



Senior Spirit

Hopewell Valley Senior Services Newsletter

November 2013, Vol. 7, No. 11

Contents

- 1 **Greeting**
- 2 **News**
- 3 **Special
Events**
- 4 **Ongoing
Programs**
- 5 **Around
the Valley**
- 6 **Save the
Date**

Appreciating Veterans and Active Duty Service Members This Month

This is the time of year when we start to see "Veterans Day Sale" commercials and many of us anticipate getting a day off in honor of Veterans Day. However, there are more meaningful ways to celebrate veterans and active duty service members this month.

Celebrate veterans on November 9th at 11am at the Hopewell Valley Veterans Day Ceremony at Alliger Park. This is particularly significant time for honoring our brave World War II veterans as there are fewer of them living than in years past.

You can educate yourself about an important homecare benefit for veterans on November 13th at 10:30am at the Hopewell Valley Senior Center. This program has the ability to help veterans and their spouses as they need more care at home.

Finally, you can encourage and thank local active duty service members by writing them holidays cards on November 13th from 3-4pm at the Hopewell Branch of the Mercer County Library. This will be an intergenerational effort with local students.

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

Senior News

Check Out Hopewell Township Recreation Programs Online at

www.hopewelltp.org/recreation_main.html to find out about upcoming trips!

Diabetes Awareness Day will be on Wednesday, November 6 from 7-9am, 2-4pm, and 6-8pm at five different locations: Quaker Bridge Mall, Capital health Medical Center-Hopewell, RWJ Fitness & Wellness Center in Mercerville, St. Lawrence Rehabilitation Center in Lawrenceville, and University Medical Center of Princeton at Plainsboro. This is the first-ever Diabetes Awareness Day sponsored by the Greater Mercer Public Health Partnership. Diabetes education and screenings will be provided at five different locations in Mercer and Middlesex counties. Bring the whole family to this fun, educational and invaluable community health education day to learn about pre-diabetes, nutrition and exercise and to have a free blood glucose screening. For more information, please email GMPHP.NJ@gmail.com

Individual Medicare Counseling is now available at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Hopewell Township. Do you want information on Part A, Part B, Part D, Medigap, and Advantage Plans? When to enroll? **Appointment necessary.** Call the Family guidance Center at 609-924-2098, or email to joni.sampson@fgccorp.org **Reminder: Medicare Enrollment Ends December 15th!**

Looking for Help with Odd Jobs? If you are interested in hiring a high school student for jobs around your home and yard, call Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org to post an advertisement on a bulletin board in the high school. Interested students may contact you. Keep in mind that there is no guarantee that any particular job will be filled. Postings will be removed after two months.

Low Income Home Energy Assistance (LIHEAP) Program is now accepting applications for the upcoming heating season. This federal program is administered by the New Jersey Department of Community Affairs to provide low-income households with money to help pay their heating bills. To be eligible a resident must have a monthly income of less than \$1915 or \$2585 for a couple. For more info, call 1-800-510-3102 or go to www.energyassistance.nj.gov

Open Lab at the Hopewell Branch of the Mercer County Library on Tuesday, November 19 from 10 to 11:30am. Have a computer question, problem, or just need practice? Bring a project or let us suggest one. An instructor will be available to help you. Registration is required by calling the library at 737-2610.

Special Events for November 2013

Naturally Occurring Retirement Communities Friday, November 1, 10:30-11:30am at the HV Senior Center, 395 Reading St. in Pennington. Learn more about this idea to keep people living at homes with help from their peers. No registration required.

Brown Bag Luncheon: TBA Friday, November 1, 12:30pm, Pennington Presbyterian Church, 13 S. Main Street. The speaker is TBA. Bring your sandwich. Fruit, beverages and light dessert will be provided by the church's Older Adult Ministry Committee.

Register by calling 737-1221, ext. 10.

Book Club Monday, November 4, 1-2pm at the HV Senior Center. Diane Miller of the Mercer County Library will lead a discussion on Songs of Willow Frost by Jamie Ford. 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.

