

Would you like to switch Medicare plans?



If so, open enrollment is from November 15th to December 31st.

For more information, call 1-800-MEDICARE

Or go to www.medicare.gov

Visit us online at www.hopewelltp.org, click on "Senior Citizen News."

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

PRSR T STD
U.S. Postage Paid
Permit No. 9
Titusville, NJ
08560



Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2007, Vol. 1, No. 11

Contents

1 Greeting

2 News

3 Special Events

4-5 Calendar

6 On-going Programs

7 Around the Valley

8 Stay Connected

Civic Engagement

While putting together this month's newsletter I noticed a reoccurring theme: civic engagement. From election day poll workers to veterans to the numerous local volunteers, the contributions Hopewell Valley citizens have made and continue to make are huge. I hope the *Senior Spirit* can be a place where these accomplishments are highlighted and calls for additional service to community can be found.

You will notice that the "Senior News" section is unabashedly full of requests for volunteers, including AARP income tax helpers and a coordinator for Artists' Choice. If your schedule permits and there is something that catches your interest, I hope you will consider giving some time to one of these causes.

Another option for civic engagement is the Perspectives Group, which is a monthly discussion group at the senior center. November's topic is your thoughts on the best parts of Hopewell Valley and whether these characteristics can be preserved. This is a great opportunity to share your thoughts with fellow residents and hear their views as well. Join us on the third Thursday of the month at 1pm.

Election Day is Tuesday, November 6th!

Abigail Waugh

Hopewell Valley Senior Services Coordinator

Senior News



AARP Tax-aid Volunteers Needed-AARP Tax-aid will be back in Hopewell Valley in early 2008! If you are interested in being a Tax-aid volunteer in 2008 please call Carol Ober 252-1167 for details.

Judy Niederer is the new director of Hopewell Valley Parks and Recreation. Judy began as director in September but is well know to many people from her past experience on the township committee and her work with Mercer County.

Livy Glaubitz, local artist and Artists' Choice coordinator is moving to Maine. Her enthusiasm for the arts and dedication to the community will be missed. We wish Livy the best of luck on this new adventure! Senior Services is looking for 1-2 volunteers to carry on her torch and help coordinate Artists' Choice on Wednesdays, from 1-3pm at the Senior Center. Call Senior Services at 737-0605, ext. 692 if interested.



Project Lifesaver is a program offered by the Mercer County Sheriff's Office to help locate residents with Alzheimer's and other forms of dementia who are at risk of wandering. Residents are given a wrist device that allows them to be tracked if they are lost. For more information on this free program, contact the Mercer County Sheriff's Office at 394-0286.

School Volunteers Thursday, October 4, from 10am-11am, Bear Tavern Elementary School, 1162 Bear Tavern Rd. Volunteers are needed to assist with office duties at Bear Tavern Elementary School for 3-4 hours per month. Volunteers will be in charge of greeting and signing in visitors and assisting office staff with routine office work. Lunch will be provided for volunteers. To register for training, call senior services at 737-0605, ext. 692.



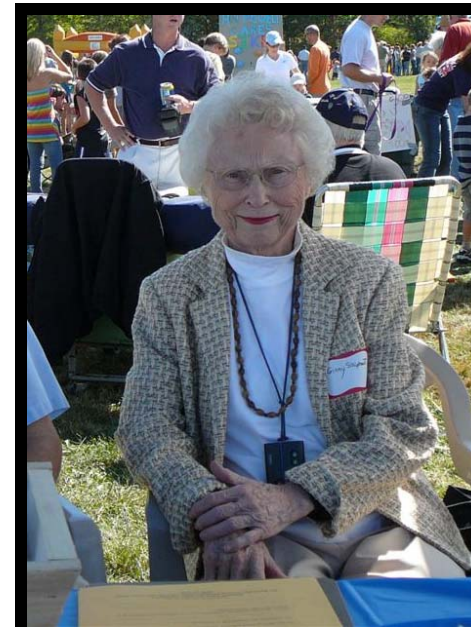
Knitting Volunteers-Wednesday, October 17, 7:30-8:30am at Bear Tavern School, 1162 Bear Tavern Rd. Looking for experienced knitters to teach 4th and 5th grade students knitting basics twice a month (1st and 3rd Wednesdays). Students will be knitting hats for newborns. Call Senior Services at 737-0605, ext. 692.

String Teachers Needed-The Hopewell Valley Regional School District has partnered with the YMCA to conduct after school strings lessons for small groups of students in grades two and three.

