



Senior Spirit

Hopewell Valley Senior Services Newsletter

May 2015, Vol. 9, No. 5

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Get Into the Act

Happy Older Americans Month! 2015 marks the 50th anniversary of the Older American Act. The theme this year is “Get Into the Act” to encourage older adults to stay involved with their local communities.

I’m not certain there is a need to remind Baby Boomers, Silent Generation, and World War II Generation folks to get involved with their communities, but it might be worth reminding people to find ways to **stay** in the act. Some people feel that when their bodies change and they can’t keep up with their regular volunteer activities they have to give up volunteering completely.

There are often ways to volunteer that can be adjusted to fit your schedule and physical abilities. Local causes like FISH and Contact Reassurance have volunteer positions that allow you to make calls from your own home. Plus volunteering doesn’t always have to be in a formal capacity. Taking time to call or write to a person who is going through a tough time is something that is more difficult for people who are busy working, but can be a great fit for someone who is retired and has the time to do it. Find a way to stay in the act this month and make a difference.

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Senior News

Bereavement Support Group is starting on Tuesday April 28 from 1:30-3pm at the Presbyterian Church of Lawrenceville, 2688 Main St (Route 206) in Lawrenceville. Open to all. No fee. Non-sectarian. **RSVP to Gretel at (609)815-3713** or glavieri@holyreedemer.com. Sponsored by Holy Redeemer HomeCare & Hospice.

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 to get email updates.

Hopewell Township Mayor's Hours will be held between 10am to noon on Mondays and Thursdays 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 Hopewell Valley Green Team Shredding Event will take place on Saturday, May 9 from noon to 3pm at the Pennington Public Works Building, 141 W. Delaware Ave. in Pennington. Free.

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.

The 39th Annual Pennington 5K is Saturday, May 16. Come out and support youth in the Hopewell Valley community! Walk or run the 3.1 mile course through historic downtown Pennington. and surrounding neighborhoods. Kids in grade K-8 can participate in a 1-mile Fun Run. Bring your family and friends to join the community for a great morning just prior to the start of Pennington Day! Race day registration and check-in begins at 8:00 AM in front of the HVRSD gym building at 425 S. Main Street. Kids Fun Run is at 8:30 AM, the 5K run/walk begins at 9:15 AM. Live music, post-race refreshments and race T-shirts provided while supplies last.

Plan to register in advance to beat the crowds by filling out the attached form (return with check to HVYMCA) or register on line at <http://hvymca.org/special-events/pennington-5k>
Questions or to volunteer during the race, please call the Y at 737-3048 or Hopewell Valley Municipal Alliance at 737-0120 x 642.

Special Events for May 2015

Morris Arboretum Trip Monday, May 4, 9am to 4pm. Meet at Independence Park. 90-minute guided walking tour of the historic buildings, garden architecture, and fountains. Lunch at the Compton Café located on the premises which features a menu of locally grown produce, meats and dairy. Fee is \$58 (\$50 for HT residents). **To register, call HT Recreation Department at 737-3753.**

Let's Chat Friday, May 8, 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, May 11, 1-2pm at the HV Senior Center. The group will discuss The Zoo Keeper's Wife by Diane Ackerman. 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, May 12, 3-4pm at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by 5/8.** To register, contact 737-0605, ext. 692.

Pennington Day Saturday, May 16, 10 to 4pm at the crossroads of E. Curlis Ave. and Main St. Pennington Day highlights the best of the town of Pennington and historic Hopewell Valley. There are three stages of live local performances, as well as the colorful Quilt Show which can be found inside of The Toll Gate Grammar School. Hopewell Valley Arts Council will feature a live installation at Howe Commons throughout the day. All information can be found at www.penningtonday.com. Hopewell Valley Senior Services will not be there this year, but come check out all the other great vendors and non-profits!

Mondays with Mia Monday, May 18, 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 Pennington Borough Tuesday, May 19, 10-11am. Meeting in the parking lot of the Hopewell Valley Senior Center, 395 Reading St. Please park away from the building. Rain date is 5/21/15. No registration.

Aging-In-Place: Planning Discussion Tuesday, May 19, 3:15-4:45pm at the HV Senior Center. This is a group of people from Hopewell Valley who are exploring ways to support each other as they age. There may be a representative from another aging-in-place group. All are welcome. No registration required.

Chronic Pain: Find Relief and the Latest Treatments Wednesday, May 20, 10:30-11:30am at the HV Senior Center. Join Dr. Ricardo Cruciani, board certified neurologist and pain management specialist at Capital Health to learn about the various ways of treating. No registration required.

Senior Luncheon Wednesday, May 20, 12:30-1:30pm at Central High School. Luncheon hosted by staff and students of the school district with sponsorship from Synergy Home Care, Medina Law Group, and the Hopewell Valley Education Foundation. Performance by the Timberlane and CHS jazz bands. Free. **To register, call HT Recreation Department at 737-3753 by 5/13.**

Mail Fraud Presentation Wednesday, May 27, 10:30-11:30am at the HV Senior Center. Daryl Wallace, Postal Inspector will give a presentation on avoiding mail fraud. No registration required.

Movie: Unbroken Wednesday, May 27, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Movie about the survival of Olympian Louie Zamperini during World War II. Directed by Angelina Jolie. Rated PG-13. Free.

Ongoing Programs

Artists' Choice will be meeting May 5, 12, and 19 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.

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 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 Health Bones on 5/25.*

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.**

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

Around the Valley

The Hopewell Valley Senior Foundation and Hopewell Valley Senior Services Present:

T'ai Chi *for Arthritis and Fall Prevention*



T'ai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well-being. Participants can choose to stand or sit during class. Participants of the T'ai Chi program report:

- Greater balance, flexibility, strength, and well-being.
- Improvement in pain, fatigue, stiffness and stress relief.
- Significant benefit for individuals with all types of arthritis.

Classes will be taught by Bev Tucker, a certified instructor of Tai Chi for Arthritis and Falls Prevention. Ms. Tucker studied at the Southern Shaolin Academy in Ewing and The Omega Institute in New York.

- Time:** Thursdays, May 7-June 25, 10:30- 11:30am.
Location: Hopewell Borough Hall
88 East Broad St. in Hopewell
Register: **Registration required** by contacting
Hopewell Valley Senior Services at
(609)737-0605, ext. 692. or
ameletti@hopewelltp.org
Fee: \$25 per person for the 8-week series. Bring
check (made out Hopewell Valley Senior
Foundation) to first class.



Save the Date



Wednesday, July 1

“Oklahoma!” at the Dutch Apple in Lancaster

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

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

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