



Senior Spirit

Hopewell Valley Senior Services Newsletter

July 2015, Vol. 9, No. 7

Contents

- 1 **Greeting**
- 2 **News**
- 3 **Special
Events**
- 4 **Ongoing
Programs**
- 5 **Around
the Valley**
- 6 **Save the
Date**

Take Some Time For Fun This July

Planned activities sometimes slow down in the summer. People head to the shore or other vacation destinations. Some take on babysitting grandchildren who are home from school. Many of us enjoy swimming and gardening in the summer. The Hopewell Valley Senior Services calendar slows down a bit too at this time of year, but there are still some gems packed into July's calendar.

Learn more about strange tales and folklore of New Jersey on Monday, July 27th in Hopewell Borough. For all you history and New Jersey buffs, this will be an interesting morning of entertaining stories. The non-profit Victorian Vanities will be presenting this with sponsorship from Merwick.

For all you caregivers out there, we have local attorneys coming in to do an evening program on legal points for caregivers on July 28th. There's also a program on keeping joints health and affordable housing in Hopewell Valley. There are more details on all these programs in this month's issue.

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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@hopewelltp.org to get email updates.

Go Green Sign up to get the *Senior Spirit* by email. This is great for people who travel part of the year (you can get the newsletter wherever you are) and for those who want to save paper. Plus you get the newsletter 5-10 days faster. Email ameletti@hopewelltp.org to switch!

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.

Native Plant Garden at the Senior Center The Friends of Hopewell Valley Space are creating a triangle garden with native plants in front of the senior center this spring. Keep an eye on how things progress! More information here: <http://www.fohvos.org/summertriangles/index.html>

PAGE Program Aides Moderate Income Households Moderate income PSE&G customers may be eligible for help paying their gas and electric bills through the Payment Assistance Gas and Electric (PAGE) Program. To be eligible, customers must meet the following criteria: 1) received no payment assistance through LIHEAP during the last heating season, or USF within the past six months; 2) have a balance on a utility bill and/or have a disconnect notice for non-payment; 3) have made two payments of at least \$25 within the last six months or \$200 in the last 90 days; 4) have less than \$10,000 in liquid assets; and 5) have income between \$23,352-54,858 for a one-person household or between \$31,464-\$71,738 for a two-person household. For more information, go to www.pseg.com/page or call 1-855-465-8783.

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 July 2015

Book Club is on break for the month of July.

Let's Chat is on break for the month of July

Mondays with Mia is on break until September.

Aging-In-Place Tuesday, July 21, 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. All are welcome. No registration required.

Maintaining Flexible Joints As We Age Wednesday, July 22, 10:30-11:30am at the HV Senior Center. Join Richard Levandowski, MD, board certified in sports medicine and family medicine, and a member of the Medical Staff of Princeton HealthCare System, for a discussion of how muscles, bones and joints are affected by the aging process. Learn how to reduce pain, prevent and recognize joint problems, as well as the latest treatment techniques. No registration required.

Tales of the Weird and Strange In New Jersey Monday, July 27, 10-11am at Hopewell Borough Hall, 88 East Broad St. in Hopewell Borough. Rochelle Christopher of Victorian Vanities entertains with stories about spooky, strange and unusual people in New Jersey. Topics include landmarks, shipwrecks, the state song, and even the Jersey Devil. Rochelle Christopher is an independent historian and is in no way affiliated with Weird NJ Travel Guide/Brochure. This program is sponsored by Merwick Care & Rehabilitation Center. Refreshments served. No registration required.

Legal Points for Caregivers Tuesday, July 28, 6-7:30pm at the Hopewell Valley Senior Center, 395 Reading Street in Pennington. Learn about legal issues for caregivers with local attorneys, Ed Butrym and Laura Cassavell. Items to be discussed include Power of Attorneys, Health Care Proxies, and Guardianship. Light dinner and beverages will be sponsored by Synergy HomeCare in Pennington. **Registration requested by calling Senior Services at (609)737-0605, ext. 692 or emailing ameletti@hopewelltp.org.**

Affordable Housing in Hopewell Valley Wednesday, July 29, 10:30-11:30am at the HV Senior Center. Learn about affordable housing options for you and your family members to rent or purchase. Representatives will be on hand from Freedom Village, Hopewell Gardens, and Princeton Community Housing Development Corporation (agency that handles for-sale units in Hopewell Township). No registration required.

Movie: American Sniper Wednesday, July 29, 1:30pm and 6:15pm at the Hopewell Branch of the Mercer County Library. True life story of a US Navy Seal. Starring Bradley Cooper and directed by Clint Eastwood. Rated R. Free.

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

Ongoing Programs

Artists' Choice will start up again in September. Stay tuned for details on the group's September Art Show at the Mercer County Library. 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. *In July, there will also be a blood glucose screening at the senior center on the first Tuesday. Please arrive fasting or 2 hours post meal for accurate result.*

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.

Hopewell Valley Leisure Club . Social club, including activities and speakers for Valley seniors. No meeting in July and August. 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

Hopewell Valley Caregivers' Night:

Legal Points for Caregivers

*with Ed Butrym and Laura Cassavell of
Butrym & Cassavell, P.C.*



Tuesday, July 28, 6-7:30pm
Hopewell Valley Senior Center
395 Reading Street in Pennington

Learn about legal issues for caregivers with local attorneys, Ed Butrym and Laura Cassavell. Items to be discussed include Power of Attorneys, Health Care Proxies, and Guardianships. Light dinner and beverages will be served. **Registration requested by calling Senior Services at (609)737-0605, ext. 692 or emailing ameletti@hopewelltp.org.**

This program is presented by Hopewell Valley Senior Services.

*Refreshments provided by
Synergy HomeCare in Pennington*



Save the Date



**Thursday, September 10
Hopewell Valley Senior Citizens Picnic
Washington Crossing State Park in Titusville**

Details in next Senior Spirit.

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

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