



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

May 2012, Vol. 6, No. 5

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### ***“Never Too Old To Play!”***

Happy Older Americans Month! During this annual celebration of older adults the Administration on Aging always picks a theme. The theme for 2012 is “Never Too Old to Play!” I was delighted with this choice because I believe playfulness can and should be a part of our human experience throughout our lives.

We tend to focus on the serious aspects of aging (and there are many), but there are actually many ways in which being older lends itself to more play. Recent retirees often have an opportunity to come back to or start a new hobby. Age also may bring grandchildren or volunteer opportunities with children, who naturally encourage adults to be more playful. For the “oldest old” (a recent term for people who are 85+), life frequently takes a more leisurely pace. This can allow time to savor games, puzzles, favorite books, or time spent with pets.

This May opportunities for play abound inside the newsletter: bingo, a walk around Pennington Borough, outdoor painting at Howell Living History Farm, the Pennington Day 5K, Trivia Night at Central High School, Skype, a trip to Atlantic City, and more. Find a way to play this May!

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## **Senior News**

### **36th Annual Pennington 5K -- The Race to Remember on Saturday, May 19**

Last year brought almost 400 participants! Show your support for the Hopewell Valley Municipal Alliance and the Hopewell Valley YMCA by running or walking the morning of Pennington Day through scenic neighborhoods. Music, refreshments, awards, goody bag, give-aways, race T-shirt and more! To register visit the HV YMCA's web site [www.hvymca.org](http://www.hvymca.org)

**Jury Duty Scam** is a scam that involves someone calling you to tell you that because you failed to report for jury duty there is a warrant out for your arrest. When you tell the caller you were never notified of jury duty, the caller says he will need some information for "verification purposes," and then will ask for your social security number, birthday, and possibly telephone number. Hang up!

**Hopewell Valley Night at Waterfront Park** is Friday, June 22 at 7:05pm. The Hopewell Valley Municipal Alliance is sponsoring this great night of baseball. Watch the Trenton Thunder take on the Portland Sea Dogs. Senior (60+) tickets are \$8. Tickets must be ordered by May 21, 2012. 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. As of May 1, 2012, rides are \$3 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. Additional funding is available for residents who cannot afford to purchase vouchers.

**Shredding and Electronic Recycling Event for Hopewell Township Residents** on Saturday, May 5 from 9am to 1pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Road. 10 boxes per household for shredding. No cardboard accepted. 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. These are open to **Hopewell Township residents only**, but used medical collection is open to all(see full page flyer for details).

**Trivia Night** on Monday, May 21st at 7pm at Hopewell Valley Central High School. Teams of high school students and adults will go head-to-head to compete for cash prizes for their school club or team at the Hopewell Valley Education Foundation's 3rd Trivia Night competition on May 21st. Prizes of \$300 for first place, \$200 for second place and \$100 for third place will be funded by our sponsor, Hopewell Valley Community Bank. Go to <http://hvef.org> or call Senior Services at 737-0605, ext. 692 for a registration form.

## Special Events for May 2012

**Skype: The Next Best Thing to Being There** Tuesday, May 1, 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.

**Let's Chat** Friday, May 4, 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, May 8, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. This program is part of Generation Connection, an on-going effort to bring people of different generations together.

**Registration required by May 7th.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Birthday Breakfast** Friday, May 11, 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 by May 4.**

**Walk in Pennington Borough** May 15 (rain date is 5/17), 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. For more information or directions, contact Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).

**Feeling Emotionally Healthy In the Golden Years** Wednesday, May 16, 10:30-11:30am at the HV Senior Center. Marsha Maloney, MSW, Senior Support Specialist at GTBHC will talk about various choices seniors have to maintain a significant level of psychological and emotional stability. They will learn that they are for the most part the master of how they think and feel. No registration required.

**Timberlane Lunch** Wednesday, May 16, 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 Brandywine Senior Living at Pennington. Free. **Pre-registration required by May 6** but not before May 1. **To register, call Hopewell Township Recreation Department at 737-3753.**

**Neurobics** Friday, May 18 from 3 to 4 pm at at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. The brain is the most important organ in the body. While you may have heard the word aerobic, which relates to physical fitness, Neurobics are exercises to keep the brain fit and increase memory function. These mental stimulation exercises help seniors as they transition through the process of aging but can benefit younger adults as well. Included are brain-teasing puzzles and mind-challenging games. Free. No registration.

