



Senior Spirit

Hopewell Valley Senior Services Newsletter

September 2015, Vol. 9, No. 9

Contents

- 1 **Greeting**
- 2 **News**
- 3 **Special
Events**
- 4 **Ongoing
Programs**
- 5 **Around
the Valley**
- 6 **Save the
Date**

Transitions

Many of us are going through transitions this fall. Anyone who has seen me in the last few months knows that I am about to go through one of life's biggest transitions. Some changes are not so obvious though. They are not apparent just by looking at us, but may have just as big an impact. Some people lost a beloved spouse or parent and are starting in on a new chapter on their own right now. Some just got a diagnosis about their physical or cognitive health and are restructuring their lives to adjust. Others recently retired and are looking to fill the hours and their own identity with something new. Still others may be making a move and nervously starting fresh in a different place.

Whatever your transition is, there are common things that can happen during any major passage in life. Grief, excitement, uncertainty, denial, and anticipation all can show up and sometimes at the same time. Whatever your journey is this fall, let's be gentle with ourselves as we go. If you yourself are not going through anything currently, please be patient with those of us who are. Onward!

Abigail Meletti
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
ameletti@hopewelltp.org
http://www.hopewelltp.org/senior_news.html

Senior News

Email Updates and Senior Spirit sign-up by contacting Randi Knechel at rknechel@hopewelltp.org or (609)737-0605, ext. 636.

Hopewell Harvest Fair is Saturday, September 26 from 10am to 4pm at Hopewell Elementary School. Check out the Hopewell Valley Senior Services table along with other non-profits, food, and craft vendors. For more information, go to <http://www.hopewellharvestfair.org/>

Hopewell Valley Senior Services Changes this Fall Abigail will be on leave from approximately mid-September through mid-January. This means some temporary changes for senior services. One big change is that *most* afternoon programs that were at the senior center will move to the Hopewell Township Municipal Building from September 1 through the middle of January. Also, please pay attention in the September newsletter to registration phone numbers as this will be different as well. ***Please remember that as a public employee Abigail cannot accept gifts for herself or family members.*** Well wishes are more than enough!

Useful Numbers for Older Adults in Hopewell Valley

Adult Protective Services-(609)989-4320

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)737-9123

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 September 2015

Hopewell Valley Senior Citizens' Picnic Thursday, September 10, noon-3pm at Sullivan's Grove, Washington Crossing State Park in Titusville. Free food, music, and door prizes for Hopewell Valley residents 60+. Rain date is 9/17. **RSVP by September 2 by calling (609)737-0605, ext. 668**

Let's Chat Friday, September 11, 1-2:30pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. Join Vivian Greenberg, LCSW for a lively discussion. Refreshments served. No registration required. *Please note change in location*

Book Club Monday, September 14, 2-3:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group will be reading I am Malala by Malala Yousafzai. For more information, contact Diane Miller at (609)737-2610. *Please note change in time and location.*

Walking with Joy at Alliger Park Tuesday, September 15, 10-11:30am. Meet in the parking lot off of Washington Crossing-Pennington Rd. Walk the Woolsey Trail in Alliger Park. Rain date is 9/17. No registration required. For more details or directions, call 737-0605, ext. 650 or jarena@hopewelltp.org.

Aging-In-Place Tuesday, September 15, 3:15-4:30pm at the Hopewell Township Municipal Building. This is a group of people from Hopewell Valley who are exploring ways to support each other as they age. There will be a talk by All are welcome. No registration required. *Please note change in location.*

Cataracts and Age-Related Macular Degeneration Wednesday, September 16, 10:30-11:30am at the HV Senior Center. Priya V. Desai, MD, MBA of Matossian Eye Associates will discuss the effects of Cataracts and Macular Degeneration. Find out the symptoms, risk factors, treatment options, and how to protect your vision and minimize your risk. No registration required.

Mondays with Mia Monday, September 21, 11am-noon at the Hopewell Township Municipal Building. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. No registration required. *Please note change in location/*

250 Years of Farming Pleasant Valley Tuesday, September 29, 6:30-8pm at the Pennington Public Library, 30 N. Main St. in Pennington Larry Kidder, local historian will be the presenter. Learn about the rich history of the Pleasant Valley district of Hopewell Valley. The program will be presented by Larry Kidder, local historian. The talk draws on research from the resources of Howell Living History Farm, the Hopewell Valley Historical Society, and several residents of Hopewell. Farm life in Pleasant Valley was pretty typical of farming throughout the township. Refreshments will be served. **Registration requested by emailing kha@penningtonlibrary.org (preferred) or calling (609)737-0404.**

Beyond Books: the Treasures of Hopewell Valley's Libraries Wednesday, September 30, 10:30-11:30am at the HV Senior Center. Learn about the programs, resources, collections, and volunteer opportunities available to you. Representatives will be present from Hopewell Public Library, the Hopewell Branch of the Mercer County Library, the Pennington Public Library, and the New Jersey State Library Talking Book & Braille Center. No registration required.

Child 44 Wednesday, September 30, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Mystery thriller that takes place during Stalin's rule of the Soviet Union in the early 1950's. Rated R. Free.

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

Ongoing Programs

Artists' Choice will be meeting on 9/8, 9/15, and 9/29 from 1-3pm at the Hopewell Township Municipal Building. For more information call 737-0605, ext. 668. *Please note change in location.*

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, 1pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668. *Please note change in location*

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 (609)737-0120, ext. 638. *No Healthy Bones at the township on 9/2 or 9/7.*

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, 11:45am 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 Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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. 668. *No Mahjongg on 9/10 due to the Senior Picnic. Please note change in location.*

Senior Advisory Board Meeting is the third Wednesday of the month at 2pm at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd. in Titusville. 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 (609)737-0605, ext. 668. *Please note change in location*

Social Bridge Mondays, 2:30-4:30pm at the at the Hopewell Township Municipal Building. **Pre-registration for first time players recommended by contacting 737-0605, ext. 668.** *Please note change in location.*

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

Around the Valley

*Hopewell Valley Senior Services and
the Hopewell Branch of the Mercer County Library Present:*



September Art Show The *Artists' Choice* Group

*Featuring the work of
Pennie Denechaud, Susan Ewart, Norm Fesmire, Dorothy Friedman,
Bee Hilton, Ginny Manzer, Carla Olsen, and Gloria Panebianco*

The show will be on display for the month of September at
The Hopewell Branch of the Mercer County Library
245 Pennington-Titusville Road, Pennington.

Reception and Art Sale: Friday, September 18 from 3:30-5pm.

Refreshments sponsored by
Brookdale Hamilton

For more information, contact Hopewell Valley Senior Services at
(609)737-0605, ext. 692 or ameletti@hopewelltp.org.



Save the Date



Learn About Medicare

**Monday, October 26
10am at Hopewell Borough Hall**

Details in next Senior Spirit.

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

RETURN SERVICE REQUESTED

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