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Philadelphia Belle Riverboat Luncheon Cruise

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www.hvseniors.org

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# Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2011, Vol. 5, No. 6

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### In The Driver's Seat

How often are we reminded of the stereotype of the bad senior citizen driver? When people mention this to me, I remind them that young drivers are actually the most dangerous because of their inexperience. Drivers of all ages can be bad or good. Being a good driver is about being a smart driver. For drivers of any age, this means knowing when you can drive and when you cannot drive.

Age does not make someone a worse driver. It's the increased likelihood of illness, disability, medications, and cognitive changes that decreases people's ability to drive safely, not age in itself. The smartest drivers I know are able to assess their own driving ability and safety. They may limit the time and locations where they drive. They may not drive if they have to take a certain medication or if they do not feel well. They even make plans for a time when they may, for a variety of reasons, not be able to drive. They are comfortable talking about the fact that they may not drive forever, even though many will be able to drive safely for the rest of their lives.

This month we are offering two programs that support smart driving. Check out page 3 for details on the Princeton HealthCare System Car Fit Check Up, where a trained technician will take you through an observation and questionnaire session, as well as the AARP Driver Safety Class, a two-day course.

Smart drivers do not wait around for relatives, doctors, or anyone else to tell them it's time to stop. They know it themselves. They are aware of both internal and external conditions. It's like a long road trip. You have to know when it's time to pull over and take a break or let someone else drive. Thank you to all the smart drivers out there, of all ages.

Abigail Waugh

Hopewell Valley Senior Services Coordinator

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## Senior News

**Grace Notes Picnics** will be held Wednesdays June 22, July 6 and 23, and August 3 (from 6-8pm) at the Pennington Presbyterian Church, 13 S. Main St. in Pennington. Picnic and live music. No registration required.

**The Homekeeper Program** offers financial help to New Jersey homeowners who are in danger of losing their homes as a direct result of unemployment or underemployment. Eligible homeowners must demonstrate that they were making their mortgage payments up until the time of unemployment or underemployment, and the unemployment or underemployment must have occurred within the 12 months preceding the date of their application. Eligible homeowners may receive up to \$48,000 in assistance for a term of up to 24 months. The assistance may be used to help homeowners make their mortgage payments while they seek work or complete an approved job training program and/or may be used to help with arrearages. For more information, call 1-855-NJ-KEEP-1 or go to [www.NJHomeKeeper.gov](http://www.NJHomeKeeper.gov).

**Household Hazardous Waste & Used Electronics Collection Event** is Saturday, June 11 from 8am-2pm at the John T. Dempster Fire School, Bakers Basin/Lawrence Station Rd. in Lawrence Township. Bring old chemical containers and old electronics. Call (609)278-8086 or visit [www.mcia-nj.com](http://www.mcia-nj.com) for more information.

**The Hopewell Valley Senior Center** will be closed the week of June 20th for painting. The Mercer County Nutrition Project Lunch will not be served during that time and there will be no other programs at the senior center that week.

**Medi-Cool Program** is a program that provides air conditioning units for individuals aged 60 and above with a disability or illness that restricts normal daily tasks or threatens one's ability to live independently, or at risk of harm due to unfavorable environmental conditions or lack of social resources and supports, as well as individuals age 18+ with a disability that qualifies one for SSI, SSDI. All applicants must have incomes at or below \$21,780 for an individual and \$29,420 for a couple with assets below \$2000. For more information on how to secure a unit, call Catholic Charities at (609)394-8847, ext. 103.

**National Trail Day Event** will be held on Sunday, June 5 at 3pm at the Pennington Loop Trail Head (located at the far end of the Kunkel Park parking lot). Free, guided hike for all ages by a naturalist. This event is sponsored by the Pennington Borough Recreation Commission.

**Science-minded Volunteers Needed** for Wednesday morning talks at Hopewell Elementary School. Present a short lecture or demo on a science related topic to enrich students education as part of a new program called Sunrise Science (starts at 8am). For more information or to volunteer, contact Michele Sawicki at 730-0071 or [micheleshouse@comcast.net](mailto:micheleshouse@comcast.net).

## Around the Valley

### *Hopewell Valley Senior Services and the Mercer County Park Commission*



## Hopewell Valley Senior Equestrian Day

Tuesday, June 14, 2011

**The Mercer County Equestrian Center**  
431B Federal City Road  
Pennington

*Enjoy a riding lesson, drive a carriage (wheelchair-accessible), or just stop by to visit the barn or groom a horse. Senior rates include \$20 for a half hour or \$5 for carriage ride.*

**Registration required. Limited spaces available. Beginners welcome. Contact Hopewell Valley Senior Services at 737-0605, ext. 692 to register or for more information.**



**Brian M. Hughes,**  
County Executive



**Operated and Maintained by the  
Mercer County Park Commission  
Kevin B. Bannon, Executive Director**

## Ongoing Programs

**Artists' Choice** will be on vacation for the summer. 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. Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market. *Please note the blood pressure at the senior center will be on Tuesday, June 14 this month due to the primary election.*

**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. *Please note the folding will be on Monday, 6/13 this month.*

**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 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. *No lunch June 20-June 24.*

**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. *No Mahjongg on Thursday, June 23.*

**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.*

## Special Events for June 2011

**Sing-A-Long** Wednesday, June 1, 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.

**New York City Tour #9: A Bronx Tale** Tuesday, June 7, 8:30am-6pm. Meet at Independence Park. \$45 for Hopewell Township Residents, \$49 for other participants. Join Tony Grifa for a tour of the Hall of Fame of Great Americans, Arthur Avenue, the Bronx's Little Italy, and the Hispanic Society of America. There will be limited walking on this tour. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

**Facebook: It's Not Just For Kids** Tuesday, June 7, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Anna Van Scoyoc will take participants on a "Tour of Facebook" to learn how to set up an account, adjust privacy settings, find friends, as well as some basic social networking etiquette at the June session of Hopewell Valley Seniors Connect. No registration required. Contact the library at 737-2610 for more information.

