

# Senior Spirit

Hopewell Valley Senior Services Newsletter

August 2016, Vol. 10, No. 8

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Please join us for the...

## Hopewell Valley Senior Citizens' Annual Picnic

Thursday, September 8, 2016  
Washington Crossing State Park  
12:00pm - 3:00pm

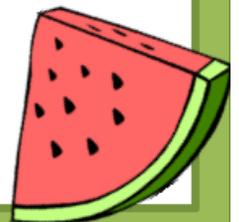
Please join us for a free afternoon of food, fun and music. Seniors ages 60 and over from throughout Hopewell Valley are encouraged to be part of this important community tradition.

**Please RSVP ONLY IF YOU CAN ATTEND by calling 737-0605 x668, no later than Wednesday, August 31<sup>st</sup>.**

**Please do not call if you CANNOT attend.  
Rain date Thursday, September 15<sup>th</sup>.**

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  
Capital Health  
Janssen Pharmaceuticals, Inc.  
Merwick Care & Rehabilitation Center*



## 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](mailto:info@calvarybaptisthopewell.com). **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.**

### A new website to help you find health and wellness information.

- Classes in nutrition, health, and education
- Help for chronic disease, including education in self-management and wellness
- Programs and services
- Healthy activities, including walks and trails in our area
- Upcoming events throughout the county

So whether you want to quit smoking, lose weight, learn to cook a healthy meal, or find an outdoor event in your town, visit us online at [www.HealthyMercer.org](http://www.HealthyMercer.org).

It's a one-stop shop for all health and wellness resources in Mercer County.

# [www.healthymercer.org](http://www.healthymercer.org)

The [www.HealthyMercer.org](http://www.HealthyMercer.org) website is a project of the Greater Mercer Public Health Partnership. To contact, visit us online or call 609-580-0621.

GMPHP  
Greater Mercer  
Public Health  
Partnership

You can also  
submit news and  
events online.

### 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 August 2016***

**Active Aging Fitness** Every Monday, August 1, 8, 15, 22 & 29, 12:00-1:00 pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. This program is comprised of stretching, balance, posture, flexibility, and strength poses done to music. It also includes some chair yoga. Space is limited so please register at [www.mcl.org](http://www.mcl.org) or by calling the library at [609-737-2610](tel:609-737-2610).

**Coloring for Adults** Fridays, August 5 & 19, 1:00-2:30 pm at the Mercer County Library-Hopewell Branch, 245 Pennington Titusville Road, Pennington. Coloring relieves stress and anxiety, trains your brain to focus and improves fine motor skills. Coloring pages and pencils provided or bring your own. No registration.

**Book Club** Monday, August 8th, 2:30pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. The group book is Emma by Jane Austen. For more information, contact Diane Miller at (609)737-2610.

**T'ai Chi Introduction and Demonstration** Wednesday, August 17th, 10:00am at the Hopewell Valley Senior Center. T'ai Chi is a gentle exercise perfect for anyone seeking a mild but effective program that addresses physical, mental and emotional well-being. Participants can choose to stand or sit during class.

**Unsung Heroines: The Role of Women in the American Civil War** Wednesday, August 24th, 10:00am at Hopewell Valley Senior Center, 395 Reading Street, Pennington. This program is devoted to the remarkable, but little known accomplishments made by women, both North and South. It covers their heroic role as volunteers, nurses, spies and combatants in an age when women were expected to stay home. These incredible women defied the culture of their time, surpassed all expectations but received little historical notice. This program reveals their story. Martin Mosho, a retired Mercer County Community College Instructor will present this talk.

**Movie:** Heart of the Sea at 1:30 and 6:30pm at the Mercer County Public Library, 245 Pennington Titusville Road, Pennington.

Ron Howard helms this adaptation of Nathaniel Philbrick's historical novel about the harrowing high-seas encounter that inspired Herman Melville's Moby Dick. In the winter of 1820, the crew of the New England whaling ship the Essex struggle to survive after an attack by a rogue sperm whale leaves them stranded at sea for 90 days. Chris Hemsworth, Cillian Murphy, Ben Whishaw, and Brendan Gleeson co-star.

*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** THIS PROGRAM WILL RETURN IN SEPTEMBER!

**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** THIS PROGRAM WILL RETURN IN SEPTEMBER!

**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.*

Hopewell Valley Senior Services Presents...

# **UNSUNG HEROINES: The Role of Women in the American Civil War**



This program is devoted to the remarkable, but little known accomplishments made by women, both North and South. It covers their heroic role as volunteers, nurses, spies and combatants in an age when women were expected to stay home. These incredible women defied the culture of their time, surpassed all expectations but received little historical notice. This program reveals their story.

**Wednesday, August 24, 2016 at 10:00 am  
HV Senior Center  
395 Reading Street, Pennington**



**Save the Date**



**Fire Safety in the Home  
Hopewell Valley  
Emergency Services  
Wednesday, September 21, 2016  
HV Senior Center**

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

**PRSRT STD  
U.S. Postage Paid  
Permit No. 427  
Trenton, NJ 08650**