



Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2012, Vol. 6, No. 11

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A Counterculture Movement: Embracing Positive Aging

There is a theory that Baby Boomers, the people born between 1946 and 1964, will not become senior citizens. They are supposedly going to skip retirement, refuse such titles as “Grandma” and “Grandpa,” and are in general going to pass on anything too, well, *seniorish*. Our broader culture is also giving all of us the message that aging is shameful and something to be avoided. What’s an aging mortal to do in an anti-aging and youth-obsessed world?

Baby Boomers will recreate what it means to be older adults, but that does not mean ignoring this important chapter of life. People may work longer and forgo a traditional retirement and participate in activities that older adults did not traditionally do. However, the Boomers, like previous generations, will need to negotiate an evolving relationship with their bodies, their work, their leisure, and their families.

In honor of the growing number of Baby Boomers entering their sixties and for those a little older who still work during the day, we are starting an evening Baby Boomer Series to discuss current issues in aging. See inside for details on the first session on 11/ 13/12. Say yes to wisdom.

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

Senior News

Book Lovers Luncheon sponsored by the Hopewell Valley Education Foundation will take place this year on Sunday, November 18th, again at the Greenacres Country Club. Amor Towles, the author of ***Rules of Civility***, will be this year's speaker. To purchase tickets go to: <http://hvef.org/booklovers-luncheon>.

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.

Low Income Home Energy Assistance Program (LIHEAP) 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

Medicare's Annual Election Period is October 15 through December 15. 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. 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.

Medicare Website Tutorial on Monday, November 5 from 10:30-11:30am at the Hopewell Valley Senior Center. Learn how to navigate the Medicare website in a small group with Hopewell Valley Senior Services Coordinator, Abigail Waugh. Space is limited. Register by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.

Rabies Clinic on Saturday, November 3rd from 10am to noon at the Hopewell Township Public Works, 203 Washington Crossing-Pennington Rd. in Titusville. Free rabies clinic. No residency requirements. No registration required. For more information, contact 737-0120.

Special Events for November 2012

AARP Driving Course Thursday, November 1 and Friday, November 2 from 9am-noon at Hopewell Borough Hall, 88 East Broad St. in Hopewell. The driving course may offer a discount on insurance. It is free for veterans and spouses this month. \$12 for AARP members and \$14 for non-AARP members. **To register, call the Hopewell Valley YMCA at 737-3048.**

The History of Pennington First Aid Volunteers 1954 to the Present Friday, November 2, bring your own lunch at 12:30, program starts at 1pm at the Pennington Presbyterian Church, 13 S. Main St. in Pennington. Learn about your local first aid squad with Captain Kirk Schmitt. Fruit, beverages, and desserts will be provided. All are welcome. For more information, call 737-1221.

Flu Shots for Hopewell Borough Tuesday, Nov. 6, 9am to noon and 4-7pm at Hopewell Borough Hall, 88 East Broad Street. Free for people with Medicare. \$25 for all others. **To make an appointment, call (908)359-8211, ext. 227.**

The Informed Consumer's Toolbox Wednesday, November 7, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. With the end of the year upon us, many will be in the field for new gadgets and gizmos. This month's Seniors Connect will provide attendees with a tool box of resources to make well-informed consumer choices. Please note the change in date due to election day. No registration required.

Choral Group Wednesday, Nov. 7 and 28, 3-4:30pm at the Hopewell Valley Senior Center. Newly formed group singing holiday songs, Broadway, Oldies, and Patriotic pieces. For more information, call Diane Beebe at 303-0464.

Let's Chat Friday, November 9, 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.

Veterans Day Ceremony Saturday, November 10, 11am at Alliger Park. See insert for details.

Tech Time Tuesday, November 13, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by Nov. 9.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Growing Older Baby Boomer Style Tuesday, November 13 from 6:30-8pm at the Pennington Public Library, 30 N. Main St. in Pennington. Come and learn about the health issues baby boomers face and how to improve the odds of staying healthy and maintaining a high quality of life as you age with Suzanne Rose, Health Educator. No registration required. Light refreshments served. For more info, contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.

Tips from a Gerontologist Wednesday, November 14, 10:30-11:30am at the Hopewell Valley Senior Center. Learn about polypharmacy (taking more than one medication) and the shingles vaccine with Dr. Priti Gujar, Gerontologist. There will also be a period for questions and answers. No registration required.

Senior Luncheon Wednesday, Nov. 14, 12:30-1:30pm at the Performing Arts Center at Central High School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and the Bank of Princeton Featuring the art of TMS students and stay for a free senior preview of the fall play. Free. Pre-registration required, but not before November 1. **To register, call HT Recreation Department at 737-3753.**

Birthday Breakfast Friday, November 16, 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 11/9.**

Walk at D & R Canal Tow Path Tuesday, Nov. 20 (no raindate this month), 10-11:30am. The group will set the pace. Meet in parking lot off of Routes 29 and 546. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

Adult Day Programming and the Veterans Benefit Wednesday, November 28, 10:30-11:30am at the HV Senior Center. Hilary Murray, of Buckingham Place Adult Day Center will speak about adult day centers. No registration required.

Movie: Moonrise Kingdom Wednesday, November 28, 1:30-3:30pm at the Hopewell Branch of the MCL. Romantic comedy-drama directed by Wes Anderson that takes place in the summer of 1965 and features the story of two young people who run away together. 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 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 supplies and projects. Critiques are available upon request. For more information call 737-0605, ext. 692 or awaugh@hopewelltp.org. *No class on 11/6/12.*

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 (*no blood pressure on 11/6/12*), 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. *This month there will be blood glucose testing at the Hopewell Twp Health Clinic. Fasting or two hour post meal recommended*

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 November 14 at 2pm at the Hopewell Valley Senior Center, 385 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. *Please note the change in date this month.*

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

VETERANS DAY CEREMONY



Saturday, November 10, 2012

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



Save the Date



Monday, December 10, 2012 at 7pm
Job Search Strategies For Older Workers

At the Hopewell Valley Senior Center

www.hvseniors.org

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

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