



Senior Spirit

Hopewell Valley Senior Services Newsletter

May 2013, Vol. 7, No. 5

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Unleash The Power of Age

The above words are the theme for this year's Older American Month. Older American Month is celebrated every May. This year's theme is my favorite one so far because it acknowledges how powerful older adults are in the midst of a culture that minimizes it.

The power of age manifests itself in many places: families, businesses, politics, communities, and more. This May I would like you to think particularly about the power you have in the lives of children. As a grandparent, aunt, uncle, neighbor, tutor, or friend, you have many opportunities to enrich the lives of children in your life. This is even more important as today's parents grow busier and busier. Extra adults in a child's life can make a big difference!

A specific way this month to be a force for good in children's lives is to attend the May 6th Stewards of Children training where you can learn ways that you as a community member can help end childhood sexual abuse. Or find you own way to be powerful this month!

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Hopewell Valley Senior Services Coordinator
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awaugh@hopewelltp.org

Senior News

Looking for Help with Odd Jobs? If you are interested in hiring a high school student for jobs around your home and yard, call Senior Services at 737-0605, ext. 692 or awaugh@hopewelltwp.org to post an advertisement on a bulletin board in the high school. Interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled. Postings will be removed after two months.

The Mercer County Prescription Discount Card now administered by ProAct Inc. – is a **FREE** program that offers discount savings on the purchase of prescription drugs. This program is open to ALL residents of Mercer County. There are no age or income requirements. This discount program may help reduce prescription costs for residents who do not have a prescription drug plan and for residents who take prescription medicine that is not covered by their current insurance. All prescription medications are covered, even pet medications (Rx must be filled at a regular retail pharmacy). This card can be used at any participating pharmacy in Mercer County, but not in conjunction with any other type of insurance. Additional discounts available on: vision, LASIK and hearing services. Discounted dental network plans are also available (at a cost to participants). **This Discount Program is not insurance.** For further information on the program, please call ProAct toll-free at 1-877-776-2285 or visit www.NJRxDiscountCard.com.

Pennington Day 5k is Saturday, May 18th. Sign up here: http://hvymca.org/files/HV_Pennington_registration_form_2013.pdf

Shredding and Electronic Recycling Event for Hopewell Township Residents on Saturday, May 4 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. **Open Hopewell Township residents only.**

Take Control of Your Health Are you an adult age 55 or older with an ongoing health condition? Get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn effective ways to speak with your doctor and family about your health. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, or anxiety, the **FREE Take Control of Your Health Workshop** can help you take charge of your life. Thursdays (May 2-June 6, 2-4:30pm) at Capital Health Center-Hopewell. Call (609) 303-4314 to register.

Special Events for May 2013

Search Google Like A Pro Wednesday, May 1, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. This month's Hopewell Valley Senior's Connect will provide participants with tips and tricks on how to use Google more efficiently and effectively with Google's special search tools and advanced search techniques. No registration required. *Please note change in day.*

AARP Driver Safety Class Friday, May 3 from 9am to 4pm with break at Hopewell Borough Hall, 88 East Broad Street in Hopewell. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ. Participants must attend both days to complete course, AARP membership is not required. Cost is \$12 for AARP members and \$14 for non-members. **Registration required by calling the HVYMCA at 737-3048.**

Brown Bag Luncheon: Elder Law Friday, May 3, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Elder Law Attorney, Laura Cassavel. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**

Stewards of Children Training Monday, May 6, 3-5pm at the HV Senior Center. Free training for community members of all ages. Learn what you can do to prevent childhood sexual abuse. **Registration required by calling 737-0605, ext. 692.**

Tech Time Tuesday, May 7, 3-4pm at the Hopewell Branch of the Mercer County Library. Technology tutoring with high school students. **Registration required by 5/3.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

A Place To Call Home: Finding the Right Housing in Retirement Tuesday, May 7, 6:30-8pm at the Pennington Public Library, 30 North Main St. This is part of a new series for Baby Boomers, but open to all ages. Retired realtor Elizabeth Shufflebotham will talk about housing options for people in their retirement age. No registration required.

Knitting and Crocheting Group Wednesdays, May 8 and 22 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.

Let's Chat Friday, May 10, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Book Club Monday, May 13, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on The Elegance of the Hedgehog by Muriel Barbery. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Walk in Pennington Borough Tuesday, May 14 (rain date is 5/16), 10-11:30am. Meet at the Hopewell Valley Senior Center. Street parking available. 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.

Immunizations Wednesday, May 15, 10:30-11:30am at the Hopewell Valley Senior Center. Dr. Jabbar Zafar of Princeton HealthCare System will review important immunizations for older adults. No registration required.

Lunch at Timberlane Middle School Wednesday, May 15, 12:30-1:30pm at Timberlane Middle School. Jazz band performance follows. Co-sponsored by Brandywine Senior Living & the Hopewell Valley Education Foundation. Free. **Pre-registration required by May 8**, but not before 5/1. **To register, call Hopewell Township Recreation Department at 737-3753.**

Birthday Breakfast Friday, May 17, 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 10.**

Pennington Day Saturday, May 18, 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.

Getting To Your Next Appointment: A Ride Program in Mercer County Wednesday, May 22, 10:30-11:30am at the HV Senior Center. Carol Staats of Greater Mercer RideProvide will be the speaker. No registration required.

The Guilt Trip Wednesday, May 29, 1:30-3:30pm at the Hopewell Branch of the MCL. Comedy about a cross-country road trip, starring Barbra Steisand. 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 on May 7, 14, 21, and 28 from 1-4pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. This group is facilitated by local artists, Bob Barish and Sue Ewart. Participants should bring their own supplies and projects. Critiques are available upon request. For more information call 737-0605, ext. 692 or awaugh@hopewelltpw.org. *Starting in June, group will be on break for summer.*

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center. No registration required.

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:am 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. *No class on May 27th.*

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.

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.

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.

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

Around the Valley



**BEST WISHES ON YOUR BIRTHDAY FROM
HOPEWELL TOWNSHIP PARKS & RECREATION
AND SENIOR SERVICES!**

Spring Birthday Breakfast

*Hopewell Valley Golf Club
Friday, May 17, 2013
9:00 am*

RSVP no later than May 10th 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
April, May, June.*

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



Save the Date



Concert and Fireworks

June 30th, 7:30pm

Alliger Park

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

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