

Senior Spirit

Hopewell Valley Senior Services Newsletter

August 2017, Vol. 11, No. 8

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Please join us for the...

Hopewell Valley Senior Citizens' Annual Picnic

Thursday, September 14, 2017

Washington Crossing State Park

12:00pm - 3:00pm

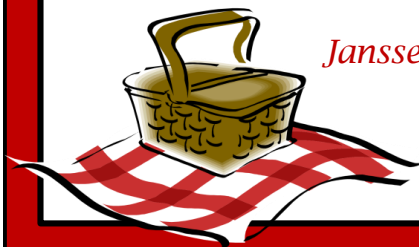
Please join us for a free afternoon of food, fun and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition.

Please RSVP ONLY IF YOU CAN ATTEND by calling 537-0257, no later than Wednesday, September 6th.

**Please do not call if you CANNOT attend.
Rain date Thursday, September 21st.**

Brought to you by Hopewell Valley Senior Services, Hopewell Township Recreation Department and Washington Crossing State Park with special sponsorship from the following:

*Acorn Glen Assisted Living
Atrium Post Acute Care of Princeton
Capital Health
Janssen Pharmaceuticals, Inc.*



Senior News

Senior News

Senior Picnic Door Prize Volunteers It's almost that time of year again for the Hopewell Valley Senior Picnic! Once again we are looking for people to request and collect door prizes for the picnic. Please contact Randi Knechel, (609) 537.0236 or rknechel@hopewelltp.org, if you are interested in volunteering. You will be asked to distribute flyers to the businesses and receipts after or at the time the item is picked up. We have a list of past donors, however, new ideas are always welcome! Any door prizes that are collected may be dropped off at Hopewell Township Municipal Building to Randi in Senior Services located downstairs in the Health Department.

GrandPals As we approach the end of Summer and the new school year being just around the corner, we will start our second year of GrandPals! We are looking for volunteers for this rewarding program. Our volunteers will read to groups of students weekly at Bear Tavern Elementary School. The volunteer will have the same group of students every week from October to May and your relationship with them will blossom. You will watch them grow from the young Kindergartener to the confident student ready for 1st grade. Please contact Randi Knechel, (609) 537-0236 for more information or if you are interested in volunteering for the program.

Email Updates are available if you would like to stay in the loop about with upcoming senior services activities. Get one to two emails a week with last minute programs, weather cancellations, and reminders about upcoming programs. Email rknechel@hoewelltp.org to get email updates.

Go Green Sign up to get the *Senior Spirit* by email. This is great for people who travel part of the year (you can get the newsletter wherever you are) and for those who want to save paper. Plus you get the newsletter 5-10 days faster. Email rknechel@hopewelltp.org to switch!

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609)989-4320
Aging In Place (cell)-(609) 250-5299
Contact Reassurance (free daily calls)-(609)883-2880
FISH Meals on Wheels-(609)737-9123
Mercer County Consumer Affairs-(609)989-6671
Mercer County Nutrition Project (Pennington)-(609)737-3855
Mercer County Office on Aging-(609)989-6661
Mercer County Surrogate-(609)989-6331
RideProvide of Greater Mercer County-(609)452-5140
TRADE Transportation-(609)530-1971

Special Events for August 2017

Movies on Monday: Live By Night: Monday, August 7 at 1:30pm, Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. Rated R. Joe Coughlin, the son of a Boston cop, becomes a bootlegger in Florida during the Prohibition era. As his operation grows, Coughlin faces off against local gangsters, Klansmen and religious evangelicals.

Book Club: Monday, August 14th, 2:00pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. All are welcome to discuss this month's title, *The Silver Star* by Jeanette Walls.

Food Safety Wednesday, August 9th, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Seniors have a lifetime of experience shopping for, preparing and eating food. Fortunately, Americans enjoy one of the safest most healthful food supplies on the world. Many changes have come over your lifetime-from the way food is produced and distributed, to the way it is prepared and eaten. Join us as we discuss how times have changed, food safety at home including the longevity of food in your refrigerator vs. freezer, and eating out or take out food tips.