Social Bridge Mondays (except 11/11), 2:30-4:30pm at the HV Senior Center. Would you like to get back into playing bridge after many years? Are you a beginner who would like to practice in a relaxed setting? **Pre-registration for first time players recommended by contacting HV Senior Services at 737-0605, ext. 692 or awaugh@hopewelltp.org.**

Flu Shots for Hopewell Borough Tuesday, November 5, 10am to noon and 4-7pm at Hopewell Borough Hall, 88 East Broad St. Free for people with Medicare. \$25 for all others. **To make an appointment, call (908)359-8211.**

The Future of Personal Computing Wednesday, November 6, 10-11am at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd.. Victor Laurie will take a look at the present state of personal computing. No registration required.

Let's Chat Friday, November 8, 1-2:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Join the Let's Chat group with Vivian Greenberg for a lively conversation. No registration required.

Tech Time Tuesday, November 12, 3-4pm at the at the Hopewell Branch of the Mercer County Library. Stop in for tech help from local teens. **Registration required by November 8.** To register, contact Hopewell Valley Senior Services at 737-0605, ext. 692.

Veteran's Aid and Attendance Program Wednesday, November 13, 10:30-11:30am at the HV Senior Center. Rudy Tervooren of Visiting Angels will present on this home care benefit for veterans and their spouses. No registration required.

Holiday Cards for Service Members Abroad Wednesday, November 13, 3-4pm at the Hopewell Branch of the Mercer County Library, 245 Pennington-Titusville Rd. in Pennington. Join local high school students writing greeting cards to local service members who are stationed abroad. Refreshments served. No registration required.

Birthday Breakfast Friday, November 15, 9am at the Hopewell Valley Golf Club. Is your birthday in Oct., Nov., or Dec.? You are invited to celebrate with a free breakfast. Guests are \$15. **Pre-registration required by calling 737-3753 by 11/8.**

Mondays with Mia Monday, November 18, 10am at the Hopewell Train Station, 4 Railroad Pl. 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.

National Memory Screening Day Tuesday, November 19 from 10am to noon at the Hopewell Branch of the Mercer County Library. Stop by for a free, confidential memory screening. **Register by calling the library at 737-2610.**

Blueprint for Wellness Wednesday, November 20, 10:30-11:30am at the Hopewell Valley Senior Center. Carol Rickard, LCSW, of Capital Health will be the presenter. This session will focus on healthy coping skills. No registration required.

Senior Luncheon Wednesday, Nov. 20, 12:30-1:30pm at the Performing Arts Center at Central High School. Luncheon hosted by staff and students of middle school with co-sponsorship from Hopewell Valley Education Foundation. Free. Stay for a free preview of the high school play after the luncheon **To register, call HT Recreation Department at 737-3753 by 11/13.**

AARP Driver Safety Class Monday, November 25 from 9am to 4pm with break at Hopewell Borough Hall, 88 East Broad Street in Hopewell. 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.**

Walk at D & R Canal Tow Path Tuesday, Nov. 26 (no raindate this month), 10-11:30am. The group will set the pace. Meet in parking lot off of Routes 29 and 546. No registration required. For more information, contact Senior Services at 737-0605, ext. 692.

Movie: The Great Gatsby Wednesday, November 27, 1:30-3:30pm at the Hopewell Branch of the MCL. 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, November 12, 19, and 26. This group is facilitated by local artists, Bob Barish and Susan Ewart. Participants should bring their own supplies and projects. For more information call 737-0605, ext. 692 or awaugh@hopewelltp.org. *No group on election day.*

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.

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.

Knitting and Crocheting Group Wednesdays, November 13 and 27 from 1:30-3:30pm at the Hopewell Valley Senior Center, 395 Reading St. in Pennington. Bring your own project, pattern, and materials. Pre-registration encouraged by calling 737-0605, ext. 692 or awaugh@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.

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

VETERANS DAY CEREMONY



Saturday, November 9, 2013

11AM (rain or shine)

Washington Crossing-Pennington Rd.

Alliger Park

(Adjacent to Township Public Works Bldg)

New Engraved Bricks Unveiled

Refreshments

Please Bring Lawn Chairs

Uniform Appropriate

Save the Date

Wednesday, December 18

***“Christmas Show” at American Music Theatre
and Shady Maple Smorgasbord***

**Call the Hopewell Township Recreation Department for more information
at (609)737-3753**

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

RETURN SERVICE REQUESTED

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