

**Save the Date**

Trip to the Culinary Institute of America

**Wednesday, October 28**

**737-3753**



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

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# Senior Spirit

Hopewell Valley Senior Services Newsletter

**September 2009, Vol. 3, No. 9**

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## Rebalancing A Portfolio

Many advisors are saying that this is a good time to rebalance your investment portfolio to make sure your asset allocations line up with your financial goals. The idea that what you invest in now affects your future outcome is a useful concept for many areas. I have been looking at my goals as senior services coordinator and making sure my program allocations match up. It is crucial that programs reflect Hopewell valley Senior Service's mission to promote independence, wellness, volunteerism, and community interaction among older. In the last three years, there has been a strong emphasis on the first three tenants of the mission, but perhaps not enough emphasis on the fourth, community interaction. In other words, there needs to be a little bit more getting together and connecting with other community members.

My hope is that you will enjoy the programs in September. There's not better way to catch up with old friends and meet new neighbors than at the annual Hopewell Valley Senior Citizens' Picnic on September 10 (see p. 7 for details). I hope to see you there!

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

*(609)737-0605, ext. 692*

*awaugh@hopewelltp.org*

## Senior News



**Bear Tavern Volunteers**-Volunteers are needed at Bear Tavern Elementary School during the 2009-2010 school year for both office help and knitting. For more information, call Senior Services at 737-0605, ext. 692.

**Explorations** Our peer-led continuing education program is taking shape and will be ready to go in mid-October. Look for details in next month's *Senior Spirit*. There will be several 6-8 week courses to choose from. If you have the urge to teach and have an area of expertise that you would enjoy sharing with others, please contact Larry Mansier at mansier@comcast.net or phone Larry at 737-0863.

**E-ZPass** Did you know that if you are 65 years or older and have an E-ZPass account you can get a senior discount? For more information, download an application at <http://www.state.nj.us/turnpike/nj-Senior-Discount-Program-Application.pdf> or call (732)442-8600, ext. 2100.

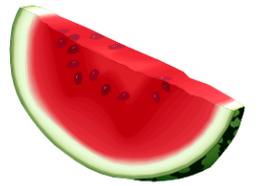
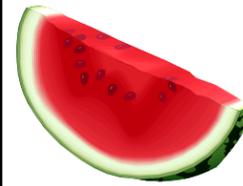


**Farewell To Bob Riley** We wish Bob Riley the best of luck on his move. Bob represented Pennington Borough on the Senior Advisory Board since the board's beginning and also served as the secretary. He also coordinated the popular Hopewell Township Recreation Bridge Club every Tuesday. Both Bob and his wife Susan will be missed!

**Washington Crossing State Park** seeks volunteers to do a wide variety of work. We need people of all ages to assist with staffing and interpretation of buildings, trail clean-up and maintenance, or even adopting a site or garden, etc. for the calendar year. You can volunteer as an individual or as a group. The hours required are what you are available to give us. Our minimum for adopt-a-spot is 4 hours a month. We are open from 8am to 8pm seven days a week all summer long and basically 8am to 4pm during the off season. For more information call the Visitor Center at 737-0623.

**WISE, Wellness Initiative for Senior Education**-Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet people? The WISE program is a wellness and prevention program targeting older adults created by the New Jersey Prevention Network (NJPN). The WISE program is designed to help older adults in New Jersey celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. This is a six week course, each week will have a different focus. Dates are 10/5-11/9 from 10-11:15am at Stony Brook Assisted Living. Free. Participants will receive a gift certificate upon completion of the course. To register, call HV YMCA 609-737-3048.

## Around the Valley



# Please join us for the ..... *Hopewell Valley* *Senior Citizens'* *Annual Picnic*

## Thursday, September 10, 2009

Washington Crossing State Park

**12:00 noon – 3:00 pm**

Please join us for a **free** afternoon of food, fun, and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition hosted by Hopewell Valley Senior Services and Hopewell Township Parks and Recreation Department.

**Please RSVP ONLY IF YOU CAN ATTEND by calling**

**609-737-3753 no later than**

**Monday, August 31 to confirm your attendance!**

**Please do not call if you cannot attend.**

*Rain date Friday, September 11th*

The Hopewell Valley Senior Citizen's Picnic is co-sponsored by Hopewell Valley Senior Services, Hopewell Township Recreation Department, Washington Crossing State Park, Janssen Ortho-McNeil-Janssen Pharmaceuticals, Inc. and Acorn Glen Assisted Living.

