



Save the Date



Trip to see *Billy Elliot, the Musical*
On Broadway
Wednesday, January 6

**Call Hopewell Township Recreation Department
at 737-3753 to sign-up.**

Hopewell Valley Seniors are online at 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

December 2009, Vol. 3, No. 12

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Avoiding a S.A.D. Winter

Even with the lighting of the Hannukah menorah, the sparkle of Christmas lights, and the delight of solstice celebrations, it is still possible to S.A.D. during the winter months. S.A.D. stands for Seasonal Affective Disorder, often called "the winter blues." People who suffer from this have symptoms like weight gain, fatigue, and apathy during the winter months. Occasionally, people will be affected in the summer, but the winter form of the disorder is the most common.

Staying active through exercise and social activities, along with getting out into the sunlight is key to keeping healthy and happy during the winter. If you or a loved one feel a change in appetite, drop in energy level, and difficulty concentrating as the days grow shorter, it's worth a trip to the doctor to discuss getting treatment.

Wishing you a happy holiday season!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

(609)737-0605, ext. 692

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Senior News

Bear Tavern Volunteers-Volunteers are needed at Bear Tavern Elementary School during the 2009-2010 school year for both office help and knitting. For more information, call Senior Services at 737-0605, ext. 692.

Heating Assistance If your income is below \$2,031 per month for an individual or \$2,732 for a couple, you may be eligible for heating assistance. Call 1-800-510-3102 for more information and ask about USF and LIHEAP.

H1N1 Flu Vaccines are now available to certain target groups, as determined by the CDC. The groups include: pregnant women, caregivers of children under 6 months, healthcare workers, people between the ages of 6 months and 24 years of age, and people between the ages of 25 and 64 with chronic health conditions. For more information, contact the H1N1 hotline at 1-866-321-9571 or go to <http://www.nj.gov/health/flu/h1n1>. The Hopewell Township Health Department will also do a presentation on the H1N1 flu and seniors in December at the Hopewell Valley Senior Center. The date for this presentation is TBA.



Hopewell Township Residents—are invited to a paper shredding day on Saturday, December 5 2009 at the Public Works Building, 203 Washington Crossing Pennington Road in Titusville Road from 10:00 a.m. – 2:00 p.m. This event is sponsored by Hopewell Township and is limited to residents (non businesses) with a maximum of 10 boxes. Drop off only. All types of paper included. It's okay to leave paper clips, staples and rubber bands with paper.



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.

Around the Valley

Go Outdoors

Go outdoors and get some fresh air. A group is forming geared toward people who are 55+ who enjoy outdoor activities. The group plans to meet once a month for a different hike in Hopewell Valley. Group walks will be 1-2 hours and pace will be set by the group. Hikes will be weather dependent with heavy rain or snow cancelling. Participants should bring water bottles and comfortable walking shoes. Some of the hikes will be wheelchair accessible. People are encouraged to bring information on other area outdoor activities to share with the groups. This is a great opportunity to meet others who are interested in nature and the outdoors.

First Hike Information

Where: Delaware and Raritan Canal tow path
Rt. 29 and Wash. Crossing-Pennington Rd.
Meet in parking lot next to river

When: Tuesday, December 8th, 10am-noon

Details: Walk north along the Delaware and Raritan Canal while enjoying views of the Delaware River. This hike is wheelchair accessible. For more information or if you would like to lead a future hike, call Senior Services at 737-0605, ext. 692.

All ages welcome. Sponsored by HV Senior Services.

Ongoing Programs

Artists' Choice will meet Tuesdays, December 8 and 22, 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.

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. *12/1-bridge will meet at Senior Center.*

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 10am 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.

Knitting and General Volunteering at Bear Tavern-For more information call (609)737-0605, ext. 692.

