



Senior Spirit

Hopewell Valley Senior Services Newsletter

October 2012, Vol. 6, No. 10

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Front Row Seat to Young Talent

One of the best kept secrets around is how talented the performing arts students are in the Hopewell Valley Regional School District. Any of you who have attended the Timberlane Lunches or free senior previews at Central High School in the past are aware of it. For those of you who have not attended yet, I am letting you in on the secret now: the performances are excellent.

The school district has prepared a full schedule of art, music, and dramatic performances for local older adults. These inspiring and free performances are right here in Hopewell Valley. The first lunch will be at Timberlane Middle School on October 17th. It features the artwork and band music from Central High School students.

I hope you will attend one of these upcoming performances this fall. Think about inviting a friend who doesn't drive to come with you. Or if you don't drive yourself, perhaps there is someone who would like to take you or you can sign up for transportation. There are more details inside about registering.

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Senior News

Electronics Waste Disposal Day at Sun Bank Center in Trenton on Saturday, October 27 from 9am to 2pm. Open to all Mercer County residents. For more information, call 278-8086.

Looking for Help with Odd Jobs? If you are interested in hiring a high school student for jobs around your home and yard, call Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org to post an advertisement on a bulletin board in the high school. Interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled. Postings will be removed after two months.

Hopewell Harvest Fair will be at the grounds of the Hopewell Elementary School on Saturday, October 14 from 10am-4pm. Senior Services won't be there this year, but there will be lots of wonderful community organizations and vendors. A wonderful event for all ages. For more information go to: <http://www.hopewellharvestfair.org/>

Individual Medicare Counseling is now available Thursday afternoons at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Hopewell Township. Do you want information on Part A, Part B, Part D, Medigap, and Advantage Plans? When to enroll? **Appointment necessary.** Call the Family guidance Center at 609-924-2098, or email to joni.sampson@fgccorp.org

Low Income Home Energy Assistance (LIHEAP) Program is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1862 or \$2522 for a couple. For more info, call 1-800-510-3102 or go to www.energyassistance.nj.gov

Shredding and Electronic Recycling Event for Hopewell Township Residents on Saturday, October 13 from 9am to 1pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Road. 10 boxes per household for shredding. Drop-off only. You may also bring electronics (computers, tv's, radios, and cell phones) to dispose of them. Donors are responsible for any data on all media. For more information, call 537-0250.

Woodworking Volunteer Needed to make a new bench for the Hopewell Valley Senior Center. Do you have carpentry skills you would like to put to good use? The senior center needs a new bench for people to use while waiting for transportation. If you have experience making benches and would like to volunteer your time, please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org. The Hopewell Valley Senior Foundation will reimburse you for materials.

Special Events for October 2012

Google+: It's More Than A Social Network Tuesday, October 2, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Join Anna Van Scoyoc as she demonstrates Google+'s features, including creating circles of friends, uploading (and editing!) photos, and video chatting with multiple people in a hangout. No registration required.

Tech Time Tuesday, October 9, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by October 6.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Let's Chat Friday, October 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.

Grief Support Group Mondays, October 15-November 26th (no meetings on 11/5 or 11/12) from 1-2:30pm at Hopewell Borough Hall, 88 East Broad Street in Hopewell Borough. This group is open to all who have lost a loved on in the last year and are interested in exploring their reactions to loss, learning about the grieving process, developing strategies for coping. The group will be facilitated by Davida Barr, LSW, Community Education & Outreach of Greenwood House. **Registration required by contacting HV Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Walk in Pennington Borough Tuesday, October 16 (rain date is 10/18), 10-11:30am at Howe Commons. The group will set the pace. No registration required. Street parking is available For more information, contact Senior Services at 737-0605, ext. 692.

3rd Annual Surprise Trip Tuesday, October 16, 7:30am-7:30pm. Count on having a great day, a wonderful meal, and enjoying a surprise destination. Some walking. Casual attire, no jeans. The cost is \$98 (\$89 for Hopewell Township residents). **To register, call HT Recreation Department at 737-3753.**

Hopewell Valley Caregivers' Night: Care and Treatment Options for Elderly Relatives? Tuesday, October 16, 6-7:30pm at the HV Senior Center. See insert for more details. For more information, call Senior Services at 737-0605, ext. 692.

Managing Your GI Health Wednesday, October 17, 10:30-11:30am at the Hopewell Valley Senior Center. Jane Schwartz, RD, Outpatient & Community Education Dietitian with University Medical Center of Princeton at Plainsboro's Nutrition Program will give some sound advice on simple changes to your diet that will improve your digestive health. No registration required.

Timberlane Lunch Wednesday, October 17, 12:30-1:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and CareOne. Featuring the art of CHS students and music of the CHS band. Free. Pre-registration required, but not before October 1. **To register, call HT Recreation Department at 737-3753.**

Flu Shots for Pennington Borough Wednesday, October 17, 6-8pm at Pennington Borough Hall, 30 N. Main Street. Free for people with Medicare. \$25 for all others. **To make an appointment, call (908)359-8211. Hopewell Borough Clinic will be 11/6.**

Care and Dating of Quilts Monday, October 22, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. Quilt expert Dana Balsamo is back for the October Coffee Connections. She will discuss the clues appraisers and dealers use to help identify and date quilts. Each attendee is welcome to bring one quilt. Refreshments will be served. No registration required.

Joker's Wild Casino Trip-Bally's Tuesday, October 23, 8:30am-6pm Join us for a day in Atlantic City at Bally's Casino on the Boardwalk. The slot bonus is generally between \$15 and \$20. The cost is \$31 (\$28 for Hopewell Township residents). **To register, call HT Recreation Department at 737-3753.**

Medicare Part D Wednesday, October 24, 10:30-11:30am at the Hopewell Valley Senior Center. Charles Clarkeson, Esq. of SMP of NJ will talk about what you need to know about Medicare prescription drug plans. No registration required.

Drive Through Flu Shot Clinic for Hopewell Township Residents Wednesday, October 24, 1-4pm at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. in Titusville. A flu clinic information line will also be available after 9/30 at 609-537-0257. *If you live in a 55+ community, sign-up through your club house. Hopewell Borough Clinic will be 11/6.*

Movie: The Lucky One Wednesday, 31, 1:30-3:30pm at the Hopewell Branch of the MCL. Based on a Nicholas Sparks novel, Zac Effron stars as a marine who has done three tours in Iraq For more information, contact the library at 737-2610.

Ongoing Programs

Artists' Choice meets every Tuesday (except the fifth Tuesday of the month and election days) from 1-4pm. This group 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@hopewelltp.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 (*in October there will be glucose testing at the senior center*), 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 is meeting this month on October 24 at 2pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. 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. *Please note change in date and location this month.*

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

Hopewell Valley Caregivers' Night:

Care and Treatment Options for Elderly Relatives

with Barbara Stender, Caregiver Specialist from the Senior Well-Being Project



Tuesday October, 16, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

Sandwiches and beverages will be served. Registration appreciated but not required.
For more information, call Senior Services at 737-0605, ext. 692 or
awaugh@hopewelltp.org

*This program is presented by Greater Trenton Behavioral Healthcare
and Hopewell Valley Senior Services.
Refreshments provided by Synergy HomeCare*



Save the Date



Saturday, November 10, 2012 at 11am

Hopewell Valley Veterans Day Ceremony

At Alliger Park

www.hvseniors.org

Hopewell Valley Senior Services
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