



# *Senior Spirit*

Hopewell Valley Senior Services Newsletter

August 2014, Vol. 8, No. 8

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## **When Was Your Last Driving Class?**

For many of us our last driving class was when we were in high school. We get our license and don't look back. A lot can change though. There are new driving laws in New Jersey, including rules about snow removal, use of electronic devices, and pulling over for emergency vehicles. Most of us never hear about these laws.

There are other changes too. As we get older, our body changes. Illnesses and disabilities affect our driving styles. Roads change too. Small country roads often double in size and have more traffic than they used to. Lastly, cars are different than they used to be. Anyone who has had their car talk to them can attest to that.

For all these reasons, plus a possible discount on your car insurance, I encourage you to take the AARP Driver Safety Course being offered at the senior center this August. Check inside for details.

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

## **Senior News**

**Auditions for the chorale group, VOICES** are scheduled for August 18, 5:30-6:45 PM and September 15, 5:30-6:45 PM, at Music Together, 225 Pennington-Hopewell Road (Route 654), Hopewell, NJ. Other times are available by appointment. Interested singers should contact the audition coordinator, Sandy Duffy, at 609-799-2211, or write to [auditions@VOICESChorale.org](mailto:auditions@VOICESChorale.org). All auditions are informal and conducted in a positive and friendly atmosphere.

**Donations Requested by ARC/Mercer** Donate old-fashioned clothing for a drama club, musical instruments, art supplies or bicycles for programs for people with developmental disabilities. To donate, call the ARC/Mercer at (609)406-0181, ext. 146 or S. Panebianco at (609)818-1014.

**Door Prize Volunteer Needed for Senior Picnic** to collect prizes in the Hopewell Borough area during the month of August. All businesses have given prizes in past years and you will be given a letter explaining the purpose of the picnic to give to the business owner. We currently have two volunteers working in the Pennington Borough and Hopewell Township areas. Help make this year's picnic memorable! To volunteer, call (609)737-0605, ext. 692.

**Free, Refurbished Hearing Aids** are now available to eligible residents. Individuals must be at least 65 years of age with a single income below \$26,130 or \$32,037 per couple. Additional information is available by contacting 1-800-792-8339 or 1-800-792-8339.

**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 [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org) to switch!

**Hopewell Valley Rides** is a transportation service available to older adults and younger people with permanent disabilities within Hopewell Valley. To register as a rider, call Hopewell Valley Senior Services at 737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org). This program is sponsored by Bristol-Myers Squibb and a Hopewell Harvest Day Grant.

**Looking for the Summer Birthday Breakfast?** The Birthday Breakfasts have been consolidated to twice a year. People with a birthday between January and June are invited to the April Breakfast and those with birthdays between July and December will be invited to a breakfast in October. The October *Senior Spirit* will have more details.

**Parkinson's Support Group** will be held the third Wednesday of every month from 2-4pm at Capital Health Medical Center-Hopewell, One Capital Way in Pennington. This group is for patients, family, and caregivers. First hour is education and second hour is splitting into smaller groups. Register by calling (609)537-7149.

## ***Special Events for August 2014***

**Aging in Place Meeting** Tuesday, August 5, 4:30-5:30pm at the Hopewell Valley Senior Center. A working group is forming in Hopewell Valley for people who are interested in aging in place. The group will be meeting throughout the summer to determine if there are enough participants to create an official group. The group is currently assessing what group members need and ideas about aging in place in Hopewell Valley. All are welcome. **Please RSVP by contacting Hopewell Valley Senior Services at (609)737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org).**

**Computing in the Clouds** Wednesday, August 6, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Cloud computing is not as mysterious as you think. Let the cloud take the hassle out of computing while you relax and get stuff done. Join Hopewell Valley Seniors Connect instructor, Ross Holley for this month's program. No registration required.

**Book Club** Monday, August 11, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on a book to be announced. 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](mailto:awaugh@hopewelltp.org).

**Walking Group** is on break for the summer.

**Healthy Eating and Lunch** Wednesday, August 13, 10:30-11:30am at the HV Senior Center. Learn about Healthy Eating with Michelle Brill, the Family & Community Health Sciences Educator for Rutgers Cooperative Extension Services. The talk is followed by a healthy lunch from the Mercer County Nutrition Project for the Elderly. If you just want to attend the talk, there is no need to register. If you would like to have lunch afterwards, please sign up by calling (609)737-3855 between the hours of 9am and noon on or before 8/8.

**Let's Chat** is on break for the month.

**Mondays with Mia** is on break for the summer.

**AARP Driver Safety Class** Tuesday, August 26 and Wednesday, August 27, 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 \$15 for AARP members and \$20 for non-members. **Registration required by calling the HVYMCA at 737-3048.**

**Saving Mr. Banks** Wednesday, August 27, 1:30pm at the Hopewell Branch of the Mercer County Library. This film focuses on the development of the 1964 film *Mary Poppins* with an all-star cast, including Emma Thompson and Tom Hanks. Free. Call the library at 737-2610 for details.

## 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](mailto: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. *Newsletter folding is on 8/18 this month.*

**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. *No Healthy Bones at the Hopewell Township Building on 8/25 or 8/27.*

**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.

**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](mailto:awaugh@hopewelltp.org).**

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

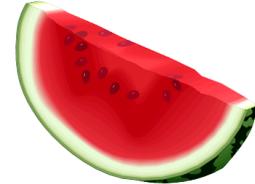
## *Around the Valley*

**Please join us for the .....**

# ***Hopewell Valley Senior Citizens' Annual Picnic***

**Thursday, September 4, 2014**

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, August 27 to confirm your attendance!**

**Please do not call if you cannot attend.**

*Rain date Thursday, September 11*

*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  
Hearing Aids by Zounds  
Janssen Pharmaceuticals, Inc.  
Merwick Care & Rehabilitation Center***

**For transportation to the picnic, contact Hopewell Valley Senior Services at (609)737-0605,  
ext.692 by 8/27.**



## **Save the Date**



**Tuesday, September 23, 6:30-8pm**

**Your Retirement: Transition and Discovery for the Next  
Chapter of Your Life**

**At the Pennington Public Library**

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

**RETURN SERVICE REQUESTED**

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