



Save the Date



Swing Into Spring Gala

April 17

4-7pm

**Hopewell Valley Central High School
Cafeteria**

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

March 2010, Vol. 4, No. 3

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Explorations this Spring

Explorations, following a highly successful Fall Semester, will offer five courses for Hopewell Valley Seniors this spring. Classes begin on April 19. Each class will meet one afternoon a week from one to three in the afternoon. All but one are six week courses.

On Monday, at the Wellington Manor Clubhouse, Jon Hlafter, Princeton University Architect Emeritus, will lead a four week course, "An Architectural Odyssey, from the Parthenon to the Present." Also on Monday, but at the Hopewell Valley Senior Center, the inimitable Stan Saperstein will present another of his intriguing offerings, "Folk Etymology or the Derivation of Old Time Words and Expressions." Tuesday, Larry Mansier, returns with "Enjoying Shakespeare II." Wednesday, with "Amazing Women Characters in American History," Cindy Saperstein invites you to discover the hidden and unrecognized contributions of American women. We end on Friday with "Beginner's Sign Language," a fun, creative and engaging class taught by Sylvia Morrison, a professional in the field.

Fees are \$30 for one course and \$20 for each additional course. In the event that a course is oversubscribed, there will be a lottery. A completely volunteer organization, Explorations is dedicated to providing peer-led continuing education programs offering a wide variety of daytime courses for Hopewell Valley seniors. It is underwritten by the Hopewell Valley Senior Foundation and sponsored by Hopewell Valley Senior Services. Further description of the courses and presenters and application forms are on the Hopewell Valley Senior Foundation's website, <http://www.hvseniors.org>.

Larry Mansier, Chair

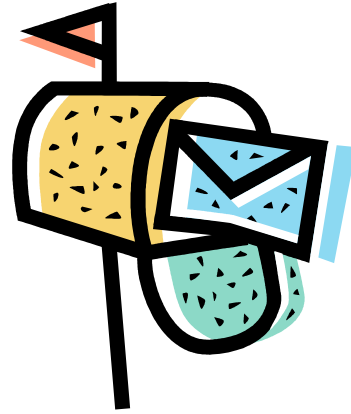
Hopewell Valley Senior Advisory Board

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Senior News

Aida Hopewell Valley Central High School will have a special senior performance of this sensational musical on Wednesday, March 3 at 2pm at the Performing Arts Center at CHS. This is a free preview and runs approximately 2 hours.

Census Tips 1) Any request for census information from the Census Bureau will be clearly marked as coming from the U.S. Census Bureau and as OFFICIAL BUSINESS of the United States; 2) when the 2010 Census takes place, you will receive a letter from the Census Bureau Director, notifying you that, in a few days, your household will receive a form in the mail, or a phone call from the Census Bureau, or a visit from a Census Bureau representative; 3) All census takers carry official government badges marked with just their name and you may also ask them for a picture ID from another source to confirm their identity; 4) if you are still not sure about the identity of a census taker, you may call the Regional Census Office at (215)717-1020 to verify; and 5) most importantly, the Census Bureau will NEVER, under any circumstances, ask to enter your home.



DOROT's University Without Walls has new spring classes scheduled. Take courses conveniently over the phone. This non-profit offers a wide array of classes and support groups. For more information, call 1-877-819-9147 or go to www.dorotusa.org.

New Jersey Statewide Heating Assistance and Referral for Energy Services is a non-profit organization charged with a mission to provide assistance to individuals and families living in New Jersey who are in need of temporary help in paying their energy bills. This program gives one-time assistance to individuals and families who are not eligible for other energy assistance programs. For more information, contact NJ SHARES at 1-866-657-4273.

Once Upon a Mattress Timberlane Middle School will have a special senior preview of this musical comedy on Thursday, March 25 at 5pm at the Performing Arts Center at CHS. This is a junior version (about 90 minutes).

Social & Swing Dancing is here just in time to brush up on your dancing skills for the Swing Into Spring Event. The Hopewell Township Parks & Recreation Department is sponsoring a Social/Swing Dancing class with dance instructor, Glen Carleton. This series will cover basic dance steps including Waltz, Cha Cha, Foxtrot, Jitterbug and Lindy just to name a few. The six-week series begins March 18th. For more information, call the Recreation Department at 737-3753.

Around the Valley

*The Pennington Public Library and Hopewell Valley
Senior Services Present:*

Engaged Retirement

With Carol King

This program will cover:

Planning for retirement or a major lifestyle change

Managing your time

Identifying your passions

Volunteerism

Thursday, March 25, 7:30-9pm

Pennington Public Library

30 N. Main St. in Pennington

*Funding for the development of the Engaged Retirement programs
was provided by the Princeton Area Community Foundation.*

**No Registration required. For more information, call
Pennington Public Library at 737-0404 or Hopewell
Valley Senior Services at 737-0605, ext. 692.**

Ongoing Programs

Artists' Choice will meet Tuesdays, March 2, 16, and 30, from 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.

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.

