



Senior Spirit

Hopewell Valley Senior Services Newsletter

September 2014, Vol. 8, No. 9

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Making Sense of Retirement

Several of my closest family members and friends can tell me how many months (or days) until they retire. As someone who is not close to retirement, I am intrigued by this stage of life and always want to hear about what is next. Many people know exactly how they'll spend their time. Plans range from devoting more time to a favorite hobby, to taking on more care giving activities for an ailing family member, to starting over again in a new state.

For everyone that is sure of what their retirement plan is, there is a second group that does not have a plan for how they'll spend their days. They are going to see what draws them in the days, weeks, and months after the big day. They are looking forward to having a blank canvas to work from as they reimagine their life.

Whichever camp you are in, and even if you have been retired for some time, I hope you will come out for a thoughtful discussion on the transition that is retirement. This program will be on September 23rd at the Pennington Public Library. More details inside.

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

Senior News

An audition for the chorale group, VOICES is scheduled for 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. All auditions are informal and conducted in a positive and friendly atmosphere.

Dorot's University Without Walls offers interactive telephone and online programs. Seniors and caregivers only need a phone or computer to join a vibrant community. Programs are free or low cost. Scholarships are available. To check out Fall course offerings go to www.dorotusa.org or call 877-819-9147.

Explorations Fall 2014 Courses include Vikings, Hopewell Valley weather, Shakespeare, the Supreme Court, and Medieval History. See registration form included in this newsletter for more information.

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@hopewelltwp.org to switch!

Hopewell Harvest Fair is Saturday, September 27 from 10am to 4pm at Hopewell Elementary School. Check out the Hopewell Valley Senior Services table along with other non-profits, food, and craft vendors. For more information, go to <http://www.hopewellharvestfair.org/>

The Hopewell Valley Chorus will begin rehearsals on Monday, September 8 for "Heaven and Earth," its holiday concert, featuring *Sunrise Mass* by Ola Gjeilo. The chorus invites interested singers to join in on open rehearsals, September 8 and 15. The four-movement Gjeilo Latin mass is scored for choir and string orchestra; it was commissioned in 2007 and premiered in 2008. Carols about heaven and earth make up the second half, reflecting themes of the mass. Now entering its 55th year, the unauditioned Hopewell Valley Chorus is made up of approximately 60 singers, in all four voice parts. Michele Zuckman is artistic director and Stefanie Watson is the pianist/accompanist. Aside from school holidays, the chorus rehearses on Monday evenings from 7:30 to 9:30, at Hopewell Valley Central High School, 259 Pennington-Titusville Road, Pennington, NJ. Dues are \$45 per season. For information, call [609-737-3177](tel:609-737-3177) or email hopewellchorus@aol.com. Learn more about the Chorus at www.hopewellvalleychorus.org or on Facebook.

Special Events for September 2014

Don't Get Lost! With Google Maps Wednesday, September 3, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Do you always or even sometimes get lost? Or do you want to explore landmarks or real estate from your desk? Learn how to do that and more with Google Maps! Join Hopewell Valley Seniors Connect instructor, Ross Holley for this program. No registration required.

Hopewell Valley Senior Citizens' Picnic Thursday, September 4, noon-3pm at Sullivan's Grove, Washington Crossing State Park in Titusville. Free food, music, and door prizes. Rain date is 9/11. **RSVP by August 27th to HT Rec. Department at 737-3753.** For more details, see *August Senior Spirit*.

Book Club Monday, September 8, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Invention of Wings by Sue Monk Kidd. This is a historical novel about a slave growing up in early 19th century Charleston. Some copies of the book are available at Hopewell Branch of the Mercer County Library.

Artists' Choice Art Reception Wednesday, September 10, 4-5:30pm in the Community Room at the Hopewell Branch of the Mercer County Library. Enjoy the creativity of the Artists' Choice Group. Refreshments provided by Medical Home Pharmacy.

Let's Chat September 12, 1-2:30pm at the HV Senior Center. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Mondays with Mia Monday, September 15, 11am 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. No registration required.

