

# Senior Spirit

Hopewell Valley Senior Services Newsletter

April 2016, Vol. 10 No. 4

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

## *Birthday Breakfast*

**Hopewell Valley Golf Club  
Friday, April 15th, 2016 at 9:00 am**

**RSVP no later than April 8th at 737-0605, ext. 668.**

**Please join us for a birthday breakfast  
In your honor, along with other  
Hopewell Valley Seniors celebrating birthdays in  
the months from 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.**

## **Senior News**

**Grief Support Group** on Tuesday evenings from 6-7:30pm at the Calvary Baptist Church, 3 East Broad St. in Hopewell. **Register by contacting (609)466-1880 or (609)209-6046 or email [info@calvarybaptisthopewell.com](mailto:info@calvarybaptisthopewell.com).**

**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 \$1962 or \$2655 for a couple. For more info, call 1-800-510-3102 or go to [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

**Mercer County Surrogate** is available on the third Friday of the month at the Hopewell Township Municipal Building and the second Thursday of the month at Pennington Borough Hall. The County Surrogate's Office provides the following services: probate or administration of an estate, adoption filing, appointment of incapacitated person, appointment of guardian of property for minor funds, review of formal accounting, contested probate filings, as well as marriage ceremonies. **Appointments required. To schedule an appointment with the surrogate please call 989-6336.**

**BINGO PRIZES** We are looking for prize donations for our monthly bingo game at the Senior Center. Please contact Randi Knechel at (609)737-0605 ext 636 if you have items you would like to donate. We are looking for items you would give as hostess gifts.

**PSE&G Customers** New Jersey residents who need help paying their energy bills should call [1-800-510-3102](tel:1-800-510-3102) to find out if they qualify for assistance, and how to apply. Representatives are available from 9:00 a.m. to 9:00 p.m., 7 days a week. Information is also available on our website at [pseg.com/help](http://pseg.com/help) or [pseg.com/ayuda](http://pseg.com/ayuda),

### **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)737-3855  
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 March 2016

**Brown Bag Lunch** Friday, April 1st, 12:30pm at the Pennington Presbyterian Church. Laurel Reid of PEAC Health & Fitness will discuss the "Importance of Staying Active As We Grow Older". Everyone is welcome. Bring your sandwich. Beverages, fruit and light dessert will be provided. Lunch is at 12:30 and the program begins at 1:00pm. For additional information call 737-1221.

**Poetry Readings** Saturday April 2nd from 3:00pm-4:00pm at the Mercer County Library, Hopewell Branch. Judy Rowe and Lois Marie Harrod reading their poems with younger poets from local schools. Saturday, April 9th from 3:00pm-4:00pm, hear cool women read their light, enlightening, yes, luminous poems about light. Free and Open to the Public. Light Refreshments will be served.

**Tech Time** Tuesday, April 5th, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by April 1st.** To register, contact 737-0605, ext. 668.

**AARP Tax Aide** Wednesday, April 6, 1:30-4:30pm at the Hopewell Valley Senior Center. Free tax preparation by trained AARP volunteers. **Pre-registration required by calling (609)737-0605, ext. 668.**

**Let's Chat** Friday, April 8th, 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.

**Book Club** Monday, April 11th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book is My Antonia by Willa Cather. For more information, contact Diane Miller at (609)737-2610.

**T'ai Chi Class** Tuesdays, April 12th through May 31st, 10:30-11:30am at the Hopewell Borough Hall, 88 East Broad Street, Hopewell, NJ. T'ai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well being. **Registration is required, call 737-0605 ext. 668.** Bring a check for **\$25.00** made out to the **Hopewell Valley Senior Foundation** to the first class.

**Senior Luncheon** Wednesday, April 20, 12:30-1:30pm at the Central High School Performing Arts Center. Luncheon hosted by staff and students of the high school with co-sponsorship from Brandywine Senior Living. Vegetarian lunches are available, must be requested at registration! Following the luncheon, enjoy a performance by the Central High School orchestra and choir. **To register, call (609) 737-0605 ext 668 by 4/10.**

**Unsung Heroines: The Role of Women in the American Civil War** Monday April 25th, 10:00am at Hopewell Borough Hall, 88 East Broad Street, Hopewell, NJ. Martin Mosho, a retired Mercer County Community College Instructor will present this talk. Refreshments will be served. No registration required. This is part of the Coffee Connection Series.

**Caregiving Is A Marathon...Not A Sprint: How To Manage Your Race** Tuesday, April 26th, 6:00pm to 7:30 pm at Hopewell Township Municipal Building. Family caregivers provide 90 percent of parent care, while also balancing work and family. Family caregivers can also be spouses providing assistance to their loved one who has physical or psychological impairment. Many caregivers face daily health and emotional challenges because of their demanding role. The presentation, will address these challenges, helping caregivers recognize the signs of stress, and offer tips for self-care and finding resources to help them manage. Light dinner and refreshments provided by Acorn Glen.

**CodeRed Information Session** Wednesday, April 27th at 10:30am. Join us to discuss the Hopewell Township Emergency Notification System known as CodeRed. Learn how the system works and how to sign up!

**Bridge of Spies** Wednesday, April 27th, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Rated: PG-13. Free. In this historical drama set during the Cold War, a Brooklyn attorney (Tom Hanks) is tasked with negotiating a prisoner exchange between an American pilot who was shot down over the USSR and a Soviet spy serving a 45-year sentence for espionage against the U.S. *Bridge of Spies* was directed by Steven Spielberg and written by Matt Charman and Joel and Ethan Coen.

*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 4/5, 4/12, and 4/19 from 1-3pm at the Hopewell Township Municipal Building. For more information call 737-0605, ext. 668.

**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. CANCELLED FOR APRIL 5th, 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.

**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.

**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.

**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.

**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.**

**Agging-In-Place** Tuesday, April 19th, 3:15-4:30pm at the Hopewell Township Municipal Building. This is a group of people who are exploring ways to support each other as they age. No registration required.

**Mondays with Mia** Monday, April 18th, 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.

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

Hopewell Valley Caregiver's Night:

**Caregiving Is A  
Marathon...Not A Sprint:  
How To Manage Your Race**

*with Melissa Sodowick, MSW, LSW,  
Geriatric Care Manager*



**Tuesday, April 26, 6:00 – 7:30 pm  
Hopewell Township Municipal Building  
201 Washington Crossing Pennington Road**

Many caregivers face daily health and emotional challenges because of their demanding role. The presentation will address these challenges, helping caregivers recognize the signs of stress, and offer tips for self-care and finding resources to help them manage.

Light dinner and beverages will be served.  
*Refreshments provided by Acorn Glen.*

*This Program is presented by Hopewell Valley Senior Services.*

**Registration requested by calling  
(609)737-0605 ext 668**



**Save the Date**



**Wildlife and Pets  
Belinda Ogitis,  
Hopewell Twp Animal Control Officer  
May 3, 2016**

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

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