



Senior Spirit

Hopewell Valley Senior Services Newsletter

September 2013, Vol. 7, No. 9

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Celebrating Our Animal Friends

Americans have more pets than ever before and it's not hard to understand why. Animals provide companionship, exercise, comfort, and amusement. According to the Center for Disease Control, pets can lower your blood pressure, cholesterol, triglyceride levels, and feelings of loneliness. Even for those of us without our own pets, we often enjoy the beauty of a bird outside our window or the laughter brought on by animals behaving cutely in videos.

Starting this September, we have a unique volunteer who will be spending an hour each month with residents in Hopewell Valley. Her name is Mia, and she is a chocolate lab who is a certified therapy dog. Her training means she is gentle enough to interact with people with medical issues and disabilities.

I hope to see all of you dog lovers and others looking for some stress reduction at 10am on Monday, September 16th at the Hopewell Borough Train Station for some quality time with our newest volunteer!

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

Senior News

Chair Yoga: Movement and Meditation for Seniors is starting at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. The program will be Fridays (starting 9/6/13) 10-11:15am with Melissa Nier, PT, RYT. Come join us for a practice that will help to calm your mind, open your heart and strengthen your body. Chair yoga is a gentle form of yoga done seated or standing using a chair for support while performing the yoga postures. You will learn how to use your breath to help you relax and to connect to your inner strength. Please come 5-10 min early to sign in and dress comfortably. Please check with your physician before coming to class, if you have any pre-existing medical conditions or concerns about whether chair yoga is appropriate for you. For more information, contact the library at (609)737-2610.

Congratulations to Diane Beebe who was third runner up in the Ms. New Jersey Senior Pageant. She represented Hopewell Township in the contest this past June.

Explorations Fall 2013 See registration form included in this newsletter for more information.

It's a Shore Thing! The Hopewell Township Recreation Department is taking three trips to some of NJ's delightful shore towns this September. Trips are being offered to Ocean Grove, Stone Harbor, and Smithville. Cost is \$31 (\$28 for Hopewell Township residents). For more information, call 737-3753 or go to www.hopewelltpw.org/recreation_main.html.

PC's Demystified There are still a few spots open in this introductory course co-sponsored by Hopewell Valley Senior Foundation and Hopewell Valley Senior Services. This course is geared towards complete beginners. \$15 for three sessions offered on Mondays, 9/16, 9/23, and 9/30 from 3-4pm at the Hopewell Valley Senior Center. **Registration required by calling 737-0605, ext. 692.**

Ragtime Performance Guitarist, Carl Dentino will be at the Hopewell Valley Senior Center on 9/25 from 10:45-11:25am to perform music from the 1920's and 1930's. No registration required.

Volunteers Needed at Bear Tavern School Volunteers are needed at Bear Tavern School to help office staff, assist in classrooms, and teach students to knit. If you are interested in helping with any of these activities during the school year, please contact Hopewell Valley Senior Services at 737-0605, ext. 692 or awaugh@hopewelltpw.org.

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

Special Events for September 2013

Delicious: Save, Access, and Organize Your Favorite Websites Wednesday, September 4, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Join Anna Van Scoyoc in experiencing the six powerful information-related (storing, accessing, searching, organizing, discovering, and sharing) uses of "social bookmarking" via a Delicious demonstration at the September session of Hopewell Valley Seniors Connect No registration needed. No registration required.

Book Club Monday, September 9, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Lost in Shangri-La by Mitchell Zuckoff. 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.

Neighbors Helping Neighbors Wednesday, September 11, 10:30-11:30am at the Hopewell Valley Senior Center. Jane Latini of Interfaith Caregivers of Greater Mercer County will discuss her organization's mission to promote the independence and dignity of homebound elderly and people with disabilities by matching them with supportive and caring volunteers who assist them with the tasks of everyday life. This talk is geared towards potential volunteers and those needing services. No registration required.

Knitting and Crocheting Group Wednesdays, September 11 and 25 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.

Hopewell Valley Senior Citizens' Picnic Thursday, September 12, noon-3pm at Sullivan's Grove, Washington Crossing State Park in Titusville. Free food, music, and door prizes. Raindate is 9/19. **RSVP by September 4 to HT Rec. Department at 737-3753.** For more details, see *August Senior Spirit*.

Mondays with Mia Monday, September 16, 9am at the Hopewell Train Station, 4 Railroad Place in Hopewell Borough. Come meet Mia for an hour of fun, discussion and relaxation. Mia is a chocolate lab who is a certified therapy dog. Mia's training means she is gentle enough to interact with people with special needs. No registration required.

Walk at Stony Brook Reserve Tuesday, September 17, 10-11:30am. Meet in the parking lot of the Stony Brook Millstone Watershed Reserve at 31 Titus Mill Rd. in Hopewell Township. Groups sets pace. Raindate is 9/19. No registration required. For more details or directions, call 737-0605, ext. 692 or awaugh@hopewelltp.org.

Medication Safety Wednesday, September 18, 10:30-11:30am at the Hopewell Valley Senior Center. Pharmacist, Douglas St. John of Capital Health will be the speaker. No registration required.

Moving Meditation Thursdays (9/19-11/21), 10am-noon at the Hopewell Borough Hall, 88 E. Broad St. in Hopewell. Free moving meditation taught by Yvonne Wang. Movements are gentle and can be modified for limited mobility. **Registration required by calling 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Artists' Choice Art Reception Thursday, September 19, 4-5:30pm at MCL. See insert for details.

Admissions Wednesday, September 25, 1:30-3:30pm at the Hopewell Branch of the MCL. A romantic comedy about a college admissions officer. Starring Tina Fey & Paul Rudd. For more info, call 737-2610.

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

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

Ongoing Programs

Artists' Choice will be meeting at 1pm on Tuesdays, September 3, 10, 17, and 24. 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.

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. **There will be a pizza party at the September meeting.**

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.

Around the Valley

*Hopewell Valley Senior Services and
the Hopewell Branch of the Mercer County Library Present:*



September Art Show

The Artists' Choice Group

The show will be on display for the month of September at
The Hopewell Branch of the Mercer County Library
245 Pennington-Titusville Road, Pennington.

Meet the Artists: Thursday, September 19 from 4-5:30pm.

Refreshments sponsored by
Merwick Care & Rehabilitation Center

For more information, contact Hopewell Valley Senior Services at
(609)737-0605, ext. 692 or awaugh@hopewelltp.org.



Save the Date



Monday, October 28 at 10am

Basic Estate Planning
at the Hopewell Borough Hall

Details in next Senior Spirit.

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

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