Walking on the Delaware and Raritan Tow Path Tuesday, September 16, 10-11:30am. Meet in the parking lot by the river off of Rt. 29 and Washington Crossing-Pennington Rd. Rain date is 9/18. No registration required. For more details or directions, call 737-0605, ext. 692 or ameletti@hopewelltp.org.

Aging in Place Meeting: Keeping Up With Outside Maintenance Tuesday, September 16, 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. This month the group will be focusing on keeping up with maintenance outside your house, including lawn, snow shoveling, gardening, and more. All are welcome. No registration required. For more information, contact Hopewell Valley Senior Services at (609)737-0605, ext. 692 or ameletti@hopewelltp.org.

Your Retirement: Transition and Discovery for the Next Chapter of Your Life, Tuesday, September 23, 6:30-8pm at the Pennington Public Library. John George, Ph.D., clinical psychologist and volunteer with the Engage Retirement & Encore Career Center at Princeton Senior Resource Center will be the presenter. **Registration required by contacting ameletti@hopewelltp.org or (609)737-0605, ext. 692.**

Cholesterol: It's Not Enough to Know Your Number Wednesday, September 17, 10:30-11:30am at the HV Senior Center. Dr. Susane L. Gooding of Capital Health will be the presenter. No registration required.

Ride Provide Wednesday, September 24, 10:30-11:30am at the HV Senior Center. Carol Staats of Greater Mercer Ride Provide will talk about this program for seniors and people with visual. No registration required.

Bad Words Wednesday, September 24, 1:30pm at the Hopewell Branch of the Mercer County Library. 2013 comedy about a middle-age man who finds a loophole allowing him to participate in a spelling bee. Starring Jason Bateman. PG-13. Free. Call the library at 737-2610 for details.

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

Ongoing Programs

Artists' Choice will be starting up again on September 9, 16, and 23.. This group is facilitated by local artist, Susan Ewart. Bring your own project and supplies. 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 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 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 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 9/1 and 9/3.*

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.

Knitting and Crocheting Group will be meeting September 10 and 24 from 1:30 to 3:30pm at the Hopewell Valley Senior Center. Bring your own project, pattern, and materials. All ages and skill levels welcome. Pre-registration encouraged by calling 737-0605, ext. 692 or ameletti@hopewelltp.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.

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 Senior Services and Pennington Public Library Present:



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



with John George, Ph.D.

*Clinical Psychologist & Volunteer with
the Engaged Retirement & Encore Career Center at Princeton Senior Resource Center*

**Tuesday, September 23, 6:30-8pm
Pennington Public Library
30 N. Main Street in Pennington**

Like any other major life change, approaching or entering retirement presents a unique set of challenges and opportunities. In this interactive presentation Dr. George will focus on the transition and adjustment to retirement. He will present two practical approaches to the transition process and discuss the roles that “acceptance” and “discovery” play in navigating this important life change. It is Dr. George’s hope that through sharing his own “retirement story”, and inviting others to share theirs, we can help each other discover new ideas and possibly new directions which can energize this unique, promising and exciting next chapter of our lives. John George, Ph.D. is a Clinical Psychologist. He moved to New Jersey three years ago after having practiced in New York for many years. After a taste of “retirement” he decided to resume working, with a focus on issues related to the transition into and adjustment to retirement. He now works closely with Carol King, the Director of PSRC’s Next Step: Engaged Retirement and Encore Careers Center, in program presentation and development.

Refreshments will be served. Space is limited. **Registration required by contacting Hopewell Valley Senior Services at (609)737-0605, ext. 692 or ameletti@hopewelltp.org**

*This program is part of a Baby Boomer Series, but is open to people of all ages.
This is a program of Next Step: Engaged Retirement & Encore Careers of the
Princeton Senior Resource Center*



Save the Date

Monday, October 27, 10am

250 Years of Farming Pleasant Valley, Hopewell Township
With Larry Kidder, Local Historian

At Hopewell Borough Hall

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

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