## Ongoing Programs

**Artists' Choice** is starting back up twice a month on Tuesdays, the 15th and 29th of September from 1:30-4:30pm at the HV Senior Center, 395 Reading St. in Pennington. All levels and media welcome. Bring your own project. Group project may also be available. For more information call 737-0605, ext. 692.

**Blood Pressure Screenings** First Tuesday from 10am-noon at the HV Senior Center, 395 Reading St. in Pennington, second Tuesday from 11-noon at the Pennington Quality Market, third Wednesday from 9-10:30am at HT municipal building 201 Wash. Crossing-Pennington Rd. in Titusville, and fourth Tuesday from 10-11am at Mercer County Library, 245 Pennington-Titusville Rd. For more info., call (609)737-0120.

**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.

**Healthy Bones** Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call (609)737-0120. **The Healthy Bones group that meets at Hopewell Township will be on break the first week of September.**

**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).

**Knitting and General Volunteering at Bear Tavern**-For more information call (609)737-0605, ext. 692.

**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 (609)989-6650 for information. 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 by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. Refreshments served.

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

## Special Events for September 2009

**Hopewell Valley Seniors Connect: Getting Medical Information on the Web** Tuesday, September 1, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Join Joel May to explore what kind of medical information is available on the web, how and where to find it, how to evaluate what you find, and how to use it. No registration required. For more information, call 737-2610 or 737-0605, ext. 692.

**Bingo** Wednesday, September 2, 10:30-11:30am at the Hopewell Valley Senior Center. Please stop by for an informal game of bingo at the senior center. No registration required.

**Movie Under the Stars** Sunday, September 6, 8pm in Hopewell Borough. Nicholas Cage stars in *National Treasure*, a film about a hidden Revolutionary War Chest. Bring your own chair. Free.

**Wii Bowling** Wednesday, September 9, 1:30pm at the Hopewell Branch of the Mercer County Library. Get exercise and enjoy bowling without lifting that heavy ball. Registration not necessary. Free. For more information, call 737-2610.

**Senior Picnic** Thursday, September 10, 1-3pm. See page 7 for details.

**Brown Bag Lunch** Friday, September 11, 12:30pm lunch, 1pm talk. Pennington Presbyterian Church, 13 South Main Street in Pennington. Lt. Col. Joanne Martindale, Chaplain in the New Jersey National Guard, will describe her responsibilities both on September 11, 2001, and later when called to serve in Iraq. Bring your sandwich; beverages and light desserts will be provided. Carpooling is encouraged. Free and open to the public.

**New York City Tour #7** Wednesday, September 16, 8:30am-6pm, leaves from Independence Park. Visit Gramercy Park and enjoy a short walk along the Hudson River. Lunch is on your own at the Feast of San Gennaro, followed by a trip to NYC's largest green market. Cost per person is \$45. **Pre-registration required by calling 737-3753.**

**Identity Theft** Monday, September 21, 10:30-11:30pm at the HV Senior Center. Marcia Duhart, AARP advocate will discuss this important issue and steps you can take to avoiding having personal information stolen from you. Free. No registration required.

**Preventative Medicine with Medicare** Tuesday, September 22, Noon-1pm at the Hopewell Township Municipal Building. Amy Bretan, M.D., Family Practice Physician at Hopewell Family Practice will speak about important screenings and tests, as well as what Medicare covers and does not cover. **Pre-registration required.** To register call Senior Services at 737-0605, ext. 692.

**American Music Theatre** Wednesday, September 23, 9am-7pm. Join the Hopewell Township Recreation Department for a trip to Lancaster's American Music Theatre to see "The Music." This show features classic standards of Irving Berlin and George Gershwin plus the blockbusters of today like Phantom of the Opera, Les Mis, and Jersey Boys. There will be time for shopping at the Rockvale Outlets. Lunch is on your own. Cost per person is \$60. **Pre-registration required by calling 737-3753.**

**Movie: State of Play** Wednesday, September 23, 1:30pm at the Hopewell Branch of the MCL. Free. No registration required. This movie features Russell Crowe, Helen Mirren and Ben Affleck. For more information, call 737-2610.

