



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

May 2011, Vol. 5, No. 5

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### **Older Americans: Connecting the Community**

Every May we celebrate Older Americans Month. The theme this year is "Older Americans: Connecting the Community." When I first read about this year's theme, I was struck by the very practical ways in which older adults connect the community. I think of all the grandchildren who are picked up and dropped off by their grandparents. I thought of the retirees who volunteer at the polls and the libraries, allowing community members to connect with important resources.

Then I started to think about the ways in which older adults connect communities with the past. Longtime community residents are able to welcome new families to a neighborhood. Older adults can often offer the long range perspective of an organization, group, or place of employment that younger people cannot. This information is important to understanding the mission and goals of any association of people.

Finally, in our current technological culture that values "fast connections," I think one of the most valuable resources older adults have to offer communities today is their knowledge of **slow connections**. Please take some time this month to celebrate how you and other older adults have contributed to your family, your neighborhood, and your organizations.

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## **Senior News**

**Award Payment Data Release Document Scam** is an emerging scam where residents are told they have won a significant amount of money and need to fill out an "Award Payment Data Release Document" and pay a small fee to claim money. Anyone who receives such a telephone call should report it to Donna Giovannetti, Mercer County Consumer Affairs Division Chief at 989-6671.

**ENewsletter** Would you like to get the *Senior Spirit* earlier, save paper, and save costs? 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).

**Hopewell Valley Night at Waterfront Park** is Thursday, June 2 at 7:05pm. The Hopewell Valley Municipal Alliance is sponsoring this great night of baseball. Watch the Trenton Thunder take on the Altoona Curve. Senior (60+) tickets are \$8. Tickets must be ordered by May 6, 2011. For more information, contact the Municipal Alliance at 737-0120, ext. 642.

**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. To register as a rider, call Hopewell Valley Senior Services at 737-0605, ext. 692. This program is sponsored by Bristol-Myers Squibb.

**Mercer County Older Americans Month Kick-Off Event** will be on Friday, May 6 from 10am-1pm at Mercer County Park, West Windsor in the Grandparent's Grove (follow signs to the marina). Enjoy a day of entertainment, physical activity, refreshments, and more. This event is presented by Mercer County Executive Brian M. Hughes and the Board of Chosen Freeholders through the Mercer County Office on Aging/Council on Aging. For more information, call 989-6661.

**Shredding and Electronic Recycling Event for Hopewell Township Residents** on Saturday, May 14 from 9am to 1pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Road. 10 boxes per household for shredding. Drop-off only. You may also bring electronics (computers, tv's, radios, and cell phones) to dispose of them. Donors are responsible for any data on all media. For more information, call 537-0250.

## Special Events for May 2011

**Skype: The Next Best Thing to Being There** Tuesday, May 3, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Anna Van Scoyoc will demonstrate how to make free voice and video calls, as well as other features Skype offers, at the May session of Hopewell Valley Seniors Connect. No registration required. Contact the library at 737-2610 for more information.

**Sing-A-Long** Wednesday, May 4, 1-2pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Do you love the music of Glenn Miller, the Andrews Sisters and Tommy Dorsey? Stop by the senior center for an informal sing-a-long around the piano. Singers, piano players, and toe tappers are all welcome. Feel free to bring your favorite song book. No registration required.

**State Health Insurance Assistance Program (SHIP)** Tuesday, May 10, 10-11am at the Hopewell Branch of the Mercer County Library. Come learn about what the State Health Insurance Assistance Program (SHIP) has to offer you. No registration required. For more information, contact the Hopewell Branch of the Mercer County Library at 737-2610.

**Healthy Recipe Substitutions & Cooking Techniques Demo** Wednesday, May 11, 10-11:30am at the Hopewell Borough Train Station, 2 Railroad Place in Hopewell. Learn how to make the foods you like to cook and eat healthier with Suzanne Rose, Health Educator. This is brought to you by HV Senior Services and Montgomery Twp Health Department.

**Let's Chat** Friday, May 13, 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.

**Pennington Day** Saturday, May 14, 10am-4pm in Pennington Borough. Community event for all ages on Main Street. Stop the Hopewell Valley Senior Services table for information on services, transportation, and upcoming programs.

**Tech Time** Tuesday, May 17, 3-4pm at the Hopewell Branch of the Mercer County Library. Do you have technology questions? Stop in for tech help from local teens. No registration required. For more information, contact HV Senior Services at 737-0605, ext. 692.

