

Senior Spirit

Hopewell Valley Senior Services Newsletter

May 2017, Vol. 11, No. 5

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Senior Luncheon

At Hopewell Valley Central High School
Performing Arts Center



Date: Wednesday, May 17th

Time: 12:30pm

Location: Central High School,
Performing Arts Center
259 Pennington Titusville Road
Pennington, NJ 08534

Register: Contact Randi, 537-0236 by May 8th

Enjoy lunch followed by a
performance of student jazz groups.

**Sponsored by Capital Health and
The Hopewell Valley Education Foundation.**

Senior News

Program/Group Ideas Do you have a passion or interest you would like see brought to Hopewell Valley? Please let Randi know and we can explore the possibility and interest in starting new senior groups!

GrandPals We are coming to the end of our first year with our GrandPals program at Bear Tavern Elementary School. This program has been loved by both the seniors and the kindergarten classes we read to. We will start recruiting for the 2017-2018 school year very shortly. If we have enough volunteers we may expand to another Hopewell Valley Elementary School. Please call Randi if you are interested in learning more about this rewarding program!

Pennington Day Volunteers Hopewell Valley Senior Services will be participating in Pennington Day! Please let Randi know if you have some time you would like to volunteer and help staff the Senior Services booth on May 20th from 10:00am-4:00pm. We are looking to fill 1-2 hour time slots. Please call Randi, 537-0236 if you are available to help.

Bingo Prizes We are looking for prize donations for our monthly bingo game at the Senior Center. Please contact Randi Knechel at (609)537-0236 if you have items you would like to donate. We are looking for items you would give as hostess gifts.

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 May 2017

Arthritis in Women Monday, May 1st, 6:00pm at Capital Health Medical Center-Hopewell, NJ Pure Conference Center, One Capital Way, Pennington. Arthritis is the leading cause of joint replacements, and because women have higher rates of arthritis than men, more women are in need of joint replacement surgery. In recent years, there have been many advances in implant technology, surgical techniques, and overall patient care to achieve rapid return to normal function after surgery. Join Dr. Arjun Saxena to learn what to expect and have your questions answered. To register, call 609-394-4153 or register online at capitalhealth.org/events.

Stained Glass Tour of Princeton Abbey Friday, May 5th, 1:00pm at Princeton Abbey & Cemetery, 75 Mapleton Road, Princeton, NJ 08540. Join Senior Services for a walking tour of the stained glass at Princeton Abbey & Cemetery. We will talk about the history of St. Joseph's Seminary, the stained glass stories, information about the chapel, the mission it serves now and the different events we have. You are responsible for your own transportation to the Abbey. Register with Randi, 609-537-0236 by Wednesday, May 3rd.

First Friday Films: Suddenly, Last Summer Friday, May 5th, 1:30pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. A society matron offers a brain surgeon a grant on the condition that he lobotomize her niece, who witnessed the murder of her cousin, the matron's son, the previous summer and who has been institutionalized ever since. NR, 114 minutes.

Book Club: Monday, May 8th, 2:00pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington, NJ 08534. All are welcome. This month's title to discuss is TBD. No registration necessary.

Tech Time: Tuesday, May 9th, 3-4pm at the Hopewell Branch of the Mercer County Library, 245 Pennington Titusville Road, Pennington. Stop in for tech help from local teens. **This is the last Tech Time until October! Registration required by May 2nd.** To register, contact 537-0236.

Walking Group: Wednesday, May 10th, 1:30pm. We will be walking the Master Educational Gardens. Please meet at the park benches in the parking lot at 1:30pm, 431 Federal City Road, Pennington.

Hearing Aids Wednesday, May 17th, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. Join us as Susan Dondes teaches us about hearing loss and different hearing aid options that you can benefit from!

Senior Luncheon Wednesday, May 17th, 12:30 pm at Hopewell Valley Central High School, 259 Pennington Titusville Road, Pennington. Enjoy lunch and a performance by the Hopewell Valley Central High School and Timberlane Middle School Jazz Bands. Sponsored by Capital Health and the Hopewell Valley Education Foundation Register by Monday, May 8th, please call Randi at 537-0236.

Veterans Benefits Wednesday, May 24th, 10:00am at the Hopewell Valley Senior Center, 395 Reading Street, Pennington. We will discuss the history of Vet Centers, eligibility criteria, and the resources and services available to veterans through the Vet Center. Have your questions answered about VA Healthcare services and benefits in general.

Movies for Adults: Billy Lynn's Long Halftime Walk Wednesday, May 31st, 1:30pm & 6:30pm at Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. A squad of U.S. soldiers participate in a military celebration during a Thanksgiving football game. R, 110 minutes.

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 will be meeting on 5/2, 5/9 and 5/30 from 1-3pm at the HV Senior Center, This program is coordinated by Susan Ewart. For more information call 537-0236.

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 Third Monday of the month at 11:00am at the Hopewell Township Municipal Building, 201 Washington Crossing Pennington Road, Titusville. Come meet Mia for an hour of fun. Enjoy human conversation and an opportunity to hang out with a friendly canine. Mia is a chocolate lab who is a certified therapy dog with The Bright and Beautiful Therapy Dogs, Inc. Mia and her handler, Moira Nilsson. Mia's training means she is gentle enough to interact with people with special needs.

Senior Advisory Board Meeting is the third Wednesday of the month at **4:00pm** 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. **Time for meeting has changed for May due to conflict with Explorations classes.**

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

Around the Valley



Hopewell Valley Aging in Place

A Hopewell Valley Community Organization

609-250-5299 ■ hvaginginplace@gmail.com

Who We Are:

Seniors, and other community residents, joining to assist older Hopewell Valley residents to remain in their homes.

Our Mission:

To help make Hopewell Valley a better place in which to grow older!

What We Do:

- Invite experts to make presentations on home maintenance, health, financial management, and home safety.
- Share knowledge of quality community resources and services.
- Help with simple chores that could use another set of hands.
- Provide local driving where or when Hopewell Valley Rides does not travel.
- Advocate for senior programs and a senior center
- Create a tighter social fabric for older residents to decrease isolation, support independence, and friendship.

Why We Meet:

“Naturally Occurring Retirement Communities” are being developed across the nation to provide mutual support. Hopewell Valley Aging in Place is created to encourage seniors to take on new roles in shaping this concept here in the Valley.

Where We Meet:

Senior Center
395 Reading Ave.
Pennington, NJ 08534

When:

Monthly, on the 3rd Tuesday at 3 p.m.

How?

Join us! All are welcome! We also welcome teens to assist with chores. In return, we write letters of recommendation for the volunteer services provided.

Save the Date
Elder Law Attorney, Media Law Group
June 21st, HV Senior Center



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

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U.S. Postage Paid
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