



Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2015, Vol. 9, No. 6

Contents

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

Scams Galore!

There has been an enormous amount of scammer activity in Hopewell Valley in the past couple of months! It seems like just when we're on to one kind of scam, a new one has evolved.

Many people have received a call from someone claiming to be from the IRS, stating that they owe money and need to pay immediately. The thing is, the IRS never calls people! We get so nervous about our taxes though that we end up being more vulnerable to this approach.

Another group that is targeted is people in foreclosure or having other housing problems. They sometimes get calls from people posing as non-profits or government offering to help them, if they will pay some money upfront. If you didn't call them first, it's a bad idea! Never send money over the phone from someone you do not know.

Another scam, involves someone calling and saying he is from AT&T and running a test. He will ask you to press 90#. The trick is that it allows the person to bill calls to your home phone line. Don't be fooled!

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(609)737-0605, ext. 692
ameletti@hopewelltp.org

Senior News

Email Updates are available if you would like to stay in the loop about with upcoming senior services activities. Get one to two emails a week with last minute programs, weather cancellations, and reminders about upcoming programs. Email ameletti@hopewelltp.org to get email updates.

Have you ever thought about writing a memoir? Do you think there are interesting things about your life that your family would like to know for generations to come? Hi!

I'm Audrey Kennelly, a sophomore at Hopewell Valley Central High School. I am very excited about a new service that I will be offering, at no cost, to our senior residents starting in June. I will help you create your own memoir. We will schedule time to spend together during which I will interview you about your life. Then I will use the information that you provide to create your personal memoir, including pictures if you wish. You will receive copies of your memoir that you can share and distribute to loved ones and friends. I hope that many of you will be interested in working with me. Please contact Senior Services at (609)737-0605, ext. 692 or ameletti@hopewelltp.org if you are interested.

Hopewell Township Mayor's Hours will be held between 10am to noon on Mondays and Thursdays at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. No appointment necessary. All Hopewell Township residents are invited to come speak directly with the mayor, Harvey Lester.

Native Plant Garden at the Senior Center The Friends of Hopewell Valley Space are creating a triangle garden with native plants in front of the senior center this spring. Keep an eye on how things progress!

The Stony Brook-Millstone Watershed Association is seeking volunteers to help with guest services. We are a not-for-profit organization dedicated to the conservation of natural resources through education, advocacy and citizen stewardship. Located in Pennington, NJ, our brand new, LEEDS Platinum certified building is surrounded by 930 acres of precious forests, meadows and stream valley. Come be a part of this wonderful organization and join our team. We are looking for friendly, personable representatives to help at the front desk. Duties include: greeting visitors, registering and checking in program participants, orienting visitors to the building and answering questions. Light computer skills a plus. Full training provided. Four hour shifts available Tuesday-Saturday. If you don't have a dedicated time each week, a "floater" may be perfect for you. Fill in with above duties to fit your schedule.

Senior Volunteer Opportunity That You Can Do From Your Home with Contact/Reassurance. Learn more on June 16th, from noon-2pm at the Pennington United Methodist Church, 60 South Main St. in Pennington. Contact/Reassurance provides a free, daily, confidential phone call to Mercer County residents 60+. For more information, contact (609) 883-2880.

Special Events for June 2015

Book Club Monday, June 8, 1-2pm at the HV Senior Center. The group will discuss TBA. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692.

Let's Chat Friday, June 12, 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.

Mondays with Mia Monday, June 15, 11am at the Hopewell Train Station, 4 Railroad Place in Hopewell Borough. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required.

Walk at the Pole Farm Tuesday, June 16, 10-11am. Explore this beautiful section of Mercer Meadows. Meet in the parking lot of Keefe and Cold Soil Road in Lawrence. Rain date is 6/18 No registration.

Agging-In-Place Tuesday, June 16, 3:15-4:45pm at the HV Senior Center. This is a group of people from Hopewell Valley who are exploring ways to support each other as they age. All are welcome. No registration required.

Stress Management Wednesday, June 17, 10:30-11:30am at the HV Senior Center. Join Devangi Patel of Montgomery Health Department for ways to manage your stress this summer. No registration required.

Rightsizing: the Physical and Emotional Aspects of Downsizing Tuesday, June 23, 6:30-8pm at the Pennington Public Library, 30 N. Main St. in Pennington. Barbara Goodman, MSW and senior move manager with Moving Solutions will discuss ways older adults and caregivers can cope with downsizing. This is part of the Baby Boomers Series, but is open to people of all ages. **Registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692 or ameletti@hopewelltp.org.**

Don't Be A Victim: Learn How To Protect Yourself Against Medicare Fraud, Abuse, and Waste Wednesday, June 24, 10:30-11:30am at the HV Senior Center. Senior Medicare Patrol will tell you how you can protect yourself and answer your Medicare questions. No registration required. *This program is rescheduled from March 2015.*

Movie: Into the Woods Wednesday, June 24, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Meryl Streep stars in this popular musical Rated PG. Free.

Community Concert and Fireworks, Sunday, June 28, 7:30pm at Aliger Park. The 63rd US Army Band will perform followed by fireworks. Bring lawn chairs or blankets. Free

Ongoing Programs

Artists' Choice will be meeting June 9 from 1-3pm at the Hopewell Valley Senior Center. This group is facilitated by local artist, Susan Ewart. Bring your own project and supplies. For more information call 737-0605, ext. 692 or ameletti@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 Hopewell Valley Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Folding Meets the third Monday 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. Call 466-2324 for information. Also every Monday and Wednesday at 10:45am 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 Health Bones on 5/25.*

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.

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.

Social Bridge Mondays, 2:30-4:30pm at the HV Senior Center. **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or ameletti@hopewelltp.org.**

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 Pennington Public Library Present:

Rightsizing: The Physical and Emotional Aspects of Downsizing

*with Barbara Goodman, MSW
Senior Move Manager with Moving Solutions®*



Tuesday, June 23, 6:30-8pm
Pennington Public Library
30 N. Main St. in Pennington

Moving can be challenging. In addition to the physical tasks, there are emotional hurdles, often unspoken, about leaving the family home, fear of change, and dealing with loss. Learn how to create a successful transition for you or your loved ones. Whether you are currently in the process of downsizing or thinking ahead, this is the workshop for you.

Light dinner and beverages will be served. Registration requested by calling Senior Services at (609)737-0605, ext. 692 or emailing awaugh@hopewelltp.org.

This program is part of the Baby Boomers Series, but is open to people of all ages. Registration requested by contacting (609)737-0605, ext. 692 or ameletti@hopewelltp.org.



Save the Date



Wednesday, July 1

“Oklahoma!” at the Dutch Apple in Lancaster

**Contact the Hopewell Township Recreation Department
(609)737-3753**

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

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