



Senior Spirit

Hopewell Valley Senior Services Newsletter

September 2012, Vol. 6, No. 9

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September is Senior Center Month

The National Council on Aging promotes “Senior Center Month” each September, and senior centers are an idea worth promoting. Senior Centers serve as a place where community members can socialize, volunteer, learn, and connect with resources. Unfortunately, there are a fair amount of stereotypes about senior centers and who they are for.

Did you ever feel like you are too young, too old, too healthy, too disabled, have too much money, or too little money to go to a senior center? If so, you are not alone. Many people feel that senior centers are for “other” people. I would say, however, that the strength of senior centers is that they really are for all older adults and the people who care about them.

The Hopewell Valley Senior Center is a modest building with one main room in the heart of Pennington Borough. While there are very real dreams of a larger space for seniors in the community, the current building serves as hub for residents from three different generations of people with a variety of different incomes, interests, gifts, and abilities. To learn more about our senior center this September, check out details inside for the upcoming open house.

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

Senior News

Aging Insights an informative program from the New Jersey Foundation for Aging will be playing on Channel 30 (Verizon) and 95 (Comcast) at 10am and 2pm this summer. Please tune in for up-to-date information on aging in New Jersey.

Choral Group Starting Up at the Hopewell Valley Senior Center. We are looking for at least eight men and women who are passionate about singing and would like to be part of a choral group that meets on the second and fourth Wednesday from 3 to 4:30pm at the Hopewell Valley Senior Center. This is a great chance to enjoy singing and meet new people. The group will sing oldies, show tunes, and holiday songs (in preparation for a holiday show at the senior center). The group will be lead by Hopewell Township resident Diane Beebe who is the former president of the Oakland Senior Club in Oakland and is currently the cantor at two local churches. If you are interested, please call Hopewell Valley Senior Services at 737-0605, ext. 692 or email at awaugh@hopewelltwp.org by September 12th.

Inpatient or Outpatient? If you have Medicare-Ask! Did you know that even if you stay in the hospital overnight, you might still be considered an “outpatient”? Your **hospital status** (whether the hospital considers you an “inpatient” or “outpatient”) affect how much you pay for hospital services and may also affect whether Medicare will cover care you get in a skilled nursing facility (SNF). For more information go to www.medicare.gov or call 1-800-MEDICARE.

Technology at the Senior Center The Senior Center now has wi-fi and several laptops, a projector, and screen thanks to generous donations by the Hopewell Valley Senior Foundation and the Straube Foundation. We are looking for suggestions on topics for small group computer classes, as well as volunteers interested in teaching. Please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltwp.org if you have an idea for a class.

Tutoring Volunteers Needed Wednesday afternoons during the school year at Timberlane Middle School from 3-4pm. Volunteers are needed in the following subjects: math, language arts, social studies, and world languages (Spanish, French, and German). To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltwp.org.

Volunteers Needed at Bear Tavern School Volunteers are needed at Bear Tavern School to help office staff, assist in classrooms, and teach students to knit. If you are interested in helping with any of these activities during the school year, please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltwp.org.

Special Events for September 2012

Music: Clearing Out the Cobwebs Monday, September 3, 5:30-7:30pm at Howe Commons in Pennington. Enjoy an evening of outdoor music. Raindate is 9/9/12. Sponsored by Pennington Parks & Recreation. Free. No registration required.

101 Ways to Use a Flash Drive Tuesday, September 4, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Road in Pennington. Joel May returns to teach the September session of Hopewell Valley Seniors Connect. While he admits that he won't really talk about 101 ways, he will describe a large number of ways a flash drive (also known as a thumb drive, a jump drive, a stick drive, etc.) can enhance, speed up, and streamline your computing experience. No registration required.

Hopewell Valley Senior Citizens' Picnic Thursday, September 6, noon-3pm at Sullivan's Grove, Washington Crossing State Park in Titusville. Free food, music, and door prizes. Raindate is 9/13. **RSVP by August 27 to HT Rec. Department at 737-3753.** For more details, see *August Senior Spirit*.

Tech Time Tuesday, September 11, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by September 8.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Artists' Choice Art Reception Wednesday, September 12, 4-6pm at MCL. See insert for details.

Let's Chat Friday, September 14, 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.

Walk at Howell Living History Farm Tuesday, September 18 (rain date is 9/20), 10-11:30am at Howell Living History Farm, 70 Wooden's Lane in Hopewell Township (Lambertville Mailing Address). Join other active older adults for a walk around Howell Living History Farm on Tuesday, September 18th at 10am. Larry and Jane Kidder, Howell Farm volunteers will be discussing some of the farm's history during the walk with a particular focus on recent archeological discoveries at the farm. There will be a slower and moderate paced group if needed. No registration required. Meet outside Visitor's Center. For more information, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Senior Center Open House Tuesday, September 18, 4:30-6pm at the Hopewell Valley Senior Center. Celebrate Senior Center month at the Hopewell Valley Senior Center. Learn about past, current, and future projects of the Hopewell Valley Senior Advisory Board and the Hopewell Valley Senior Foundation. Learn more about plans for a new senior center in the future and talk with the Senior Services Coordinator about program ideas. If weather permits, there may be an opportunity to volunteer by planting bulbs. Refreshments will be served. No registration required.

Atrial Fibrillation Wednesday, September 19, 10:30-11:30am at the Hopewell Valley Senior Center. Come learn about Atrial Fibrillation and be aware of the preventative and treatment options available with Dr. Paula Seth, cardiologist with Capital Health. No registration required.

Living Green Wednesday, September 26, 10:30-11:30am at the Hopewell Valley Senior Center. Joann Held of the Hopewell Valley Green Team will discuss easy ways to live sustainably. No registration required.

Movie: A Joyful Noise Wednesday, September 26, 1:30-3:30pm at the Hopewell Branch of the MCL. A musical film starring Dolly Parton and Queen Latifah. 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 begin on Tuesday, September 4th and meet weekly (accept the fifth Tuesday of the month) from 1-4pm. This groups is facilitated by local artists, Bob Barish and Sue Ewart. Participants should bring their own supply and project. Critiques are available upon request. For more information call 737-0605, ext. 692 or awaugh@hopewelltwp.org.

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. 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.

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 . 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. 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 Hopewell Branch of the Mercer County Library Present:



September Art Show

The *Artists' Choice* Group

The show will be on display for the month of September at
The Hopewell Branch of the Mercer County Library
245 Pennington-Titusville Road, Pennington.

Meet the Artists: Wednesday, September 12 from 4-6pm.

Refreshments sponsored by
ComForCare Home Care

Free. No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or awaugh@hopewelltwp.org.



Save the Date



Tuesday, October 16, 2012 at 6pm

**Hopewell Valley Caregivers' Night:
Care and Treatment Decisions for Elderly Relatives**

www.hvseniors.org

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

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