

## Save the Date



### The First Artists' Choice Show

*The show will be on display at the Hopewell Branch of the Mercer County Library for the month of September.*

*Learn about reception details in next month's Spirit.*

[www.hvseniors.org](http://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

**August 2010, Vol. 4, No. 8**

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## Finding Stillness

As I write this, it is over 100 degrees outside. Tomorrow threatens to be in the high 90's. Work is being done slowly. Chores are being postponed. Water is being sipped. Ice cream is being eaten. Naps are being taken. Things are slowing down. There is, in general, more stillness.

This stillness is not something people living in 2010 are very good at. We are better at being busy, multi-tasking, and "getting things done." Quiet and inactivity are a part of life many people try to ignore or avoid. Sometimes we think of inaction as laziness instead of serenity. Yet these lulls are part of being alive, from dealing with extreme heat to recovering from an injury to coping with an illness. Sometimes the body (and the mind) just do better with calm.

I hope you find lots of fun activities with family and friends this summer. Enjoy a trip. Catch up on yard work on a cooler day. Visit someone you haven't seen in a long time. Check out the concerts and programs in this month's *Senior Spirit*. I hope you will also make time for some stillness on a hot summer afternoon. There's a glass of lemonade waiting for you.

*Abigail Waugh*

*Hopewell Valley Senior Services Coordinator*

*(609)737-0605, ext. 692*

*awaugh@hopewelltp.org*

## Senior News

**Enjoy Free Talking Books Delivered to Your Home** If your ability to read has been affected by vision loss or impairment, a physical handicap such as a stroke, or a learning disability, the New Jersey State Library Talking Book & Braille Center (TBBC) can help. You don't need to be legally blind to use these free statewide services, just unable to read standard print with corrective lenses. NFB-NEWSLINE offers access to over 300 audio newspapers and magazines, including Spanish language and titles such as *The New York Times* and *AARP the Magazine*. TBBC's own Audiovision newspaper reading service offers seven New Jersey newspapers. Audiovision is available in your home by tuning your TV to NJN's designated sub-channel for your cable carrier. Although you may have lost your vision, you don't need to lose your love of reading. Contact TBBC at: (800) 792-8322 (English), (877) 882-5593 (TTY/VP), (888) 671-6983 (Voice VP) or e-mail us at: [njlhb@njstatelib.org](mailto:njlhb@njstatelib.org). [www.njlhb.org](http://www.njlhb.org)

**Explorations** a senior learning experience, returns in October with a full slate of offerings including two new classes in Hopewell Borough. Complete course descriptions will be posted on the Hopewell Valley Senior Foundation website [www.hvseniors.org](http://www.hvseniors.org) on August 16 and included in the September Senior Spirit. We should also have an article in an August Hopewell Valley News issue.

**Hopewell Valley Senior Foundation Fundraiser** at Cream King Ice Cream Shop on Route #31 in Pennington on **Monday, August 9, 2010**. Part of the proceeds and all of the tips will be donated to the Hopewell Valley Senior Foundation.

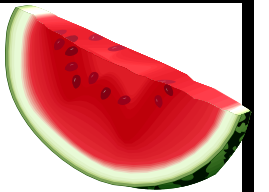
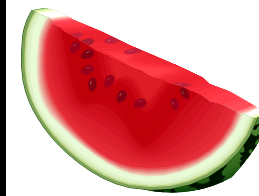
**National Immunization Awareness Month** is observed in August each year in the US. August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Vaccines work by causing your immune system to react to a vaccine by making antibodies. They stay in your body giving immunity so if you are exposed to the disease you are protected. [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
[www.immunizationinfo.org](http://www.immunizationinfo.org)



**Touch of Glass Wheaton Arts & Cultural Center** will be the destination for a Hopewell Township Recreation Trip on Thursday, September 16 from 8am to 5pm. The cost is \$55 per person. The full-day package includes a private tour of the Museum of American Glass and a visit to the Artist Studios. Lunch includes the "Devils Fire Luncheon" of Chicken Parmesan, salad, beverage, and dessert. Spend the afternoon strolling the grounds and visiting the Museum Stores. For more information or to register, contact the Recreation Department at 737-3753.



## Around the Valley



Please join us for the .....

# Hopewell Valley Senior Citizens' Annual Picnic

**Tuesday, September 7, 2010**  
Washington Crossing State Park  
**12:00 noon – 3:00 pm**

Please join us for a **free** afternoon of food, fun, and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition hosted by Hopewell Valley Senior Services and Hopewell Township Parks and Recreation Department.

**Please RSVP ONLY IF YOU CAN ATTEND by calling  
609-737-3753 no later than**

**Wednesday, September 1 to confirm your attendance!**

**Please do not call if you cannot attend.**

***Rain date is Wednesday, September 8th***

The Hopewell Valley Senior Citizen's Picnic is co-sponsored by Hopewell Valley Senior Services, Hopewell Township Recreation Department, Washington Crossing State Park, and Janssen Ortho-McNeil-Janssen Pharmaceuticals, Inc.