Rate of Pay - \$35 - \$50/hr. Time is flexible; after school or Saturdays in blocks of time based upon availability. Teacher Certification is preferred but not required; Rate of Pay is negotiable based upon qualifications and experience. Call the YMCA for information at 737-3048.



Around the Valley



Hopewell Harvest Fair 2007

Virginia Silliphant (left), Hopewell Borough Representative to the Senior Advisory Board and FISH volunteer. Kaye Richards (right), Healthy Bones coordinator from Hopewell Township .



First Day of Knitting at Bear Tavern

Volunteers, Doris Seidel (far left) and Cynthia Saperstein (far right) help teach students and principal Arcurio the joys of knitting. Students will be making hats for infants. More volunteers needed!





November 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
All events to take place at Hopewell Valley Senior Center at 395 Reading Ave. in Pennington, unless marked in bold.	<u>Location Guide</u> BTE-Bear Tavern Elementary School CHS-Central High School HG-Hopewell Gardens HTB-Hopewell Township Building MCL-Mercer County Library PPC-Pennington Presbyterian Church	SAC-St. Alphonsus Church SMC-St. Matthews Church TMS-Timberlane Middle School <i>For directions please call 737-0605 ext. 692.</i>		1 11:45-Lunch 2:30pm-Mahjogg (MCL)	2 10:30-Spiritual Health 11:45-Lunch 12:30-Growing Old Gratefully (PPC)	3	
	4 1:30-Author Talk (MCL)	5 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Let's Talk Prescriptions	6 Election Day <i>No Lunch</i> 11-Leisure Club (SAC) 1-Bridge (SMC)	7 7:30-Knitting (BTE) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists's Choice Special Demo	8 11:45-Lunch 2:30pm-Mahjogg (MCL)	9 9-Birthday Breakfast 10:30-Leaving Your Legacy 11:45-Lunch	10
	11 10am-Veterans' Day Ceremony-Memorial Site	12 10-Healthy Bones (SMC) Veterans' Day	13 11:45-Lunch 1-Bridge (SMC)	14 11-Healthy Bones (HTB) 11:45-Lunch 1-Timberlane Lunch (TMS) 1-Artists' Choice 2-Madwoman of Chailot (CHS) 4:30-Cirque du Soleil	15 11:45-Lunch 1-Perspectives Group 2:30pm-Mahjogg (MCL)	16 10-BP and Cholesterol (MCL) 10:30-Infrastructure 11:45-Lunch 1-Newsletter folding	17
	18	19 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	20 11:45-Lunch 1-Bridge (SMC)	21 7:30-Knitting Volunteers (BTE) 9-Blood Pressure (HTB) 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists' Choice 2-Senior Advisory Board (MCL)	22 Thanksgiving No Programs	23 No Lunch	24
	25	26 10-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 5-Veterans (HTB)	27 8-New York City Tour 10-Blood Pressure (MCL) 11:45-Lunch 1-Bridge (SMC)	28 11-Healthy Bones (HTB) 11:45-Lunch 1-Artists' Choice	29 11:45-Lunch 2:30pm-Mahjogg (MCL)	30 10-MVC Mobile Day (HG) 10:30-Five Wishes 11:45-Lunch	

Ongoing Programs

Artists' Choice Every Wednesday from 1-3pm at the HV Senior Center, 395 Reading Ave. in Pennington. Informal art workshop with facilitator. Bring your own materials. No pre-registration required. Free. For more information call 737-0605, ext. 692.

Blood Pressure Screenings First Tuesday from 10am-noon at the HV Senior Center, 395 Reading Ave. in Pennington, 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 information call 737-0120.

Bridge Every Tuesday at 1pm at St. Matthews Church, 300 South Main St. in Pennington. No pre-registration required. \$3. For more information call 737-3753.

Folding Third Friday of the month, 1pm at the HV Senior Center, 395 Reading Ave. in Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call 737-0605, ext. 692.

Healthy Bones Every Monday at 11am and Wednesday at 11am at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Every Monday at 10am at St. Matthew's Church, 300 South Main St. in Pennington. Brought to you by the Healthy Bones volunteers and the Hopewell Township Health Department. Free. For more information call 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 466-0761.

Hopewell Valley Veterans' Association-Last Monday of every month, 5pm 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 Ave. in Pennington. The Mercer County Nutrition Project for the Elderly provides older persons with nutritionally balanced and appetizing meals that are served in centers that unite people for activities and social contact. Transportation available through TRADE. Call the Mercer County Nutrition Project at 989-6650 for information. Meals must be reserved three days in advance. Suggested donation. Come earlier to play cards!

