

Senior Spirit

Hopewell Valley Senior Services Newsletter

May 2016, Vol. 10 No. 5

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Living Lightly – Simple New Ways to Reduce Your Impact on the Earth!



**Wednesday, May 25th, 10:30am
Hopewell Valley Senior Center,
395 Reading Street, Pennington**

So... you've done all the easy things. You recycle; turn off lights; perhaps you have even given up paper plates. What's next in your quest to live lightly in order to protect our earth? Joann Held, Chair of the Hopewell Valley Green Team, will be offering lots of suggestions for new ways to live "more sustainably".

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.**

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

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.**

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 May 2016

Wildlife and Pets, Do's and Don'ts Tuesday, May 3rd, 10:30-11:30am at the Hopewell Valley Senior Center. Join us as Belinda Ogitis, Hopewell Township Animal Control Officer talks about what to do and not to do in regards to wildlife and the spring babies as well as caring for your pets.

Brown Bag Lunch Friday, May 6th, 12:30pm at the Pennington Presbyterian Church. Courtney Ducharme will be speaking about "My Life and Faith Journey" at the Brown Bag Luncheon. Everyone is welcome. Bring your sandwich. Beverages, fruit and light dessert will be provided. Lunch is at 12:30 and the program will begin at 1:00. For additional information call 737-1221.

Book Club Monday, May 9th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book is TBA. For more information, contact Diane Miller at (609)737-2610.

Let's Chat Friday, May 13th, 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.

Tech Time Tuesday, May 17th, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by May 13th.** To register, contact 737-0605, ext. 668.

Safety in the Home Wednesday, May 18th, 10:30-11:30am at the Hopewell Valley Senior Center. Presented by Nancy Distelcamp, Injury Prevention Coordinator at Bristol-Myers Squibb Trauma Center at Capital Health Regional Medical Center. We will teach you about the potential dangers in your home that could possibly cause injury. This program increases old adults' awareness of home safety and fall prevention.

Senior Luncheon Wednesday, May 18th, 12:30-1:30pm at the Timberlane Middle School Cafeteria. Luncheon hosted by staff and students of the middle 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 Timberlane Middle School jazz bands. **To register, call (609) 737-0605 ext 668 by 5/13.**

Pennington Day Saturday, May 21st, 10:00am to 4:00pm at the crossroads of E. Curlis Ave and Main Street. Pennington Day highlights the best of the town of Pennington and historic Hopewell Valley. All information can be found at www.penningtonday.com.

Living Lightly- Simple New Ways to Reduce Your Impact on the Earth Wednesday, May 25th, 10:30-11:30am at the Hopewell Valley Senior Center. So... you've done all the easy things. You recycle; turn off lights; perhaps you have even given up paper plates. What's next in your quest to live lightly in order to protect our earth? Joann Held, Chair of the Hopewell Valley Green Team, will be offering lots of suggestions for new ways to live "more sustainably". Pick one, pick two, pick three or more. We'll talk about everything from Solar Power to Sun Tea., and discuss the relative value of reduce, reuse, recycle, repurpose, re-imagine and re-engineer.

Movie: Steve Jobs Wednesday, May 25th, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. Rated: R Free. This incisive biographical drama written by Aaron Sorkin (The West Wing) explores the genius and shortcomings of computing guru Steve Jobs (Michael Fassbender) through the lens of three product launches.

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

Ongoing Programs

Aging-In-Place is the third Tuesday of the month from 3:00-4:30pm 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.

Artists' Choice will be meeting on 5/3, 5/10, and 5/17 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. 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.

Mondays with Mia is the third Monday of the month from 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.

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.**

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

Senior Luncheon

At Timberlane Middle School Cafeteria



- Date:** Wednesday, May 18th
Time: 12:30pm
Location: Timberlane Middle School
51 S Timberlane Drive
Pennington, NJ 08534
Register: Contact 737-0605 ext. 668 by
May 13th but not before May 1st.

Enjoy a meal followed by a performance of student jazz bands from Timberlane & the High School.

**Sponsored by Hopewell Valley Education
Foundation.**



Save the Date



***CPR/AED Training
Mary Rosner, RN
June 15, 2016, 10:30am
Senior Center***

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

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