## Ongoing Programs

**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. **Please note the newsletter folding will take place on Monday, August 23 this month at 1pm.**

**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. **There will be no Healthy Bones on August 30 at the Hopewell Township Building.**

**Hopewell Valley Leisure Club** does not meet in July or August. 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](mailto: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.

**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 August 2010

**Blawenburg Band Night** Monday, August 2, 7:30pm at the Hopewell Train Station on Railroad Place in Hopewell Borough. No rainouts. Free.

**Hopewell Valley Seniors Connect: On-Line Banking** Tuesday, August 3, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. With Online Banking, all of your day-to-day banking can be done from any personal computer with Internet access 24 hours a day 7 days a week. It saves you time and gives you complete control of your money. Online Banking features state-of-the-art security designed to provide the highest levels of protection against identity theft and account fraud. No registration required. For more information, call 737-2610.

**Artists' Choice Meeting** Tuesday, August 3, 1:30pm at the HV Senior Center. The Artists' Choice group will have a planning meeting for their upcoming show.

**Bingo** Wednesday, August 4, 10:30-11:30am at the HV Senior Center. Stop by for an informal game of bingo.

**Consumer Affairs** Thursday, August 5, 10:30-11:30am at the HV Senior Center. Learn more about the Mercer County Division of Consumer Affairs with the Division Chief Donna Giovanetti. No registration required. *Rescheduled from June.*

**Let's Chat** is on break for August.

**Gazebo Park Concerts** Fridays, August 6 (Pax Electronic Collective) and August 20 (Sweeter than Honey, classic rock), 7:30pm at Gazebo Park in Hopewell Borough. Raindate is Sunday after. Free.

**Canasta** Wednesdays, August 11 and 25, 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.

**Walk** There will be no walk in August. Next walk is September 21 at Howell Living History Farm.

**Fall Prevention** Wednesday, August 18, 10:30-11:30am at the HV Senior Center. Melanie Basil and Holly Hardaway of Mercer Street Friends will discuss important tips for preventing falls. No registration required.

**Birthday Breakfast** Friday, August 20, 9am at the Hopewell Valley Golf Club. Is your birthday in July, August, or September? 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.**

**Special Date for Newsletter Folding** Monday, August 23, 1:30pm at the HV Senior Center. Please note that the newsletter folding will take place on a Monday this month. Volunteers are always needed and welcome!

**Ask the Animal Control Officer** Wednesday, August 25, 10:30-11:30am at the HV Senior Center. Belinda Ogitis, Hopewell Township Animal Control Officer (serves Hopewell and Pennington Boroughs), will answer your questions about dealing with wild animals, taking care of your pets, what to do when you find a stray, and what happens to animals in an emergency. Free. No registration required.

**Movie: Lion for the Lambs** Wednesday, August 25, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Drama starring Meryl Streep, Tom Cruise, and Robert Redford. Injuries sustained by two Army ranger behind enemy lines in Afghanistan set off a sequence of events involving a congressman, a journalist and a professor. Free. No registration required. For more information, call the library at 737-2610.

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

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>7:30-Bburg Band (HTS)</b>	3 10-BP <b>10:30-HVSC (MCL)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b> 1:30-Artists' Choice Mtng	4 10:30-Bingo <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	5 10:30-Consumer Affairs 11:45-Lunch 1:30-Mahjongg	6 11:45-Lunch <b>7:30-Pax Electronic Collective (GP)</b>	7
8	9 <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch Cream King Senior Foundation Fundraiser	10 <b>11-BP (PQM)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b>	11 <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	12 11:45-Lunch 1:30-Mahjongg	13 11:45-Lunch	14
15	16 <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch	17 11:45-Lunch <b>1:30-Bridge (SMC)</b>	18 <b>9-BP (HTB)</b> 10:30-Fall Prevention <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 2-Senior Advisory Board	19 11:45-Lunch 1:30-Mahjongg	20 <b>9-Birthday Breakfast (HVGC)</b> 11:45-Lunch <b>7:30-Sweeter than Honey (GP)</b>	21
22	23 <b>10-Healthy Bones (SMC)</b> <b>11-Healthy Bones (HTB)</b> 11:45-Lunch 1-Newsletter Folding	24 <b>10-BP (MCL)</b> 11:45-Lunch <b>1:30-Bridge (SMC)</b>	25 10:30-Animal Control <b>11-Healthy Bones (HTB)</b> 11:45-Lunch <b>1:30-Movie (MCL)</b> 1:30-Canasta	26 11:45-Lunch 1:30-Mahjongg	27 11:45-Lunch	28
29	30 <b>10-Healthy Bones (SMC)</b> 11:45-Lunch	31 11:45-Lunch <b>1:30-Bridge (SMC)</b>		<b>Location Guide</b> GP-Gazebo Park HTB-Hopewell Town. Building HTS-Hopewell Train Station HVGC-HV Golf Club MCL-MC Library, Hopewell	PQM-Pennington Market SMC-St. Matthew's Church	<b>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.</b>