**Pennington Day** Saturday, May 19, 10am-4pm in Pennington Borough. Community event for all ages on Main Street.

**United Medical Alert Systems** Wednesday, May 23, 10:30-11:30am at the HV Senior Center. Kelly Shipp and Melanie Horton of Princeton Healthcare System will talk about the medical alert button: how it works, what it costs, and about the new fall alert feature. No registration required.

**Joker's Wild Casino Trip-Bally's** Tuesday, May 27, 8:30am-6pm. Meet at Independence Park. \$28 for Hopewell Township Residents, \$31 for other participants. Join us for a day in Atlantic City at Bally's Casino on the Boardwalk. Stroll the boardwalk, shop at the Outlets located just out the back door of Bally's, or take your chance on the slots. There is something for everyone. The slot bonus is generally between \$15-20. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Movie: The Girl With the Dragon Tattoo** Wednesday, May 30, 1:30-3:30pm at the Hopewell Branch of the MCL. Adaption of crime novel by the late Swedish author and journalist Stieg Larsson. No registration required. There is also an evening show starting at 6:15pm. 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 meet every Tuesdays in May from 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 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, 10-11am 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.

**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.

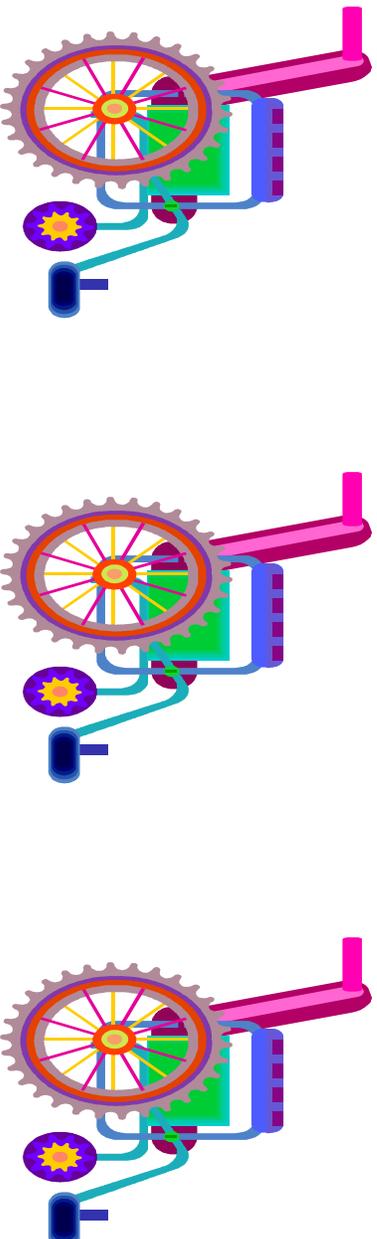
**Mahjongg** Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

**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.*

# REUSE, RENEW, RESOURCE!

BRING YOUR *GENTLY USED* MEDICAL EQUIPMENT TO  
THE HOPEWELL TOWNSHIP PUBLIC WORKS BUILDING  
203 Washington Crossing-Pennington Rd. Titusville, NJ



**SATURDAY, MAY 5th FROM 9:00 AM—1:00 PM**

We are looking for manual wheelchairs, portable ramps, walkers, canes, crutches, commodes, shower chairs, grab bars, tray tables, reachers, long-handled shoe horns, hand and ankle weights, and other small pieces of equipment. Unopened boxes of medical supplies will also be accepted. All items will be donated to Your ReSource, a division of Goodwill Industries of Southern NJ & Philadelphia, a non-profit organization.

Tax receipts will be available for all donations. For more information, go to [www.yourresource1.org](http://www.yourresource1.org) or 609-530-1513.

Supported by: Your ReSource, Hopewell Township Public Works Department, Hopewell Valley Senior Services,

and the Hopewell Valley Lion's Club 

YOUR TAX-DEDUCTIBLE DONATION WILL HELP SOMEONE IN NEED



**SAVE THE DATE:**

**June 18, 2012**



***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

**RETURN SERVICE REQUESTED**

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