



Senior Spirit

Hopewell Valley Senior Services Newsletter

April 2014, Vol. 8, No. 4

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What's Your George?

In March we had a new arrival at the senior center. His name is George and he is a life-size fiberglass ox. The Artists' Choice group, seven artists who work weekly at the senior center are painting him as part of a public arts initiative by the Hopewell Valley Arts Council. George is one of many oxen waiting to be decorated as part of a Hopewell Valley Stampede.

While we were waiting for George's arrival, I was aware of how it's both exciting and a little nerve racking to embark on a new project. How will this new thing change the routine? How can everyone work together? How will we find time for it? Where will we store it?

I am looking forward to seeing George's progress as the artists work on him this spring. It's also a nice reminder to all of us to do something new and different from time to time. Is there something you've been wanting to do in your life that you could take on this spring? What's your George?

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http://www.hopewelltp.org/senior_news.html

Senior News

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 Starts This April 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.

Scam Alert-This month there are at least two active scams in Hopewell Valley. One is a phone call from someone claiming to fix a problem with your computer over the phone with you and then gaining access to your accounts and financial information. The other is an email from Verizon stating that your credit card is declined and then requesting your credit card number in order to continue service. Be alert for these and other scams! Contact Mercer County Consumer Affairs at (609)989-6671 if you have questions or to report a scam.

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.**

Textile Recycling All Year-Coming Soon Hopewell Valley residents will be able to recycle their used textiles all year. Donation boxes are coming soon to all of the area schools. Check out <http://hvrsd.org/community/Pages/TextileDrive.aspx> as the information will be updated there.

Special Events for April 2014

Tech Time Tuesday, April 1, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 3/30.** To register, contact 737-0605, ext. 692.

Plan Your Next Trip Like A Pro Wednesday, April 2 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Anna Van Scoyoc will provide an overview of helpful online resources available to simplify your travel planning. No registration required.

AARP Taxaide Wednesday, April 2, Friday, April 4, 1:30-4:30-pm at the Hopewell Valley Senior Center. Free tax preparation by trained AARP volunteers. **Both days are full.**

AARP Smart Drive Course Thursday, April 3, 9am-4pm (with break for lunch) at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Refresher driver course designed specifically for older drivers. May offer multi-year insurance discount. \$15 for AARP members and \$20 for non-members. **Registration required by contacting the HV YMCA at (609)737-3671.**

Brown Bag Luncheon: Home Health Care Options Friday, April 4, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Learn about home care options with Abigail Waugh, Hopewell Valley Senior Services Coordinator. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register at 737-1221, ext. 10.**

Let's Chat Friday, April 11, 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.

Book Club Monday, April 14, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Loving Frank by Nancy Horen. 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.

Walk at Mercer County Equestrian Center Tuesday, April 15(rain date is 4/17), 10-11:30am. Meet in parking lot at 431 Federal City Rd. in Pennington (Hopewell Twp). 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.

Understanding Memory Loss Tuesday, April 15, 6-7:30pm at the Hopewell Valley Senior Center. Rose Berger, MSW, Coordinator, Education & Outreach, Alzheimer's Association, Greater NJ Chapter will be the speaker at this quarter's caregiver night. Light dinner will be provided by Home Helpers of Hillsborough. Registration recommended by contacting Hopewell Valley Senior Services at (609)737-0605, ext. 692.

Alzheimer's Disease and Cognitive Disorders Wednesday, April 16, 10:30-11:30am at the HV Senior Center. Dr. G. Peter Gliebus, of Capital Health's Alzheimer's Disease Program No registration required.

Senior Luncheon at Timberlane Middle School Wednesday, April 16, 12:30-1:30pm at the Timberlane Middle School, 51 S. Timberlane Drive in Pennington. Free luncheon sponsored by the Hopewell Valley Education Foundation and a local business. Lunch followed by a performance by the high school orchestra and chamber singers. **Registration required by 4/9 by calling the Hopewell Township Recreation Department at (609)737-3753.**

Mondays with Mia Monday, April 21, 10am at the Hopewell Train Station, 4 Railroad Pl. in Hopewell. Come meet Mia for an hour of fun. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Consumer Affairs: Know Your Rights Wednesday, April 23, 10:30-11:30am at the Hopewell Valley Senior Center. Donna Giovannetti, Mercer County Consumer Affairs Chief will be the speaker. No registration required.

Birthday Breakfast Friday, April 25, at 9am at the Hopewell Valley Golf Course, ? Rd. Do you have a birthday between January and June? If so, you are invited to a free birthday breakfast. Guests welcome for a charge of \$15. **RSVPs required by contacting the Hopewell Township Recreation Department at (609)737-3753. See inside page for details.**

Mercer County Surrogate Monday, April 28, 10am at Hopewell Borough Hall, 88 E. Broad St. in Hopewell. Diane Gerofsky will be the speaker at Coffee Connections in April. Learn what about the many services provide to Mercer County residents by the Surrogate's Office. Refreshments served. No registration required.

All is Lost Wednesday, April 30, 1:30pm at the Hopewell Branch of the Mercer County Library. Robert Redford stars in this 2013 survival film. Free. Call 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, April 1, 8, 15, 22, and 29. 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. *This month the folding will be on 4/25 due to the Good Friday Holiday.*

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, April 9 and April 23 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. **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.



**Best wishes on your birthday from
Hopewell Valley Senior Services
and Hopewell Township
Parks & Recreation Department!**

***Semi-Annual
Birthday Breakfast***

**Hopewell Valley Golf Club
Friday, April 25, 2014
9:00 am**

RSVP no later than April 17 at 737- 3753

***Please join us for a birthday breakfast
in your honor, along with other
Hopewell Valley Seniors
celebrating birthdays in the months of
January through June.***

**(We welcome and encourage spouses and guests,
at a cost of \$15, which may be paid at the door.)**



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

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