**Car Fit Check-Up Event** Wednesday, June 8, 10am-Noon in the Hopewell Valley Senior Center parking lot. Schedule an appointment to have a trained Princeton HealthCare System CarFit technician take you through an observation and questionnaire session. Participants are requested to drive their own vehicles to this event. **Registration required at 1-888-897-8979.**

**Summer Scrabble Days** Wednesday, June 8, 1-2pm at the Hopewell Valley Senior Center. Beat the heat this summer with scrabble at the senior center! No registration required. All levels welcome. Bring a scrabble set if you have one.

**Maintaining Physical and Mental Health As You Age** Thursday, June 9, 10:30-11:30am at the Hopewell Valley Senior Center. Abbie Katz from the Senior Well-Being Program will be the speaker. No registration required.

**Let's Chat** Friday, June 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. Refreshments will be served.

**Equestrian Day** Tuesday, June 14, 10am-3pm at the Mercer County Equestrian Center, 431B Federal City Rd. in Hopewell Township. See page 7 for details. **Registration required by calling Hopewell Valley Senior Services at 737-0605, ext. 692.**

**Tech Time** Tuesday, June 14, 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.

**A Good Night's Sleep** Wednesday, June 15, 10:30-11:30am at the HV Senior Center. Getting a good night's sleep can seem harder as you get older - snoring, trips to the bathroom, nighttime awakening. Dr. Marcella Frank of Capital Health will discuss what you can do to get the sleep you need. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

**AARP Driver Safety Course** Monday, June 27 and Tuesday, June 28 from 1-4pm at the HV Senior Center. Learn defensive techniques, new traffic laws, and rules of the road. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance. \$12 for AARP members and \$14 for non-members. **Registration required by calling the Hopewell Valley YMCA at 737-3048.**

**Walk at Mercer Educational Gardens** Tuesday, June 28 (rain date is 6/30), 10-11:30am. All are welcome. Slower and moderate paced group. Meet at parking lot 431A Federal City Road in Hopewell Township. No registration required. For directions, contact Senior Services at 737-0605, ext. 692.

**Plan Ahead and Rest in Peace** Wednesday, June 29, 10:30-11:30am at the HV Senior Center. Learn about choosing a funeral home, planning for a funeral or memorial service, burial versus cremation and green funerals with Laurie Powsner from the Funeral Consumers Alliance of Princeton. No registration required.

**Movie: True Grit** Wednesday, June 29, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Coen Brother's film about the frontier, starring Matt Damon and Jeff Bridges. Free. No registration required. For more information, call the library at 737-2610.

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

# June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.			1 10:30-Bingo <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1-Sing-A-Long	2 11:45-Lunch 1:30-Mahjongg	3 11:45-Lunch	4
5 3pm-National Trail Day Event (Kunkel Park)	6 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	7 8:30-A Bronx Tale (Trip) 10-Srs Connect (MCL) 11-Leisure Club (SAC) <i>Primary Election-No Lunch</i> 1:30-Bridge (SMC)	8 10-Carfit Program 11-Healthy Bones (HTB) 11:45-Lunch 1-Scrabble	9 10:30-Abbie Katz 11:45-Lunch 1:30-Mahjongg	10 11:45-Lunch 1-Let's Chat	11 Hazardous Waste and Used Electronic Collection Event 8am-2pm Fire School in Lawrence
12	13 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Newsletter Folding	14 10-Blood Pressure 10-Equestrian Day (EC) 11:45-Lunch 12-BP (PQM) 1:30-Bridge (SMC) 3-Tech Time (MCL)	15 10:30-Sleep 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	16 11:45-Lunch 1:30-Mahjongg	17 11:45-Lunch	18
19	20 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB)  <i>SENIOR CENTER CLOSED FOR PAINTING</i>	21 1:30-Bridge (SMC)  <i>SENIOR CENTER CLOSED FOR PAINTING</i>	22 11-Healthy Bones (HTB) 1:30-Movie (MCL) 6-Grace Notes (PPC)  <i>NO LUNCH</i>	23  <i>SENIOR CENTER CLOSED FOR PAINTING</i>	24  <i>NO LUNCH</i>	25
26	27 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-AARP Drive Wise	28 10-Walk (MEG) 11:45-Lunch 1:30-Bridge (SMC) 1-AARP Drive Wise	29 10:30-Plan Ahead 11-Healthy Bones (HTB) 11:45-Lunch	30 11:45-Lunch 1:30-Mahjongg	<b>Location Guide</b> EC-MC Equestrian Center HTB-Hopewell Town. Building MEG-Mercer Ed. Garden MCL-MC Library, Hopewell PPC-Penn. Pres. Church	PQM-Penn. Quality Market SMC-St. Matthew's Church SAC-St. Alphonsus