Mahjongg Thursdays, 2:30-4:30 pm at the Hopewell Branch of the Mercer County Library. Come enjoy the American version of this ancient Chinese tile game. Instruction for beginners available upon request. Call 737-0605, ext. 692 to register.

Perspectives Third Thursday of the month at the HV Senior Center in Pennington. Discussion Group. Refreshments served. Free. For more information call 737-0605, ext. 692.

Senior Advisory Board Meeting-Third Wednesday of the month at 2pm, Mercer County Library, Hopewell Branch. 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. For more information call 737-0605, ext. 692.

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

Special Events for November 2007

Spices of Life Lectures Fridays, 10:30-11:30am at the HV Senior Center. Join Greater Trenton Behavioral Health Care's Abbie Katz for her excellent lecture series on well being. Topics and dates as follows: "Spiritual Health" (11/2), "Leaving Your Legacy" (11/9), "Infrastructure" (11/16), and "Five Wishes" (11/30). Free and no registration required.

Growing Old Gratefully Friday, November 2, 12:30pm at Pennington Presbyterian Church in Pennington. Columnist and author Vivian Greenberg discuss growing old gratefully. Please bring your own lunch. Beverages and desserts are provided. Free and open to the public.

Author's Lecture Sunday, November 4, 1:30-3pm at the Mercer County Library, Hopewell Branch. A special presentation by author, Elizabeth Joy Arnold. Ms. Arnold is a Hopewell Township resident and the author of *PIECES OF MY SISTER'S LIFE*, a novel of twin sisters estranged 13 years earlier and now dealing with their relationship as one sister dies. Please call the library at 737-2610 to register.

Let's Talk Prescriptions Monday, November 5, 1-2pm at the HV Senior Center. Pharmacist Raza Hasan will go over basic prescription management and be available to answer general questions regarding medications. Free. Register by calling Capital Health System's Community Health Education Department at 394-4153.

Moving Paint without Brush Strokes Wednesday, November 7, 1-3pm at the HV Senior Center. Join local artist Alice Warshaw for a special demonstration on the following techniques: wicking, charging, and creating soft-edged or loose elements working wet into wet. Appropriate for beginners and experienced artists. Free. No registration required. Call Senior Services at 737-0605, ext. 692 for more information.

Birthday Breakfast Friday, November 9 at 9am. Are you 60 years or older with a birthday in October, November, or December? If so, we would like to invite you to our quarterly birthday breakfast. **Call Hopewell Valley Recreation Department at 737-3753 to register.**

Veterans Day Ceremony Sunday, November 11, 10am at the Veterans Memorial Site on Washington Crossing-Pennington Rd. in Titusville (West of Hopewell Township Public Works Building). The Hopewell Valley Veterans Association will host a ceremony in honor of Veterans Day. The ceremony will be followed by the unveiling of the first set of memorial bricks.

Timberlane Middle School Luncheon Wednesday, November 14, 1-2pm 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 the Recreation Department at 737-3753.

The Madwoman of Chailot Wednesday, November 14, 2pm at CHS Performing Arts Center. You are invited to a **free** sneak preview of Jean Giraudoux's hilarious comedy performed by Hopewell Valley Central High School students.

Wintuk by Cirque du Soleil Wednesday, November 14, 4:30pm to 12am. Join the Hopewell Valley Parks and Recreation Department for a trip to Madison Square Garden to see this brand new Cirque du Soleil production. \$94. **Pre-registration required.** For more information call (609)737-3753.

Perspectives ? Thursday, November 15, 1-2:30pm at the HV Senior Center. Topic: What is the best part of Hopewell Valley? Can we keep it? Free. Refreshments served. No registration required.

Blood Pressure and Cholesterol Checks Friday, November 16, 1am-12noon at the Mercer County Library, Hopewell Branch. Provided by Princeton HealthCare System. No registration is necessary.

New York City Tour Tuesday, November 27th, 8am-6pm. Join the Hopewell Valley Parks and Recreation Department for a trip to Chinatown, the East Village, and Greenwich Village. \$45. **Pre-registration required.** For more information call (609)737-3753.

Mobile Motor Vehicle Commission Day Friday, November 30, 10am-2pm by appointment at Hopewell Gardens, 725 Denow Rd. Is your driver license expiring in the next six months? Do you want to upgrade to the new digital license? Are you looking for a non-drivers id? The Motor Vehicle Commission's mobile unit will be in Hopewell for the day to provide these services. **Appointments required.** 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.