



Save the Date



Thursday, September 19
Artists' Choice Reception

The Hopewell Branch of the Mercer County Library

Details in next Senior Spirit.

http://www.hopewelltp.org/senior_news.html

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Senior Spirit

Hopewell Valley Senior Services Newsletter

August 2013, Vol. 7, No. 8

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Celebrating Friendship

The depth and quality of friendships among older adults is striking. Talk of friendship often revolves around children and youth, but my experience with seniors has been that connection to friends often becomes the most important relationship as people age. This is particularly true for people after the loss of a spouse or those without family or family at a distance.

Friends offer many things: emotional support, practical assistance, wise counsel. From a ride after a surgery to advice on a family dilemma to a companion at the movies, friends are often the building blocks of our days. They create a strong community for us. As people age, there are some challenges to friendships, including loss of friends to relocation, illness, and death. However, the rewards of longtime friendships are richer and new friendships create new opportunities.

I hope you will come celebrate your friendships with other Hopewell Valley residents at this year's Hopewell Valley Senior Citizens' Picnic on Thursday, September 12 in Washington Crossing State Park.

Abigail Waugh
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http://www.hopewelltp.org/senior_news.html

Senior News

Assurance Wireless offers eligible customers a FREE cell phone with 250 FREE voice minutes and 250 FREE texts each month. There are no annual contracts or activation fees for Assurance Wireless customers. You get a Voicemail Account, Call Waiting, Caller ID, 911 Access, Nationwide Sprint® Network coverage and you can keep your current home or cell phone number. Assurance Wireless is a federal Lifeline Assistance program brought to you by Virgin Mobile. Lifeline Assistance is a government benefit program supported by the federal Universal Service Fund for which you must qualify. The Lifeline Assistance program is available for only one land line or wireless account per household. To qualify in New Jersey, you must make less than \$17,235 for an individual or \$23,265 for a couple. For more information, go to www.assurancewireless.com or call 1-888-898-4888.

Explorations Fall 2013 Final course information will become available in August. Classes will begin in mid-September. Explorations is a daytime learning program for seniors. It is a volunteer organization underwritten by the Hopewell Valley Senior Foundation and sponsored by Hopewell Valley Senior Services.

Hopewell Valley Rides is a transportation service available to older adults and younger people with permanent disabilities within Hopewell Valley. Wheelchair accessible vans are now available upon request. Rides are \$3 each way anywhere within Hopewell Borough, Hopewell Township, and Pennington Borough. To register as a rider, call Hopewell Valley Senior Services at 737-0605, ext. 692. This program is sponsored by Bristol-Myers Squibb. Additional funding is available for residents who cannot afford to purchase vouchers.

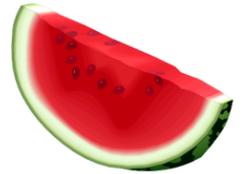
Talking Book Machines are available for residents who need assistance reading. This is a free service through the NJ State Library Talking Book & Braille Center. Set up an appointment with Hopewell Valley Senior Services to try one out or sign-up by calling (609)737-0605, ext. 692 or awaugh@hopewelltp.org.

Wireless Access at the Hopewell Valley Senior Center Thanks to the Hopewell Valley Senior Foundation the senior center is wireless. Email awaugh@hopewelltp.org or call Abigail at (609)737-0605, ext. 692 for password.

WISER (The Women's Institute for a Secure Retirement) is a non-profit organization dedicated to the education and advocacy that will improve the long-term financial quality of life for women. WISER creates a variety of consumer publications including fact sheets, booklets and a quarterly newsletter that explain in easy-to-understand language the complex issues surrounding Social Security, divorce, pay equity, pensions, savings and investments, banking, home-ownership, long-term care and disability insurance. For more information, check out <http://www.wiserwomen.org> or call (202)393-5452.

Around the Valley

Please join us for the



Hopewell Valley Senior Citizens' Annual Picnic

Thursday, September 12, 2013

Washington Crossing State Park

12:00 noon – 3:00 pm

Please join us for a **free** afternoon of food, fun, and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition hosted by Hopewell Valley Senior Services and Hopewell Township Parks and Recreation Department.

Please RSVP ONLY IF YOU CAN ATTEND by calling

609-737-3753 no later than

Wednesday, September 4 (but not before 8/1) to confirm your attendance!

Please do not call if you cannot attend. For transportation requests, call 609-737-0605, ext. 692.

Rain date Thursday, September 19th

Brought to you by Hopewell Valley Senior Services, Hopewell Township Recreation Department, and Washington Crossing State Park with special sponsorship from the following:

Acorn Glen Assisted Living

Janssen Pharmaceuticals, Inc.

Medina Law Group, LLC

Pennington Quality Market

Ongoing Programs

Artists' Choice is on break for the summer. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. Critiques are available upon request. 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. No registration required. Special guest callers, Girl Scout Troop 70613 will be there in August.

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. *Please note that the August newsletter folding will be on Wednesday, August 14th instead of the third Friday of the month.*

Healthy Bones Every Monday at 10:am 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. No meeting in July and August. For more information, please call 466-0657 or 466-0761.