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 March 2010

Hopewell Valley Seniors Connect: Income Tax Help on the Web Tuesday, March 2, 10:30-11:30am at the Hopewell Branch of the Mercer County Library. Learn about several major sources of Income Tax help on the web with Joel May. No registration required. For more information, call 737-2610.

Bingo Wednesday, March 3, 10:30-11:30am at the Hopewell Valley Senior Center. Stop by for an informal game of bingo. No registration required.

Philadelphia Flower Show Thursday, March 4, 9am-5pm. Meet at Independence Park. The theme for the 2010 show is "Passport to the World." Guests will be treated to internationally inspired dance and musical performances and a World Bazaar of exotic and decorative shops. Lunch is on your own at the Convention Center or a stroll across the street to the Reading Terminal Market. \$46 per person. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Canasta Wednesdays, March 10 and 24, 1:30-3:30pm at the Hopewell Valley Senior Center. Do you remember how much fun you used to have playing canasta or have you always wanted to learn? Hopewell Valley Senior Services is starting up a canasta game twice a month. Beginners welcome. **Register for group by calling Hopewell Valley Senior Services at 737-0605, ext. 692.** The game rules we are using will be mailed to you once you register.

Let's Chat Friday, March 12, 1-2:30pm at the Hopewell Valley Senior Center. Join the Let's Chat group with Vivian Greenberg, LCSW as the group continues its discussion on the important topic of grief. Refreshments provided. No registration required.

AARP Tax-Aide Monday, March 15 and 29, 1:30-4:30pm at the Hopewell Valley Senior Center. Assistance filing income tax is provided by local AARP volunteers. Residents are asked to bring all relevant financial information and tax forms to their appointments. **Appointments are required by calling 737-0605, ext. 692.**

Atlantic City Trip Tuesday, March 16, 8:30am-6pm. Meet at Independence Park. Spend a leisurely day play the slots, walking the boards or shopping at the outlets. \$27 per person and participants will receive a free slot play (amount TBA). **Registration required by calling HT Recreation Department at 737-3753.**

Outdoor Hike Tuesday, March 16, 10am to noon. Meet at the entrance to Gazebo Park in Hopewell Borough (next to post office). All are welcome. There will be a faster and slower paced group. No registration required. For more information, contact Senior Services at 737-0605, ext. 692. **Rescheduled from February.**

Pain Myths Busted Wednesday, March 17, 10:30-11:30am at the Senior Center. Donna Post, RN, BC, BSN of Princeton HealthCare System will discuss ways to change attitudes and break down barriers about pain. No registration required.

Coffee Connections: Perennials for Difficult Sites Monday, March 22, 10-11:30am at the Hopewell Train Station. Coffee will be served from 10 to 10:30am. At 10:30 Barbara Bromley, the horticulturalist from the Rutgers Cooperative Extension of Mercer County will talk about the best perennials for spots with heat, dryness, shade, wetness, or deer. Free. Open to the public.

Cemetery Options Wednesday, March 24, 10:30-11:30am at the Hopewell Valley Senior Center. Plan ahead and be an educated consumer by learning about burial options with Gary Dorsi, the manager of Ewing Church Cemetery. Free. No registration required.

Movie: Brothers Wednesday, March 24, 1:30-3:30pm at the Hopewell Branch of the Mercer County Library. Jake Gyllenhaal, Toby Maguire, and Natalie Portman star in this drama about military families. Free. No registration required. For more information, call the library at 737-2610.

Engaged Retirement Thursday, March 25, 7:30-9pm. **See page 7 for more details.**

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

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	2 10-BP 10:30-HVSC (MCL) 11-Leisure Club (SAC) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	3 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch 2-Aida (PAC)	4 9-Phila Flower Show (Trip) 11:45-Lunch 1:30-Mahjongg	5 11:45-Lunch	6
7	8 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	9 11-BP (PQM) 11:45-Lunch 1:30-Bridge (SMC)	10 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	11 11:45-Lunch 1:30-Mahjongg	12	13
14	15 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-AARP Taxaide	16 8:30-Atlantic City (Trip) 10-Hike (GP) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	17 9-BP (HTB) 10:30-Pain Myths Busted 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	18 11:45-Lunch 1:30-Mahjongg	19 11:45-Lunch 1-Newsletter Folding	20
21	22 10-Coffee Connections (HTS) 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	23 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC)	24 10:30-Cemetery Options 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Movie (MCL) 1:30-Canasta	25 11:45-Lunch 1:30-Mahjongg 5-Once Upon a Mattress (PAC) 7:30-Engaged Retirement (PPL)	26 11:45-Lunch	27
28	29 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1:30-AARP Taxaide	30 10-BP (MCL) 11:45-Lunch 1:30-Bridge (SMC) 1:30-Artists' Choice	31 11-Healthy Bones (HTB) 11:45-Lunch 1:30-Canasta	Location Guide GP-Gazebo Park, Hopewell HTB-Hopewell Town. Building HTS-Hopewell Train Station MCL-Mercer County Library, Hopewell Branch	PAC-Performing Arts Center PPL-Penn. Public Library PQM-Pennington Market SAC-St. Alphonsus Church SMC-St. Matthew's Church	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.