



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

**March 2015, Vol. 9, No. 3**

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## **Explore this Spring (without Leaving Hopewell Valley)**

One of the community best kept secrets is back this spring. The Explorations Courses are taught by volunteers on a wide variety of topics. Every year I look at the course listings and say, "I wish I didn't have to be at work then because that class looks really interesting." Of course, it happened again this year.

From food in Colonial America to masks from around the world and Old Time Exploration, there's lots for the historians among us. Throw in some Shakespeare and an examination of the great rivers basins of the world, and you have a well-rounded group of courses. Each course is 4-6 sessions and the cost is \$40 for the first course and \$20 for each additional course. All funds go towards the Hopewell Valley Senior Foundation which helps support projects and services for seniors in the area. There's more information inside on how to sign up.

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*[http://www.hopewelltp.org/senior\\_news.html](http://www.hopewelltp.org/senior_news.html)*

## **Senior News**

**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 [ameletti@hopewelltpw.org](mailto:ameletti@hopewelltpw.org) to get email updates.

**Explorations this Spring** Please see insert for details on the courses: A Taste of Colonial America, Real Masks from All Over the World, Enjoying Shakespeare, Great River Basins of the World, and Old Time Words and Phrases. **Full course descriptions are available upon request at [mansier@comcast.net](mailto:mansier@comcast.net) or phone Larry Mansier at 737-0863.**

**Low Income Home Energy Assistance (LIHEAP) Program** is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1945 or \$2621 for a couple. For more info, call 1-800-510-3102 or go to [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

**Hopewell Township Mayor's Hours** will be held between 10am to noon on Mondays and Thursday s at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. No appointment necessary. All Hopewell Township residents are invited to come speak directly with the mayor, Harvey Lester.

**The Stony Brook-Millstone Watershed Association is seeking volunteers** to help with guest services. We are a not-for-profit organization dedicated to the conservation of natural resources through education, advocacy and citizen stewardship. Located in Pennington, NJ, our brand new, LEEDS Platinum certified building is surrounded by 930 acres of precious forests, meadows and stream valley. Come be a part of this wonderful organization and join our team. We are looking for friendly, personable representatives to help at the front desk. Duties include: greeting visitors, registering and checking in program participants, orienting visitors to the building and answering questions. Light computer skills a plus. Full training provided. Four hour shifts available Tuesday-Saturday. If you don't have a dedicated time each week, a "floater" may be perfect for you. Fill in with above duties to fit your schedule.

## Special Events for March 2015

- Hopewell Helps HomeFront** Wednesday, March 4, 3-4:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. Be part of an intergenerational group that help pack snack bags for HomeFront's afterschool program and learn about their mission to end homelessness. No registration required.
- Philadelphia Flower Show: Lights, Camera, BLOOM!** Thursday, March 5, 9am to 4pm. Meet at Independence Park, 20 Stephenson Rd. Program fee \$58/person (Hopewell Twp. Resident \$50). This year's theme is the Silver Screen! Call the Recreation Dept. at 737-3753 to register.
- Brown Bag Luncheon: Personal Safety and Avoiding Scams** Friday, March 6, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Detective Salvatore of the Mercer County Sheriff's Officer will be the presenter. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee. **Register by calling 737-1221, ext. 10.**
- AARP Taxaide** Friday, March 6 and Wednesday, March 25th, 1:30-4:30-pm, and Wednesday, April 8, 1:30-3:30pm at the Hopewell Valley Senior Center. Free tax preparation by trained AARP volunteers. **Pre-registration required by calling (609)737-0605, ext. 692 or emailing ameletti@hopewelltp.org.**
- Book Club** Monday, March 9, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on The Aviator's Wife by Melanie Benjamin. This is a novel based on the life of Anne Morrow Lindberg. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting HV Senior Services at 737-0605, ext. 692.
- Tech Time** Tuesday, March 10, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 3/6.** To register, contact 737-0605, ext. 692.
- Let's Chat** Friday, March 13, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.
- Walk Along the Tow Path** Tuesday, March 17, 10-11am. Meeting in the parking lot off of Rt. 29 by Wash. Crossing. We will also plan upcoming walks based on group suggestions. No registration.
- Agging-In-Place** Tuesday, March 17, 3:15-4:45pm at the HV Senior Center. Topic TBA. No registration required.
- Do You Know the Signs of Stroke? Are You At Risk For Stroke?** Wednesday, March 18, 10:30-11:30am at the HV Senior Center. Hopewell Borough resident, Rosaline Fleming, RN, MS, APN will present on knowing the signs of stroke and what to do if you suspect one. No registration required.
- The Best Native Plants For Hopewell Valley Gardens** Tuesday, March 24, 6:30-8pm at the Pennington Public Library. Michael Van Clef of Friends of Hopewell Valley Open Space will provide a presentation on the best native plants for particular landscape situations followed by a Q&A session. **Registration required by contacting ameletti@hopewelltp.org or (609)737-0605, ext. 692.**
- Don't Be A Victim: Learn How To Protect Yourself Against Medicare Fraud, Abuse, and Waste** Wednesday, March 25, 10:30-11:30am at the HV Senior Center. Charles Clarkeson, Esq. of Senior Medicare Patrol will tell you how you can protect yourself and answer your Medicare questions. No registration required.
- Movie: The Hundred-Foot Journey** Wednesday, March 25, 1:30pm and 6:30pm at the Hopewell Branch of the Mercer County Library. Film about a feud between two adjacent restaurants in France, starring Helen Mirren and Om Puri. Rate PG. 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 March 3, 10, 17, and 31 from 1-3pm at the Hopewell Valley Senior Center. This group is facilitated by local artist, Susan Ewart. Bring your own project and supplies. For more information call 737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).

**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. **No blood pressure at the Township this month.**

**Folding** Meets the third Monday 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. *This month the newsletter folding will be on the fourth Monday of the month.*

**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 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, ext. 638.

**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 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** is the 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. The public is encouraged to attend. Refreshments served. For more information call (609)737-0605, ext. 692.

**Social Bridge** Mondays, 2:30-4:30pm at the HV Senior Center. **Pre-registration for first time players recommended by contacting 737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).**

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

## ***Around the Valley***

*Generation Connection Presents:*

# *Hopewell Helps HomeFront*



Please help us pack snack bags for Mercer County children whose families have struggled with homelessness. Come to the Hopewell Branch of the Mercer County Library on **Wednesday, March 4 from 3-4:30pm**. We will be packing healthy snack bags and learning about HomeFront's mission to end homelessness in Mercer County.

If you can't make the packing event, there will be a drop box at Hopewell Valley Central High School and the Hopewell Valley Senior Center. Donations of individually wrapped healthy snacks, **including juice boxes, fruits cups, crackers, gold fish, paper bags, napkins and spoons** are welcomed.

The Hopewell Branch of the Mercer County Library is located at  
245 Pennington-Titusville Rd. in Pennington.  
**Registration required by contacting** Hopewell Valley Senior Services at  
(609)737-0605, ext. 692 or [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org).



## **Save the Date**

*April 14th*



**Hopewell Township Recreation Trip  
to Bally's Casino in Atlantic City**

**Call 737-3753**

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

**RETURN SERVICE REQUESTED**

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