Hopewell Valley Veterans Association Meets quarterly at the Hopewell Township Municipal Building, 201 Washington Crossing-Pennington Rd in Titusville. A meeting of area veterans and community members to establish and promote cooperation and understanding among veterans and community members. For more information, email information@hopewellvalleyveterans.org.

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.

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

Special Events for August 2013

AARP Driver Safety Class Tuesday, August 6 and Wednesday, August 7, 1-4pm at the HV Senior Center. Graduates receive a certificate of completion that entitles them to a reduction in their auto insurance premiums in NJ. Participants must attend both days to complete course, AARP membership is not required. Cost is \$12 for AARP members and \$14 for non-members. **Registration required by calling the HVYMCA at 737-3048.**

Music to Your Ears via Free Web Resources Wednesday, August 7, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Numerous options are available to stream music for free from your computer. Apple recently announced iTunes Radio to compete with established services Spotify and Pandora. Join us for demonstrations of different music streaming services and a survey of factors to consider when deciding on a service. No registration needed.

at the August session of Hopewell Valley Seniors Connect No registration required.

Book Club Monday, August 12, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on The Round House by Louise Erdrich. Some copies of the book are available at Hopewell Branch of the Mercer County Library. First time pre-registration encouraged by contacting Hopewell Valley Senior Services at 737-0605, ext. 692. or awaugh@hopewelltp.org.

Let's Chat Friday, August 9, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

No walk this month.

Knitting and Crocheting Group is on break for the summer! The group will start up again in September.

Birthday Breakfast Friday, August 16, 9am at the Hopewell Valley Golf Course. Is your birthday in July, August, or September? If so, you are invited to our free quarterly birthday breakfast. Guests are welcome to attend for a fee of \$15. **To register, call 737-3753 by August 9.**

Philadelphia Phillies vs. LA Dodgers Friday, August 16, 5pm to midnight. Trip to Citizens Bank Park. Meet at Independence Park. \$53 for Hopewell Township Residents, \$58 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Trip to Mount Airy Casino Resort Tuesday, August 20, 8:30am-6pm. Participants typically receive a \$25 slot play and a \$10 food voucher at this Pocono Casino. Lunch will be on your own with traditional American favorites including burgers & milkshakes available at Betty's American Diner. The Buffet at Mt. Airy is amazing...with a seafood station, made-to-order omelet station, carving stations and salad bar with a sweet ending at an elaborate dessert table. It's your lucky day when you travel to Mt. Airy! Meet at Independence Park. \$28 for Hopewell Township Residents, \$31 for other participants. **Registration required by calling Hopewell Township Recreation Department at 737-3753.**

Stroke Information Wednesday, August 21, 10:30-11:30am at the Hopewell Valley Senior Center. Bill Dailey, stroke survivor and stroke awareness advocate will give a talk about stroke symptoms, prevention and recovery from a survivor's perspective. No registration required.

42 Wednesday, August 28, 1:30-3:30pm at the Hopewell Branch of the MCL. A film about the life of Jackie Robinson, the first African American player to break the baseball color line. The film stars Chadwick Boseman and Harrison Ford. For more information, contact the library at 737-2610.

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

August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Location Guide HVGC-HV Golf Club HTB-Hopewell Town. Building MCL-MC Library, Hopewell Branch SMC-St. Matthew's Church		All programs are at the Hopewell Valley Senior Center, 395 Reading St. in Pennington unless marked in bold. For directions to any location, call 737-0605, ext. 692.		1 11:45-Lunch 1:30-Mahjongg	2 11:45-Lunch	3
4	5 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	6 10-Blood Pressure 11:45-Lunch 1:30-Bridge (SMC) 1-Driver Safety	7 10-Music to Your Ears (MCL) 10:30-Bingo 11-Healthy Bones (HTB) 11:45-Lunch 1-Driver Safety	8 11:45-Lunch 1:30-Mahjongg	9 11:45-Lunch 1-Let's Chat	10
11	12 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch 1-Book Club	13 11:45-Lunch 1:30-Bridge (SMC)	14 11-Healthy Bones (HTB) 11:45-Lunch 1-Newsletter Folding	15 11:45-Lunch 1:30-Mahjongg	16 9-Birthday Breakfast (HVGC) 11:45-Lunch 5-Citizens Bank Park (Trip)	17
18	19 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	20 8:30-Mt. Airy Casino Resort (Trip) 10-BP (HTB) NO LUNCH SPECIAL ELECTION	21 10:30-Stroke Information 11-Healthy Bones (HTB) 11:45-Lunch 2-Senior Advisory Board	22 11:45-Lunch 1:30-Mahjongg	23 11:45-Lunch	24
25	26 10:30-Healthy Bones (SMC) 11-Healthy Bones (HTB) 11:45-Lunch	27 11:45-Lunch 1:30-Bridge (SMC)	28 11-Healthy Bones (HTB) 11:45-Lunch 1:30-42 (MCL)	29 11:45-Lunch 1:30-Mahjongg	30 11:45-Lunch 4-Yankee Stadium (Trip)	31