



Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2011, Vol. 5, No. 11

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Finding Yourself In Retirement

Some people start counting the days until retirement years ahead of time. Other people are asked to retire unexpectedly due to tightened budgets. Others slowly transition out of full-time work. However you find yourself in retirement, it's often a time to ask the big questions: Who am I without my job? What do I do now? What's next? How does retirement effect marriage and family?

Adjusting to retirement is not always as easy as expected. It's a major life stage that can bring both excitement and anxiety. On November 17th, we will be having Carol King of the Engaged Retirement & Encore Retirement Center to talk at the senior center. Find out what the biggest concerns facing retirees are, as well as hearing from other people who have recently retired or are about to. See inside for details. Take some time to make this new phase of your life everything you want it to be!

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Senior News

Adult Caregiver Education Program Professionals from Jewish Family & Children's Service of Greater Mercer County will facilitate the dialogue at Hopewell Valley Senior Center, 395 Reading Street in Pennington on Friday, November 4 at 1pm. All faiths are both welcome and encouraged to attend. Registration is required by calling 987-8100.609

Booklovers' Luncheon-The Hopewell Valley Education Foundation is hosting a Booklovers' Luncheon on Sunday 11/6, 12pm-3pm at the Greenacres Country Club. This annual event, anticipated by readers throughout the area, will feature Alice Hoffman. Hoffman's work has been compared with that of Gabriel García Márquez and Isabel Allende. Her newest novel, *The Dovekeepers*, will be available in October 2011. \$50. The registration form can be found at <http://www.hvef.org/booklovers.html>, or call Carol Jackson at 737-0821. 87-8100

The Hopewell Valley Veterans Association is looking for several Valley veterans who are interested in assisting the association with upcoming projects and events. Interested veterans should contact information@hopewellvalleyveterans.org.

Individual Medicare Counseling is now available Thursday mornings 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 Peter Madison at 609-577-8361 or email petermadison@verizon.net.

Knitting Volunteers Needed First and third Wednesday of the month from 7:30-8:30am at Bear Tavern Elementary School. Teach students the joy of knitting and create a service project. Volunteers meet first and third Wednesday of the month. To register as a volunteer, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org.

www.hvseniors.org is updated regularly with upcoming programs and events. Check out the new section at the bottom of the page for useful resources: Frequently Asked Senior Questions.

Transportation Fair Friday, November 4th from 9am-noon at the Central High School Performing Arts Center. A showcase of public transportation opportunities available to people with special needs and older adults in the Hopewell Valley. No registration required. For more information contact, Hopewell Valley Regional Schools at 737-4000 x2101.

Tutoring Volunteers Needed Wednesday afternoons during the school year at Timberlane Middle School from 3-4pm. Volunteers are needed in: 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@hopewelltpw.org.

Special Events for November 2011

Making Decisions About Medicare's Prescription Drug Plan Tuesday, November 1, 10am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Joel May returns to 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 at the November session of the Hopewell Valley Seniors Connect .No registration required. Contact the library at 737-2610 for more information.

Flu Shots in Hopewell Borough Thursday, November 3, 4-7pm at the Hopewell Train Station, Railroad Place in Hopewell Borough. Free flu shots for Hopewell and Pennington Borough seniors 65+ with Medicare card. Fee for other adults and children 4+. **To schedule an appointment, contact the Montgomery Health Department at 908-359-8211 x 227 .**

Birthday Breakfast Friday, November 4, 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 737-3753 by 10/28.**

Hopewell Harvest Fair Saturday, November 5, 10am-4pm at the Hopewell Borough Elementary School. Stop by the Hopewell Valley Senior Services table at this annual Hopewell Borough community event for more information on senior programs. *This was rescheduled from September due to poor weather.*

Veterans Day Ceremony Saturday, November 5, 11am at Alliger Park. See page 5 for details.

Atlantic City Trip Wednesday, November 9, 8:30am-6pm. Have lunch at Carmine's featuring food served in abundant portions, with the sounds, smells and flavors of Italy. All participants will receive a slot play from the Tropicana as well. Cost is \$63/person or \$58 for a Hopewell Twp. resident. Casino only prices are \$30/person or \$27 for HT Res. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Pick 10 Game Wednesday, November 9, 10:30-11:30am at the Hopewell Valley Senior Center. Join Ella from Avon Assisted Living and play a fun bingo-like game. No registration required.

Scrabble Day Wednesday, November 9, 1-3pm. All skill levels welcome. Bring a board if you have one. No registration required.

Walk at Heritage Preserve Tuesday, November 15, 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 **or awaugh@hopewelltp.org.**

Seniors and Diabetes Wednesday, November 16, 10:30-11:30am at the HV Senior Center. Learn practical ways to handle the physical, medical and emotional challenges that impact your diabetes. Get your blood sugar checked too. Presented by Winsome Bright, RN, RD of Capital Health System. No registration required. For more info, contact Senior Services at 737-0605, ext. 692.

Timberlane Lunch Wednesday, November 16, 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 local businesses. Free. Pre-registration required, but not before Nov. 1. **To register, call Hopewell Township Recreation Department at 737-3753.**

Intro to Lifestyle in Retirement Thursday, November 17, 3-4:30pm at the Hopewell Valley Senior Center. Carol King of the Engaged Retirement & Encore Career Center will discuss ways to make this important transition. No registration required. For more info, contact Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Collecting Textiles: How To Tell the Difference Between Old and New Monday, November 21, 10-11am at the Hopewell Train Station, Railroad Place in Hopewell Borough. This month's Coffee Connection Series will feature Dana Balsamo, quilting and textile expert. Refreshments will be served. No registration required.

Veterans Homecare Benefit Wednesday, November 30, 10:30-11:30am at the HV Senior Center. Rudy Tervooren of Visting Angels will present information on this important benefit for veterans and their spouses. No registration required.

Movie: Cars 2 Wednesday, November 30, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Disney Pixar Star racecar Lightning McQueen (voice of Owen Wilson) and the incomparable tow truck Mater (voice of Larry the Cable Guy) take their friendship to exciting new places. Free. No registration required. For more info, call 737-2610.

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

Ongoing Programs

Artists' Choice will be held Tuesday, November 15 and 30, 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. Feel free to stop by. 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, 10-11am at the HV Senior Center. Second Tuesday of the month, 12-1:30pm at the Pennington Quality Market.

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. 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 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. 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 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 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.

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Around the Valley

VETERANS DAY CEREMONY



Saturday, November 5, 2011

11AM (rain or shine)

Washington Crossing-Pennington Rd.

(Alliger Park, adjacent to Township Public Works Bldg)

New Engraved Bricks Unveiled

Refreshments

Please Bring Lawn Chairs

Uniform Appropriate



www.hvseniors.org

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

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