



SAVE THE DATE:



**Christmas and Gift Show
Harrisburg**

Wednesday, Dec.1

Call the Recreation Department at 737-3753 for more details.

www.hvseniors.org

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

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Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2010, Vol. 4, No. 11

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Celebrate the Veterans in Your Life

As November rolls around again, it's an opportunity to honor our veterans. We are lucky in this community to have a thriving veterans group, the Hopewell Valley Veterans. Several times a year this group organizes ceremonies at the Alliger Park in Titusville. These ceremonies create a way for community members and veterans of all ages to remember and honor the accomplishments and sacrifices of local veterans. For more information on this year's veterans day ceremony on November 6th, see page 7.

Let's find a way to thank the veterans that are close to us this month. This could be done by directly thanking them for their service or maybe just do something nice for them this November. Perhaps there is a grandchild who has recently returned from abroad who would like a card. Maybe you have a sibling who lives alone and would enjoy getting a phone call from you. If you are a veteran yourself, perhaps this month is a good time to reach out to an old friend from the service who you have not talked to in a while.

So, whether you celebrate our veterans by attending the November 6th ceremony or in some other way, don't let the month go by without giving some thought to our loved ones, friends, and neighbors who have served in the United States Armed Forces.

Abigail Waugh

Hopewell Valley Senior Services Coordinator

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Senior News

Booklovers' Luncheon-The Hopewell Valley Education Foundation is hosting a Booklovers' Luncheon on Sunday 11/14, 12pm-3pm at the Greenacres Country Club. This annual event, anticipated by readers throughout the area, is once again featuring an outstanding author who will speak to attendees about her life and writing. Ms. Kohler will talk about her newest novel, *Becoming Jane Eyre*, and the process of writing fiction based on real life - how authors transform history into story. \$20. The registration form can be found at <http://www.hvef.org/booklovers.html>, or call Randee Tengj at 609-737-7198.

Cars Needed for RideProvide If you have a reliable vehicle you no longer drive, why not donate it to Greater Mercer Ride Provide. Your generous donation is tax deductible and would help to serve other Ride Provide members. Please contact Samirah Abdul-Fattah at 609-452-1491, extension 236.

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 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.

Medicare's Annual Election Period is November 15 through December 31. During this time, Medicare participants can change the way they get their benefits, and they can change, add or drop a Medicare Prescription Drug Plan. SHIP counselors offer free assistance to NJ residents who need help learning about their Medicare options. In Mercer County, SHIP is coordinated through the Family Guidance Center at 924-2098, ext. 14.

Rabies Clinic-The Hopewell Township Health Department will be sponsoring a free rabies clinic for Hopewell Valley residents on November 6 from 10am to noon at the Hopewell Township Public Works Building, 203 Washington Crossing-Pennington Rd. in Titusville. No appointments necessary.

Volunteer from Your Home FISH, our local meals delivery program, needs volunteer dispatchers. Volunteer once a month for a day. The FISH phone will be forwarded to your home phone or cell. For more information, contact FISH at 737-9123.

Vote by Mail Law allows all voters in New Jersey to permanently register to vote-by-mail. Registered voters in Mercer County can obtain an application by calling 989-6494.

Volunteers Needed to Work with School Children Volunteers are needed to help at Bear Tavern Elementary (garden, knitting, office help, assisting teachers) and for an afterschool program in Pennington Borough. Hours and days are flexible. For more information, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Around the Valley

VETERANS DAY CEREMONY



Saturday, November 6, 2010

11AM (rain or shine)

Washington Crossing-Pennington Rd.

(Alliger Park, adjacent to Township Public Works Bldg)

Guest Speaker Col. Steven Ferrari

New Engraved Bricks Unveiled

Refreshments

Please Bring Lawn Chairs

Uniform Appropriate

Ongoing Programs

Artists' Choice will meet Tuesdays, November 9 and 23, 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.

Bingo First Wed. of the month, 10:30-11:30am at the HV Senior Center.

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 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. Every Monday at 11am 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 (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.

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. 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.

Special Events for November 2010

Hopewell Valley Seniors Connect: Making Decisions About Medicare's Prescription Drug Plan **Wednesday**, November 3, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. In 2011, residents of New Jersey will have 52 qualified plans available to them with widely ranging premiums and benefits. The list of drugs you take and the pharmacy you use can affect your out-of-pocket costs along with the amount of the premium. How can you know which plan is right for you? In the monthly Hopewell Valley Seniors Connect program, Joel May will show you how to use the government's own web site to identify the best insurer for you, tailored to your own prescription needs and financial resources. No registration required. For more information, call 737-2610.