**Engaged Retirement** Thursday, September 24, 7-8:30pm at the Hopewell Public Library, 13 East Broad Street. Carol King, a certified retirement coach will be the speaker for this program that will address planning for retirement or a major lifestyle change. This program is sponsored through Princeton Senior Resource Center. **Pre-registration required by calling the Hopewell Public Library at 466-1625.**

**Coffee Connections: River Friendly Gardening** Monday, September 28, 10-11:30am at the Hopewell Train Station. This is the first in a series of talks at the Train Station. Coffee will be served from 10 to 10:30am. At 10:30am Amy Weaver from the Stony Brook Watershed Association will speak about what you can do in your own yard to help protect water plus some additional information on gardening impacts and gardening for wildlife. Free. Open to the public.

**Checkers, Chess, and Scrabble** Monday, September 28, 1-3pm at Hopewell Valley Senior Center. Enjoy an afternoon of checkers, chess, and scrabble. All levels welcome. No partner necessary. Bring your own board if you have one. **Pre-registration required by calling Senior Services at 737-0605, ext. 692.**

**Memory, Aging, and the Brain: Understanding Memory Loss and the Caregiver** Friday, September 25, 2-3pm at the Hopewell Township Municipal Building Auditorium. Qian Wang, MD, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, will lead this informative discussion. Learn more about aging and the effect it has on the brain. **Pre-registration required by calling PHCS at 1-888-897-8979.**

**Let's Chat** will meet again in October.

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

# September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>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.</p>		<p>1 10-BP  <b>10:30-HVSC (MCL)</b>  <b>11-Leisure Club (SAC)</b>            11:45-Lunch  <b>1:30-Bridge (SMC)</b></p>	<p>2 10:30-Bingo            11:45-Lunch</p>	<p>3 11:45-Lunch            1:30-Mahjonn</p>	<p>4 11:45-Lunch</p>	<p>5</p>	
	<p>6 8pm-Movie Under the Stars in Hopewell Borough</p>	<p>7 <b>Labor Day</b>  <i>No Programs</i></p>	<p>8 11-BP (PQM)            11:45-Lunch  <b>1:30-Bridge (SMC)</b></p>	<p>9 11:45-Lunch  <b>1:30-Wii (MCL)</b></p>	<p>10 <b>12-Sr Picnic (WCSP)</b></p>	<p>11 11:45-Lunch  <b>12:30-Brown Bag Lunch (PPC)</b></p>	<p>12</p>
	<p>13</p>	<p>14 <b>10-Healthy Bones (SMC)</b>  <b>11-Healthy Bones (HTB)</b>            11:45-Lunch</p>	<p>15 11:45-Lunch  <b>1:30-Bridge (SMC)</b>            1:30-Artists' Choice</p>	<p>16 <b>8:30-NYC Tour (Trip)</b>  <b>9-BP (HTB)</b>  <b>11-Healthy Bones (HTB)</b>            11:45-Lunch            2-Senior Advisory Board</p>	<p>17 11:45-Lunch            1:30-Mahjonn</p>	<p>18 11:45-Lunch            1-Newsletter Folding</p>	<p>19</p>
	<p>20</p>	<p>21 <b>10-Healthy Bones (SMC)</b>            10:30-ID Theft  <b>11-Healthy Bones (HTB)</b>            11:45-Lunch</p>	<p>22 <b>10-BP (MCL)</b>            11:45-Lunch  <b>12-Medicare (HTB)</b>  <b>1:30-Bridge (SMC)</b></p>	<p>23 <b>9-Theater (Trip)</b>  <b>11-Healthy Bones (HTB)</b>            11:45-Lunch  <b>1:30-Movie (MCL)</b></p>	<p>24 11:45-Lunch            1:30-Mahjonn  <b>7-Engaged Retirement (HPL)</b></p>	<p>25 11:45-Lunch  <b>2-Memory Talk (HTB)</b></p>	<p>26</p>
	<p>27</p>	<p>28 <b>10-River Friendly (HTS)</b>  <b>10-Healthy Bones (SMC)</b>  <b>11-Healthy Bones (HTB)</b>            11:45-Lunch            1-Checkers, Chess, Scrabble</p>	<p>29 11:45-Lunch  <b>1:30-Bridge (SMC)</b>            1:30-Artists' Choice</p>	<p>30 <b>11-Healthy Bones (HTB)</b>            11:45-Lunch  <b>1:30-Movie (MCL)</b></p>	<p><b>Location Guide</b>            GP-Gazebo Park            HPL-Hopewell Public Library            HTB-Hopewell Township Building            HTS-Hopewell Train Station</p>	<p>MCL-Mercer County Library, Hopewell Branch            PQM-Pennington Quality Market            SAC-St. Alphonsus Church            SMC-St. Matthew's Church            WCSP-Washington Crossing State Park</p>	