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. *Mahjongg will not meet on 12/31/09.*

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 by promoting activities and services that enhance their dignity and independence and encourage community involvement. Open to the public. 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 December 2009

Hopewell Valley Seniors Connect: Navigating Google Maps Tuesday, December 1, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. There is probably no other web destination that provides access to so much travel-related information as Google Maps. You can get street maps, terrain maps, driving and walking directions, satellite view, traffic reports, street views, restaurant recommendations, public transit routes, photos, video, Wikipedia articles and more for almost any location on earth. Joel May will explore the various features of Google Maps, which are also available on many mobile devices that one can take along while traveling. No registration required. For more information, call 737-2610.

Bingo Wednesday, December 2 10:30-11:30am at the Hopewell Valley Senior Center. Please stop by for an informal game of bingo at the senior center. No registration required.

Let's Chat Friday, December 4, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading Street in Pennington. Join the Let's Chat group with Vivian Greenberg, LCSW for a lively discussion. Refreshments provided. No registration required.

Outdoor Hike Tuesday, December 8, 10am-noon at the D & R State Park, corner of Rt. 29 and Washington-Crossing State Park. Meet in the parking lot. Walk north on the canal tow path and loop back through the village of Titusville. Bring comfortable walking shoes and water. No registration is required. Heavy rain or snow cancels. For more information, contact Senior Services at 737-0605, ext. 692.

Timberlane Lunch Wednesday, December 16, 12:40-1:40pm at Timberlane Middle School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation and the Hopewell Valley Bank. Free. **Pre-registration required, but not before Dec. 1. Call 737-0605, ext. 692.**

Movie: Julie and Julia Wednesday, December 23, 1:30pm at the Hopewell Branch of the MCL, 245 Pennington-Titusville Rd. Free. This film is directed by Nora Ephron and features Meryl Streep as Julia Child and Amy Adams as the 2002 blogger, Julie Adams. The movie weaves the biography of the famous chef's early cooking career with the story of a modern blogger intent on cooking all the recipe from Child's first cookbook within a year. No registration required. For more information, call the Mercer County Library at 737-2610.

H1N1 Presentation Date TBA at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. The Hopewell Township Health Department will give you the facts on the H1N1 flu and answer your questions. Stay tuned to local papers, cable channels, and website for date or call Hopewell Valley Senior Services after December 1 for an exact date.



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

December 2009

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-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge</p>	<p>2 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>3 11:45-Lunch 1:30-Mahjongg</p>	<p>4 11:45-Lunch 1-Let's Chat</p>	<p>5</p>	
	<p>6</p>	<p>7 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>8 10-Outdoor Club (D&R) 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice</p>	<p>9 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>10 11:45-Lunch 1:30-Mahjongg</p>	<p>11 11:45-Lunch</p>	<p>12</p>
	<p>13</p>	<p>14 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>15 11:45-Lunch 1:30-Bridge (SMC)</p>	<p>16 9-BP (HTB) 11-Healthy Bones (HTB) 11:45-Lunch 12:40-Lunch (TMS) 2-Senior Advisory Board</p>	<p>17 11:45-Lunch 1:30-Mahjongg</p>	<p>18 11:45-Lunch 1-Newsletter Folding</p>	<p>19</p>
	<p>20</p>	<p>21 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>22 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice</p>	<p>23 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL)</p>	<p>24 Christmas Eve <i>No Programs</i></p>	<p>25 Christmas <i>No Programs</i></p>	<p>26</p>
	<p>27</p>	<p>28 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>29 11:45-Lunch 1:30-Bridge (SMC)</p>	<p>30 11-Healthy Bones (HTB) 11:45-Lunch</p>	<p>31 11:45-Lunch <i>No Mahjongg</i></p>	<p>Location Guide HTB-Hopewell Town.Building D&R-State Park, 29 and Wash. X-Pennington Rd. MCL-Mercer County Library, Hopewell Branch</p>	<p>PQM-Pennington Market SAC-St. Alphonsus Church SMC-St. Matthew's Church TMS-Timberlane Middle School</p>