**Walk in Pennington Borough** Tuesday, May 17 (rain date is 5/19), 10-11:30am. All are welcome. Slower and moderate paced group. Meet at back of Hopewell Valley Senior Center parking lot, 395 Reading St. in Pennington. No registration required. For directions, contact Senior Services at 737-0605, ext. 692.

**Timberlane Lunch** Wednesday, May 18, 12:30-1:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and Capital Health. Free. Pre-registration required, but not before May 1. **To register, call Hopewell Township Recreation Department at 737-3753.**

**Car Fit: Why It is Important to Have You "Fit" Your Car** Wednesday, May 18, 10:30-11:30am at the Hopewell Valley Senior Center. Learn about ways aging may require modifications to our vehicles to help us feel more confident and comfortable behind the wheel. Princeton HealthCare System CarFit technician will be the speaker. Registration required. For more info, contact Senior Services at 737-0605, ext. 692.

**Birthday Breakfast** Friday, May 20, 9am at the Hopewell Valley Golf Course. Is your birthday in April, May, or June? If so, you are invited to our free quarterly birthday breakfast. Guests are welcome to attend for a fee. **To register, call 737-3753.**

**Successful Lawn Care** Monday, May 23, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. Barbara Bromley, Mercer County Horticulturist will be the featured speaker. Refreshments will be served. No registration required.

**Atlantic City Casino** Wednesday, May 25, 8:30am-6pm. Meet at Independence Park. \$27 for Hopewell Township Residents, \$30 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Energy Choices in NJ** Wednesday, May 25, 10:30-11:30am at the HV Senior Center. Learn about NJ's energy deregulation law and how the supply portion of your electric or natural gas bill is separated from the delivery portion. The speaker will be Gary Finger, of the Board of Public Utilities. No registration required.

**Movie: The American** Wednesday, May 25, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Suspense thriller starring George Clooney. Free. No registration required. For more information, call the library at 737-2610.

## Ongoing Programs

**Artists' Choice** will meet **outside** Tuesdays, May 10 and 24, 1-4pm at Howell Living History Farm, 70 Woodens Lane, Lambertville (Hopewell Township). All levels and media welcome. Bring your own project and a small car to move supplies. For more information call 737-0605, ext. 692.

**Bingo** First Wed. 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.

**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](mailto: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 73703855 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.*

## ***Around the Valley***

### **Second Annual Trivia Night! May 18, 2011 7pm**

Hopewell Valley Central High School, the [Hopewell Valley Education Foundation](#) (HVEF), and Hopewell Valley Community Bank are planning a fun activity to be shared by CHS staff and students, HoVal senior citizens, and other community members. **Trivia Night will take place on Wednesday May 18, 2011 at 7pm in the high school cafeteria.**

Procedures for trivia night are as follows:

Teams must be comprised of 1-3 adults and up to 7 high school students, with at most 8 participants per team.

The registration fee is \$25 which can be split equally among all of the members of a team. The registration fee will be used to purchase refreshments for the event and the remainder of the money collected will be donated to HVEF which sponsors many programs at the high school and throughout the district.

The winning team will receive a \$300 cash prize, the second place team will receive \$200, and third place wins \$100. The money will go to that club, team, or organization's school account. You must indicate on the registration form which school account your prize money will go – the junior class, the model UN club, the girls' basketball team, etc. The prize money is being donated by The Hopewell Valley Community Bank.

The goal of Trivia Night is not necessarily to raise money, but to get staff, students, and community members to come together and enjoy a fun evening!

If you attend Trivia Night, you must participate. No observers will be permitted.

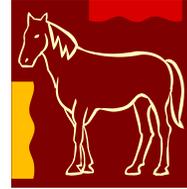
**Deadline to sign up: Monday, May 2, 2011**

**If you would like to join a team, please contact Hopewell Valley Senior Services at 737-0605, ext. 692. You will be matched up with a team. If you would like to form your own team with Hopewell Valley Central High School Students (grandchildren, neighbors, etc), please sign-up directly with the student's team.**



**SAVE THE DATE:**

***June 14, 2011***



***Hopewell Valley Senior Equestrian Day  
Mercer County Equestrian Center***

***Call Senior Services at 737-0605, ext. 692 for more details.***

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

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

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