



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

April 2015, Vol. 9, No. 4

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## **The Thaw**

It was tempting to stop planning anything after the winter we've had. With so many postponements, cancellations, and snow days, many of us started to feel the loss of our routines. Our snow boots got more use than most years and shoveling and salting got tiresome. My mantra for the bad weather was "Spring is going to be really sweet this year."

Spring has arrived and with it nature pushes itself to regenerate after a long, cold winter. The crocus are lifting through the dirt and the trees are budding. Spring is also an excellent time to push ourselves out of our homes and into the world, an opportunity for our own renewal.

I think you will find plenty of opportunities for getting out of the house as this month's newsletter is jammed full of activities. My apologies for decreasing the font size to fit it all in!

*Abigail Meletti*

*Hopewell Valley Senior Services Coordinator*

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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@hopewelltwp.org](mailto:ameletti@hopewelltwp.org) to get email updates.

**Explorations** start in April! 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 April 2015

**AARP Taxaide** Wednesday, April 8th, 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](mailto:ameletti@hopewelltp.org).**

**Brown Bag Luncheon: Signs and Prevention of Stroke** Friday, April 10, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. Dr. Suzanne Holdcraft 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.**

**Let's Chat** Friday, April 10, 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.

**Book Club** Monday, April 13, 1-2pm at the HV Senior Center. The group will discuss A Husband's Secret by Liane Moriarty. 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, April 14, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 4/10.** To register, contact 737-0605, ext. 692.

**Acid Reflux: Burning Question** Wednesday, April 15, 10:30-11:30am at the HV Senior Center. No registration required. Aaron M. Bellows, MD, specializing in gastroenterology and a member of the Medical Staff of Princeton HealthCare System, will discuss the causes of GERD, treatment options, and Barrett's esophagus. No registration required.

**Senior Luncheon** Wednesday, April 15, 12:30-1:30pm at the HV Central High School. Luncheon hosted by staff and students of the school district with sponsorship from the Hopewell Valley Education Foundation. Performance by choral and orchestral groups to follow. Free. **To register, call HT Recreation Department at 737-3753 by 4/8.**

**Mondays with Mia** Monday, April 20, 11am at the Hopewell Train Station, 4 Railroad Place in Hopewell Borough. 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.

**Walk in Hopewell Borough** Tuesday, April 21, 10-11am. Meeting at Gazebo Park in Hopewell Borough at the corner of Greenwood and Columbia Avenue. Parking on Columbia Avenues. No registration.

**Aging-In-Place: Home Safety** Tuesday, April 21, 3:15-4:45pm at the HV Senior Center. Representatives from the Hopewell Township and Pennington Borough Police Departments will discuss safety for yourself and your home with the Hopewell Valley Aging In Place Group. No registration required.

**Hopewell Valley Caregivers Night** Tuesday, April 21, 6-7:30 at the HV Senior Center. Topic TBA. A light dinner will be provided by Acorn Glen Assisted Living. **Registration requested by contacting [ameletti@hopewelltp.org](mailto:ameletti@hopewelltp.org) or (609)737-0605, ext. 692.**

**Technology Etiquette** Wednesday, April 22, 10:30-11:30am at the HV Senior Center. Is your phone unruly? ? Learn how to use your cell phone to enhance your relationships not detract from them with Rowena DeCicco of Merwick Care & Rehabilitation Center. Bring your phone along. There may be time to get personal help with your phone settings. No registration required.

**Birthday Breakfast** Friday, April 24, 9am at the Hopewell Valley Golf Course. Are you 60+ with a birthday in July through December? If so, you are invited to celebrate at our semi-annual birthday breakfast. **Please RSVP by 4/17 by calling the Hopewell Township Recreation Department at (609)737-3753.**

**American Civil War Talk** Monday, April 27, 10-11am at Hopewell Borough Hall, 88 East Broad St. in Hopewell. Martin Mosh, a retired Mercer County Community College Instructor will present this talk. Refreshments will be served. No registration required

**AARP Smart Drive Course** Wednesday April 29, 9am-4pm (with break for lunch) at the Hopewell Township Municipal Building. Refresher driver course designed specifically for older drivers. May offer multi-year insurance discount. \$15 for AARP members and \$20 for non-members. **Registration required by contacting the HV YMCA at (609)737-3048.**

**Movie: The Theory of Everything** Wednesday, April 29, 1:30pm and 6:30pm at the Hopewell Branch of the Mercer County Library. Film about the incredible story of physicist Stephen Hawking. Rated PG-13. 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 April 7, 14, and 21 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.

**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.

**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*



**Best wishes on your birthday from  
Hopewell Township Parks & Recreation  
and Hopewell Valley Senior Services!**

***Birthday Breakfast***

Hopewell Valley Golf Club  
Friday, April 24, 2015  
9:00 am

RSVP no later than April 17 at 737- 3753

***Please join us for a birthday breakfast  
In your honor, along with other  
Hopewell Valley Seniors  
Celebrating birthdays in the months of  
January-June.***

(We welcome and encourage spouses and guests, at a cost of \$15, which may be paid at the door.) Please do not arrive before 8:45am.



**Save the Date**



**Monday, May 18**

**Doolan's Spring Lake USO Extravaganza**

**Contact the Hopewell Township Recreation Department  
(609)737-3753**

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

**RETURN SERVICE REQUESTED**

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