



Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2012, Vol. 6, No. 6

Contents

- 1 **Greeting**
- 2 **News**
- 3 **Special Events**
- 4 **Ongoing Programs**
- 5 **Around the Valley**
- 6 **Save the Date**

Bon Appetit!

June's calendar is tasty! You will notice each day has a main entrée listed for 11:45am at the senior center. These are the lunches available at the Hopewell Valley Senior Center. The lunches offer a chance for older adults to enjoy a hot meal and companionship. Lunches like these take place at senior centers across the country as part of the Older Americans Act and for people who are 60 or older, regardless of income.

Each week day between twenty and thirty residents arrive at the senior center an hour or two before lunch. Some chat, play cards or bingo, work on the jigsaw puzzle, listen to a lecture, or read until lunch is served. It's a chance to greet long-time neighbors and make new friends. I am always struck by how welcoming this group is to people who have just arrived in town, as well as to people who just arrived at a new phase in their life (retirement, widowhood, etc.).

Whether you are signing up for lunch at the senior center this month or inviting a friend to dine with you at home, I hope you will make sure you break bread with someone this month. The most "nutritious" meals are often the ones you share with someone else.

Abigail Waugh
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org
www.hvseniors.org

Senior News

Awful Trip Email Scam Recently residents in Hopewell Valley have received an email from an acquaintance asking for funds due to their acquaintance being robbed overseas. The story has several versions, but the main theme is that the person sending the message is stuck overseas after being robbed of their money, credit cards, and other important travel items. The story goes on to request money. Please disregard this scam and call the person you receive it from to let him know that his account has been hacked.

Door Prize Volunteer Needed We currently have two volunteers to collect door prizes, but need one more. Volunteering involves hand-delivering a letter to ten Hopewell Valley businesses this summer in preparation of the Hopewell Valley Senior Citizen Picnic in September. Help make the 2012 Picnic a special day. To volunteer, contact Abigail at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Homestead Benefit Deadline is June 30th. The State of New Jersey sent out applications for the Homestead Benefit to residents who applied for this benefit in the past. Homeowners who meet the eligibility requirements this year will receive a credit for property taxes they paid in 2011. New Jersey residents who owned a principal residence on October 1, 2011, and paid property taxes on that home, will be eligible to receive the Homestead Benefit if they reported \$75,000 or less in New Jersey gross income for 2011 -- or, if they are disabled or age 65 or older, had 2011 gross income of \$150,000 or less. **The deadline for all homeowners to file is June 30, 2012.** For more information on the Homestead Benefit Program, homeowners may call the Division of Taxation's Homestead Benefit Hotline at **1-888-238-1233** from 8:30 a.m. to 5:30 p.m., Monday through Friday.

Hopewell Valley Come Outside and Play ! will take place from June 7-9. It's time to have fun and celebrate the outdoors. This event is sponsored by the Hopewell Valley Municipal Alliance and will be held in conjunction with the National Get Outside Day. A coalition of area organizations will work with the Alliance to sponsor events that increase awareness of nature and an appreciation of time spent outdoors. Stay tuned for more details!

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.

Special Events for June 2012

National Trail Day Event will be held on Saturday, June 2 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.

Navigating the Facebook Timeline Tuesday, June 5, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. The popular social networking site, Facebook, provides an online venue, bringing family and friends together with pictures, videos, and daily news. The new "timeline" interface creates an online, chronological scrapbook, allowing users to highlight major events, as well as to add back-dated milestones. Join Anna Van Scoyoc for tips and tricks to effectively manage and navigate the new timeline layout, while ensuring your privacy is still intact, at the June session of Hopewell Valley Seniors Connect. No registration required. Contact the library at 737-2610 for more information.

Let's Chat Friday, June 8, 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.

Walk at St. Michaels Preserve Tuesday, June 19 (rain date is 6/21), 10-11:30am. All are welcome. Slower and moderate paced group. Meet at parking lot on Princeton Avenue in Hopewell. For more information or directions, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Staying Safety and Preparedness Wednesday, June 20, 10:30-11:30am at the HV Senior Center. Suzanne Rose, Health Educator will discuss important health tips for the summer. With the weather getting warmer every day, there's no doubt that summer is fast approaching. The summer can be a great time for relaxing with friends and family and getting outdoors to enjoy the nice warm weather. But it can also be dangerous if you don't take the proper precautions. Each participant will be given a "Summer Safety & Preparedness Guide for Older Adults". No registration required.

63rd Army Band Concert & Community Fireworks Sunday, June 24, 7:30pm at Alliger Park. The 63rd Army Band will perform a variety of music including military songs, popular show tunes and traditional concert band pieces. The Army Band is the largest military ensemble in NJ and includes some of the area's top professional musicians who are also NJ Army National Guard members. The third annual community fireworks display will be held after the concert. Bring your family and your chairs or blankets and enjoy a fantastic fireworks display under the stars.

Unclaimed Property Wednesday, June 27, 10:30-11:30am at the HV Senior Center. Linda Henderson of the State of New Jersey's Unclaimed Property Owner Outreach Program will give a talk on unclaimed property. Unclaimed property is any financial asset that has been unclaimed by its rightful owner for a specified time period. Unclaimed Property's Mission is to reunite owners with their unclaimed financial assets. Attend this lecture and see if you have any unclaimed property. No registration required.

Movie: Tinker, Tailor, Soldier, Spy Wednesday, June 27, 1:30-3:30pm at the Hopewell Branch of the MCL. Film adaptation of the 1974 British spy novel. No registration required. There is also an evening show starting at 6:30pm. For more information, contact the library at 737-2610.

Ongoing Programs

Artists' Choice is on break for the summer. The group will start up again in September. 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. 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. *Cancelled 6/5 due to election.*

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.

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. See calendar for main courses. 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



Hopewell Valley Senior Services and the Mercer County Park Commission invites you to



Hopewell Valley Senior Equestrian Day

Monday, June 18, 2012

The Mercer County Equestrian Center
431B Federal City Road
Pennington

Enjoy a riding lesson, or just stop by to visit the barn or groom a horse.
-\$20 for a half hour small group lesson
-Groom a horse or visit the barn for free.

Registration required. Beginners welcome. Contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org for more information or to register.



Brian M. Hughes, County Executive



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



DOOR



Safe Home, Safe Family Expo

June 9, 10am-2pm (rain or shine)

Hopewell Township Public Works Building
203 Washington Crossing-Pennington Rd.



Get answers to your concerns:

- Generator Safety •Water Treatment •Car
- Lead Poisoning
- Emergency readiness •Well and Water •Mosquito Control •And much more

www.hvseniors.org

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

RETURN SERVICE REQUESTED

PRSRT STD
U.S. Postage Paid
Permit No. 427
Trenton, NJ 08650