about ice!

I often think about what it was like for the early residents of Hopewell Valley during a storm. Before radio, weather reports, and internet access, there was just hunkering down and waiting it out. In some ways, the severity and frequency of the snow this year has forced us back to those earlier days. We have done a lot of sitting and waiting.

I hope by the time you are reading this, the end of snow is in site for the season. Perhaps though, you have a new appreciation for all that we have in our busy, modern world. Or perhaps, you have a new appreciation for staying in.

*Abigail Waugh
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org
http://www.hopewelltp.org/senior_news.html*

Senior News

2-1-1 is a free, user-friendly phone number that serves 90% of America's population, and connects some 16 million people a year to critical resources, information and services. In New Jersey, more than 210,000 people turned to 2-1-1 for help last year. People called to find information for meeting basic needs, like heating or utility assistance, emergency help, or to find the closest food bank. But they also called for everyday information, to find out where to take their child for developmental screening, or how to locate job training or to find free tax filing support. NJ residents can also visit www.nj211.org to “self-serve,” whether to read about how to find help for specific problems or to search the database of over 14,000 programs and services.

Aging Insights an informative program from the New Jersey Foundation for Aging will be playing every day on Channel 30 (Verizon) and 95 (Comcast) at 10am. Please tune in for up-to-date information on aging in New Jersey.

Explorations this Spring Please see insert for details on the courses: Stories & Theories about the Universe, Enjoying Shakespeare, Vikings and Saxons and Celts, Communal Singing, and Introduction to Indian Cuisine. **Full course descriptions are available upon request at mansier@comcast.net or phone Larry Mansier at 737-0863.**

Lyme Disease Support & Info Group meetings at the Unitarian Universalist Church at Washington Crossing, 268 Washington Crossing-Pennington Rd., Titusville, NJ 08560 on the 2nd Thursday of the month, at 6 pm. FREE ! Come find out about the latest prevention and diagnosis technology or about upcoming Lyme Disease conferences; or come just for emotional support. The Group Coordinator has been attending Scientific Meetings on Lyme Disease and “co-infections” for 10 years. You’ll be surprised at how much there is to know & discover! Contact group coordinator, Dorothy Aicher, @ (609) 730-0939, if you have questions.

Take a Walk on the Wild Side! Early morning walks for Adults only, 8:30-9:30AM each day. Start your day off right with a walk on the Watershed Reserve trails with SBMWA Teacher-Naturalist Allison Jackson! Rain or shine – dress for seasonal weather and possibly muddy conditions. Binoculars, cameras and nature journals are encouraged. Join one hike or ALL! FREE for Watershed members/\$5 non-members. Dates are: March 19, April 2, April 16, April 30, May 14, and May 28. **Pre-registration is requested – please call 609-737-7592.**

Special Events for March 2014

An Intro and Demo of Windows 8 Wednesday, March 5, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Laura Nawrocik from Mercer County Library's Information Technology Department will provide an overview of, as well as tips and tricks to, navigating Windows 8. No registration required.

AARP Taxaide Wednesday, March 5 (Full), Friday, March 28th, 1:30-4:30-pm, and Wednesday, April 2, 1:30-3:30pm at the Hopewell Valley Senior Center. Free tax preparation by trained AARP volunteers. **Pre-registration required by calling (609)737-0605, ext. 692 or emailing awaugh@hopewelltp.org.**

Moving Meditation Fridays, March 7-May 2 (except 4/18) from 10-11am at Hopewell Borough Hall, 88 E. Broad St. in Hopewell. Free, gentle moving meditation with Yvonne Wang. Space is limited. **Pre-registration required by contacting Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org**

Brown Bag Luncheon: Explorations Spring 2014 Friday, March 7, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Learn about the adult education courses available this spring. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register at 737-1221, ext. 10.**

Book Club Monday, March 10, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Light Oceans by M. L. Stedman. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Tech Time Tuesday, March 11, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 3/7.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Let's Chat Friday, March 14, 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.

Mondays with Mia Monday, March 17, 10am at the Hopewell Train Station, 4 Railroad Pl. in Hopewell Borough. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Cedar Ridge Walk Tuesday, March 18 (rain date is 3/20), 10-11:30am. Meet in parking lot off of Van Dyke Rd. in Hopewell Township. The group will set the place. No registration required. Bring comfortable shoes and water. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Hospice and Palliative Care: What You Always Wanted To Know But Were Afraid To Ask Wednesday, March 19, 10:30-11:30am at the Hopewell Valley Senior Center. Liz Cohen, LCSW, of the Hospice Program of Princeton HomeCare will be the speaker. No registration required.

A Discussion About Changing District Enrollment Wednesday, March 26, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Tom Smith will talk about changes in the Hopewell Valley Regional School District Enrollment. No registration required.

Rush Wednesday, March 26, 1:30pm at the Hopewell Branch of the Mercer County Library. A British-German biographical sports drama *film* centered on the rivalry between race car drivers James Hunt and Niki Lauda . Free. library at 737-2610 for details.

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

Ongoing Programs

Artists' Choice will be meeting at 1pm on Tuesdays, March 4, 11, 18, and 25. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. For more information call 737-0605, ext. 692 or 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. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. \$4. **First time pre-registration required by calling (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. Call 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.

Knitting and Crocheting Group Wednesday, March 12 and 26 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.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.

Social Bridge Mondays, 2:30-4:30pm at the HV Senior Center. Would you like to get back into playing bridge after many years? Are you a beginner who would like to practice in a relaxed setting? **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or awaugh@hopewelltp.org.**

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

Around the Valley

Newport, Rhode Island and Block Island TRIP 3 days/2 nights

**Tue. - Thur. May 20-22, 2014
Call For Registration Packet**



The Hopewell Twp. Parks & Recreation Department has scheduled a trip with Sunset Tours to enjoy three days and two nights in scenic Newport, Rhode Island! Our itinerary will include a stop at Olde Mistick Village for shopping and lunch before our arrival in Newport. On the second day we will have a full day Block Island Tour including a round-trip ferry ride, lunch at the National Hotel and tour of Block Island with some free time for shopping in the Island's downtown area. Dinner is included this evening at the Atlantic Beach Club in Newport. On our third day, a step-on guide will join us on our motor coach for a 3 hour tour of Newport with admission to the Marble House. After our tour, we will visit the Brick Market for lunch and shopping on your own before we depart for home. Trip includes deluxe motor coach transportation, overnight accommodations, 2 breakfasts, 2 dinners, 1 lunch, and all admissions and tours. Call the Recreation Dept. at 737-3753 for a



Save the Date



Friday, April 25 at 9am
Birthday Breakfast
(for residents with birthdays January-June)

**Call the Hopewell Township Recreation Department
At 737-3753 to register**

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

RETURN SERVICE REQUESTED

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