High Five Technology: Introduction and Community Needs Assessment: Wednesday, August 16th, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. **Are you uncomfortable with technology and not sure where to begin or who to ask for help?** Hopewell Valley Senior Services in partnership with the Hopewell Valley Senior Foundation would like to offer the residents of Hopewell Valley Computer & Technology classes. Join us as High Five Technology Instruction presents who they are and some classes they offer. We will rely on your input to decide what classes to offer the community!

Travel Instruction 101: Wednesday, August 23rd, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. You know how to get around by car, but it's not the only way to travel around the area! Become a confident and independent traveler using transit! Learn how to plan trips, use the bus, train and light rail, pay fares, make transfers, local public transit, and other ride service options that are available in the Hopewell area. Presented by Greater Mercer TMA, your local transportation management association, committed to improving mobility and furthering sustainability in Mercer County.

Memory Loss, Dementia and Alzheimer's: The Basics: Wednesday, August 23, 6:00pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Presented by Nicolette Vasco from the Alzheimer's Association. Attendees will learn the symptoms, causes, risk factors and the effects that Alzheimer's disease and other types of dementia have on the brain. Find out the benefits of early detection and how to address a diagnosis of Alzheimer's disease. Registration requested.

Movies on Monday: Rogue One: A Stars Wars Story Monday, August 28 at 1:30pm, Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. Rated PG-13. From Lucasfilm comes the first of the Star Wars standalone films, "Rogue One: A Star Wars Story," an all-new epic adventure.

End of Month Movie: Split Wednesday, August 30 at 1:30pm and 6:30pm, Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. Rated PG-13. Writer/director/producer M. Night Shyamalan returns with an original thriller that delves into the mysterious recesses of one man's fractured, gifted mind.

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

Ongoing Programs

Aging-In-Place is the third Tuesday of the month from 3:00-4:30pm at the HV Senior Center. This is a group of people who are exploring ways to support each other as they age. No registration required.

Artists' Choice on break for the Summer, see you in the fall!

Bingo First Wednesday of the month, 10:30-11:30am at the HV Senior Center.

Blood Pressure Screening First Tuesday of the month, 10-11am at the Hopewell Valley Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Folding Meets the third Monday of the month, 1:00pm at the HV Senior Center, 395 Reading Street, Pennington. Help us get ready for next month by volunteering to fold the newsletter. Refreshments will be provided. For more information call 537-0236.

Healthy Bones Every Monday at 10:30am at St. Matthew's Church, 300 South Main St. in Pennington. Call 466-2324 for information. Also every Monday and Wednesday at 10:45am 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 537-0238.

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.

Lunch Monday-Friday, 11:30am 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. Suggested donation.

Mahjongg Thursdays, 1:30-3:30pm at the HV Senior Center. Weekly Mahjongg. Beginners welcome to attend and shadow experienced players. Free.

Mondays with Mia on break for the Summer, see you in the Fall!!

Senior Advisory Board Meeting is the third Wednesday of the month at 2:00pm at the HV Senior Center. 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 537-0236.

Social Bridge Mondays, 2:00-4:00pm at the at the HV Senior Center. All experience levels invited, come socialize while playing bridge!

Programs subject to cancellation due to extreme weather. For more information, call (609)737-0605, ext. 636

Hopewell Valley Senior Center, 395 Reading Street, Pennington, NJ 08534

High Five Technology: Introduction and Community Needs Assessment



Wednesday, August 16th @ 10:00am
Hopewell Valley Senior Center
395 Reading Street, Pennington

Are you uncomfortable with technology and not sure where to begin or who to ask for help?

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Save the Date



**Seeking & Tracking Wild Birds
September 27th, 10:00am
Hopewell Valley Senior Center**

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

**PRSRT STD
U.S. Postage Paid
Permit No. 427
Trenton, NJ 08650**