



Senior Spirit

Hopewell Valley Senior Services Newsletter

June 2014, Vol. 8, No. 6

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On Partnership

Thank you all for your many well wishes this spring as I prepared for my wedding. I appreciated all your thoughts on love, partnership, and married life. I was in awe of all your stories of your own years starting off. It reminded me just how lucky I am to be working in a caring community for almost eight years.

I asked many of you for advice on lasting marriage and I think most of it is useful for any kind of partnership. Some of the themes that stood out were that there are always ups and downs, conflict happens and that's okay, and enjoy every moment because it goes fast! What great reminders for all of our important relationships.

I am wishing you all the best in your current relationships with spouses, partners, children, friends, and neighbors. We can all benefit from good advice sometimes!

Abigail Meletti
Hopewell Valley Senior Services Coordinator
(609)737-0605, ext. 692
awaugh@hopewelltp.org
http://www.hopewelltp.org/senior_news.html

Senior News

Aging Insights an informative program from the New Jersey Foundation for Aging will be playing every day on Channel 30 (Verizon) and 95 (Comcast) at 10am. Please tune in for up-to-date information on aging in New Jersey.

Alzheimer's Caregiver Support Group meets Wednesday, June 11 , 10am Unitarian Universalist Church, 268 Washington Crossing-Pennington Road, Titusville. Call 973-586-4300 for more information.

Lyme Disease Support Group Thursday, June 12, 6pm at the Unitarian Universalist Church, 268 Washington Crossing-Pennington Rd., Titusville, NJ 08560. The support group will meet at 6 PM on the 2nd Thursday of each month. If you have any questions, contact Group Coordinator Dorothy Aicher at (609)730-0939.

Mercer County Surrogate is available on the third Friday of the month (except April) 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 minors' 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.**

Textile Recycling Bins are now at all Hopewell Valley Schools for the **year-round HVRSD Textile Recycling Drive**. We accept **ALL textiles**: clothing, sheets, blankets, towels, curtains, linens, scarves, scrap fabric, etc. We also accept hats, gloves, shoes, belts, handbags, pillows and stuffed toys. All items must be dry, but **stains and rips are no problem**. More information is available at: <http://hvrsd.org/community/Pages/TextileDrive.aspx>

Volunteers Needed for Gift Shop At Morris Hall located on Route 206 in the heart of Lawrenceville, staffed by volunteers, the shop is open daily from 10 AM to 5 PM, and is an integral part of the social fabric of the facility. All proceeds from the shop benefit the residents of Morris Hall. Volunteers are needed on Tuesday, Wednesday, Friday and Saturday. Shifts generally last two hours, but hours are flexible. Some volunteers work weekly, some monthly, and others fill in when regular volunteers are unavailable. Training will be provided. If you are interested in finding out more about helping at the shop, please contact Margie Geiger, Gift Shop Manager, at 201-213-6736.

Special Events for June 2014

Top Ten Google Search Trips Wednesday, June 4, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Google allows you to search a world of information in just a few keystrokes. This month's Hopewell Valley Seniors Connect will provide participants with tips and tricks on how to use Google more efficiently and effectively with Google's special search tools and advanced search techniques. This is our last month with web maven, Anna Scoyoc. Stop by to thank her for her wonderful teaching over the past few years.

Community Without Walls Friday, June 6, 1:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. This is the third conversation about creating an aging-in-place network in the Hopewell Valley area. At this organizational meeting we will: give a brief overview of Community Without Walls, have examples of charters and bi-laws from "houses" of CWW, assess community interest in moving forward, and look for people to be involved in a core committee. **Refreshments will be served. Registration required by June 2 by contacting Hopewell Valley Senior Services at (609)737-0605, ext. 692 or emailing awaugh@hopewelltp.org.**

Book Club Monday, June 9, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Under the Wide and Starry Sky by Nancy Horen. 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. or awaugh@hopewelltp.org. *This was mistakenly listed as the May book in the last newsletter.*

Walking Group is on break for the summer.

PolyPharmacy: How To Manage Multiple Medications Wednesday, June 11, 10:30-11:30am at the HV Senior Center. This talk will be given by Dr. Harpreet Sidhu of Merwick Care and Rehabilitation Center. No registration required. *This program was originally scheduled for 6/18.*

Let's Chat Friday, June 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.

Mondays with Mia Monday, June 16, 10am at the Hopewell Train Station, 4 Railroad Pl. in Hopewell. Come meet Mia for an hour of fun. Mia is a chocolate lab who is a certified therapy dog. No registration required.

What Is Adult Day? Wednesday, June 25, 10:30-11:30am at the Hopewell Valley Senior Center. Hilary Murray of Buckingham Place Adult Day Center will discuss what adult day is. She will also discuss the veterans benefit which helps some veterans pay for the cost. No registration required.

American Hustle Wednesday, June 25, 1:30pm at the Hopewell Branch of the Mercer County Library. 2013 American crime comedy-drama starring Christian Bale and Amy Adams. Free. library at 737-2610 for details.

Concert and Fireworks Sunday, June 29, 6pm at Alliger Park, Washington Crossing-Pennington Rd. Free concert and fireworks sponsored by the Hopewell Valley Veterans Association.

Ongoing Programs

Artists' Choice will be on break for the summer and will return in September This group is facilitated by local artists, Bob Barish and Susan Ewart. For more information call 737-0605, ext. 692 or awaugh@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 HV Senior Center. Third Tuesday of the month, 10am-noon at the Hopewell Township Municipal Building.

Bridge Every Tuesday at 1:30pm at St. Matthew's Church, 300 South Main St. in Pennington. \$4. **First time pre-registration required by calling (609)737-3753.**

Folding Meets the third Friday 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.

Knitting and Crocheting Group is on break for the summer.

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 awaugh@hopewelltp.org.**

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

The Hopewell Valley Community is invited to learn about:

Community Without Walls



**Friday, June 6 at 1:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington**

Hopewell Valley residents are invited to a follow-up discussion on Community Without Walls. This is the third conversation about creating an aging-in-place network in the Hopewell Valley area. At this organizational meeting we will:

- Give a brief overview of Community Without Walls*
- Have examples of charters and by-laws from “houses” of CWW.*
- Assess community interest in moving forward.*
- Look for people to be involved in a core committee.*

Refreshments will be served. Registration required by June 2 by contacting Hopewell Valley Senior Services at (609)737-0605, ext. 692 or emailing awaugh@hopewelltp.org.



Save the Date



Wednesday, July 16

**Lake Wallenpaupack Cruise &
Ehrhardt's Luncheon Show**

Call Hopewell Township Recreation at 737-3753

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

RETURN SERVICE REQUESTED

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