Veterans Day Ceremony Saturday, November 6, 11am at Alliger Park. See page 7 for details.

Canasta Wednesdays, November 10 and 24, 1:30-3:30pm at the HV Senior Center. Beginners welcome. **Pre-registration required for first time players.** For more information call (609)737-0605, ext. 692.

Let's Chat is Back! Friday, November 12, 1-2:30pm at the HV Senior Center. After a hiatus, the group is back with Vivian Greenberg. Please stop by for lively conversation and refreshments. No registration required.

Walk at Heritage Preserve Tuesday, November 16, 10-11:30am at Heritage Preserve off Reed Road. in Hopewell Township. All are welcome. There will be a slower and moderate paced group. No registration required. Meet in parking lot. Parking is limited so please carpool. For more information or directions, contact Senior Services at 737-0605, ext. 692.

Job Search Strategies for Older Adults Tuesday, November 16, 7-8:30pm at the Hopewell Train Station, Railroad Place in Hopewell Borough. Carol King from Princeton Senior Resource Center's Engaged Retirement and Encore Career Center will discuss: updating your skills networking, dealing with ageism, using the internet for job searches and research, and avoiding job scams. Free. No registration required.

Healthy Eating Through the Holidays Wednesday, November 17, 10:30-11:30am at the HV Senior Center. Anthony Dissen, nutritionist with Princeton HealthCare System will talk about easy portion control, hidden sources of calories in drinks and desserts, how to put a plate together, and easy exercise to prevent holiday weight gain. No registration required.

Timberlane Lunch Wednesday, November 17, 12:30pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and the Bank of Princeton. Free. Pre-registration required, but not before Nov. 1. **To register, call 737-3753.**

Birthday Breakfast Friday, November 19, 9am at the Hopewell Valley Golf Club. Is your birthday in October, November, or December? If so, you are invited to celebrate with a free breakfast. Guests are welcome, but there is a fee of \$15 per guest. **Pre-registration required by calling 737-0605, ext. 692.**

Coffee Connections: Princeton Doll and Toy Museum Monday, November 22, 10-11:15am at the Princeton Doll and Toy Museum, 8 Somerset Street in Hopewell Borough. This month's coffee connection will be at the Princeton Doll and Toy Museum for a toy of the museum with director, Virginia Aris. Free. Open to the public. Space is limited. **Pre-registration required, call 737-0605, ext. 692.**

Movie: Toy Story 3 Wednesday, November 24, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Animated family comedy with Tom Hanks, Tim Allen, and Joan Cusack. Free. No registration required.

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

November 2010

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 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>2 10-BP 11-Leisure Club (SAC) Election Day-No Lunch 1:30-Bridge (SMC)</p>	<p>3 10:30-Bingo 10:30-HVSC (MCL) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>4 11:45-Lunch 1:30-Mahjongg</p>	<p>5 11:45-Lunch</p>	<p>6 10-Rabies Clinic (HTPW) 11-Veterans Ceremony (AP)</p>
	<p>7</p>	<p>8 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>9 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice</p>	<p>10 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta</p>	<p>11 Veteran's Day <i>No Programs</i></p>	<p>12 11:45-Lunch 1-Let's Chat</p>
<p>14 12-Booklover's Luncheon (GCC)</p>	<p>15 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>16 10-Walk (HP) 11:45-Lunch 1:30-Bridge (SMC) 7-Job Search (HTS)</p>	<p>17 9-BP (HTB) 10:30-Healthy Eating 11-Healthy Bones (HTB) 11:45-Lunch 12:30-Timberlane Lunch 2-Senior Advisory Board</p>	<p>18 11:45-Lunch 1:30-Mahjongg</p>	<p>19 9-Birthday Breakfast (HVGC) 11:45-Lunch 1-Newsletter Folding</p>	<p>20</p>
<p>21</p>	<p>22 10-Doll and Toy Museum (PDM) 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>23 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice</p>	<p>24 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta 1:30-Movie (MCL)</p>	<p>25 Thanksgiving <i>No Programs</i></p>	<p>26 Holiday <i>No Programs</i></p>	<p>27</p>
<p>28</p>	<p>29 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>30 11:45-Lunch 1:30-Bridge (SMC)</p>	<p>Location Guide AP-Alliger Park GCC-Green Acres Country Club HP-Heritage Preserve HTB-Hopewell Town. Building HTPW-HT Public Works</p>	<p>HTS-Hopewell Train Station HVGC-HV Golf Club MCL-MC Library, Hopewell PDM-Princeton Doll Museum PQM-Pennington Market SMC-St. Matthew's Church</p>		